

Postgraduate Certificate

Structure of the Locomotor System for Nursing





Postgraduate Certificate Structure of the Locomotor System for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nursing/postgraduate-certificate/structure-locomotor-system-nursing

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01

Introduction

The prolonged practice of Yoga has an impact on flexibility, muscle strengthening and the movement system in general, which contributes to reducing stiffness and ailments in the joints and muscles of patients. That is why it is essential that nursing professionals identify common injuries in each structure, and know how to apply different techniques to prevent injuries and the adaptation of the musculoskeletal system to physical activity and training. To achieve this, TECH offers a 100% online educational program, with an advanced syllabus on the Locomotor System and its impact on Yoga. Given its format, it is available 24 hours a day without face-to-face classes or fixed schedules.



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Delve with the best multimedia material into the structures of the musculoskeletal system from the point of view of Therapeutic Yoga”

Millions of people around the world have adopted the practice of Yoga thanks to its multiple benefits, which significantly improve physical performance. Physical training strengthens the musculature, improves posture and mobility, which makes it ideal for those who suffer from locomotor system disorders.

In this sense, Therapeutic Yoga is an ideal treatment tool for patients with different locomotor pathologies. However, it is essential to know it in depth in order to be able to combine it with conventional medical treatments, especially when providing assistance as a nurse. Therefore, TECH has created an academic proposal that provides the nursing professional with a complete update on the structure of the Locomotor System.

This intensive program allows students to delve into the anatomy, the relationship between the skeletal and muscular system, and the prevention of injuries such as, for example, ligament injuries, and their relationship with the practice of Therapeutic Yoga. The learning process is carried out through innovative multimedia material and specialized readings, provided by a team of experts in the field.

In addition, this Postgraduate Certificate has an international renowned teacher in the area of Yoga. Through a series of master classes, they will contribute their unique vision and distinctive perspective on the impact of Therapeutic Yoga on the Locomotor System.

Therefore, the institution has designed the proposal to meet the real needs of nurses, who seek continuous updating through a flexible and convenient program. To access this Postgraduate Certificate, the graduate only needs a digital device with Internet connection, which allows them to study the syllabus of the program at any time of the day. This option is ideal for those who seek to coordinate it with the most demanding daily demands.

This **Postgraduate Certificate in Structure of the Locomotor System for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of case studies presented by experts in the Structure of the Locomotor System
- ◆ The graphic, schematic, and practical content with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



TECH adapts to your schedule and your needs for updating in anatomy and physiology of the Locomotor System"

“*An intensive academic plan that will lead you to delve into the most appropriate Yoga postures and movements for the locomotor system”*

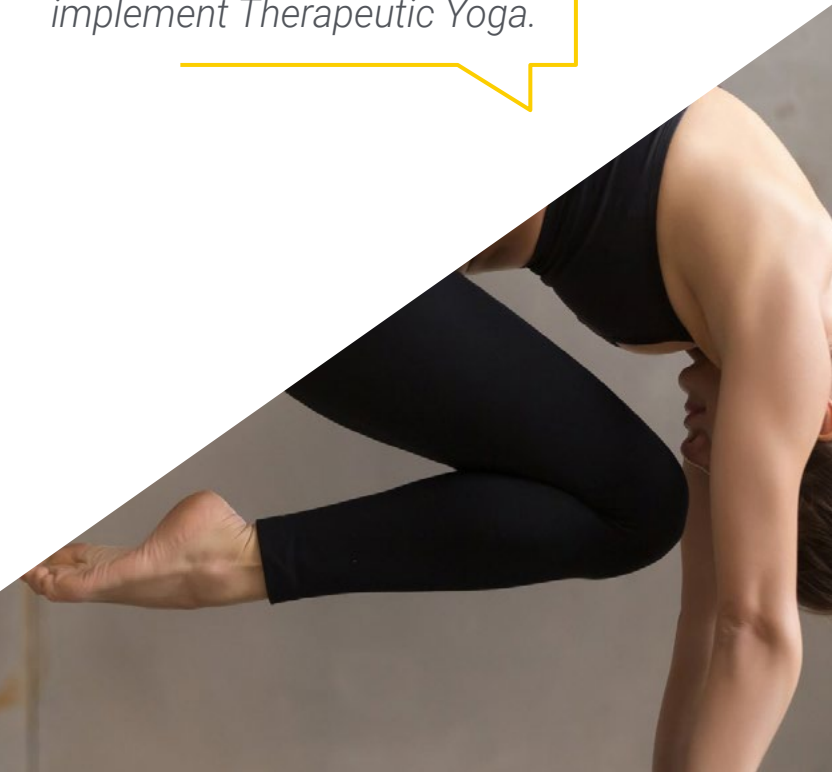
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

Enroll now and get the most complete academic material in Structure of the Locomotor System for Nursing.

Get all your questions answered about the musculoskeletal structures and the various treatments to implement Therapeutic Yoga.



02 Objectives

This Postgraduate Certificate in the Structure of the Locomotor System for Nursing is aimed at providing nursing professionals with an up-to-date knowledge of the Structure of the Musculoskeletal System, with an emphasis on the anatomy of the muscular, skeletal and joint systems, their functions, the exploration of different postures and movements, and the correct application of Therapeutic Yoga to the treatment of different pathologies that affect this musculoskeletal system.





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Get an up-to-date knowledge of the different injuries of the Locomotor System and the approach from Therapeutic Yoga in its different treatments”



General Objectives

- ◆ Incorporate knowledge and specific skills in the area of the Locomotor System for the correct development and application of treatment techniques
- ◆ Delve into the most appropriate treatments according to the characteristics of the person and their injuries
- ◆ Delve into the studies on biomechanics and the application of treatment for the Locomotor System
- ◆ Delve into the neurophysiological bases of musculoskeletal structures





Specific Objectives

- ◆ Delve into the anatomy and physiology of the skeletal, muscular and articulation systems of the human body
- ◆ Identify the different structures and functions of the locomotor system and how they interrelate with one another
- ◆ Explore the different postures and movements of the human body, and understand how they affect the structure of the locomotor system
- ◆ Delve into common injuries of the musculoskeletal system and how to prevent them

“*Delve into the neurophysiological bases of musculoskeletal structures*”

03

Course Management

TECH has brought together for this Postgraduate Certificate a teaching staff with accumulated experience in the field of Biological Sciences of the Musculoskeletal System and Yoga. In this way, students who take this program will have access to a syllabus prepared by experts who will provide the most current information on injury prevention and the impact of this physical activity on the Musculoskeletal System. In addition, thanks to the friendliness of the teaching staff, you will be able to resolve any doubts you may have about any of the topics included in this program.





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You will delve into the necessary guidelines to assist your patients' locomotor problems with Therapeutic Yoga exercises”

Management



Ms. Escalona García, Zoraida

- ♦ Vice-president of the Spanish Association of Therapeutic Yoga
- ♦ Founder of the *Air Core* method (classes that combine TRX and Functional Training with Yoga)
- ♦ Therapeutic Yoga Trainer
- ♦ Degree in Biological Sciences from the Autonomous University of Madrid.
- ♦ Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga, Yoga and Cancer Teaching Course
- ♦ Floor Pilates Instructor Course
- ♦ Phytotherapy and Nutrition Course
- ♦ Meditation Teaching Course

Professors

Ms. García, Mar

- ♦ Director and Instructor of the Satnam Yoga Center
- ♦ Vinyasa Yoga Teacher
- ♦ Special Yoga Instructor
- ♦ Yoga Instructor for Children and Families



03

Structure and Content

The syllabus covers the most important aspects of the basic anatomy and physiology of the human body, starting with the anatomical position and body axes and anatomical planes. It then delves into the different components of the musculoskeletal system, including bones, joints and cartilage. Thanks to a very complete syllabus, with high-quality multimedia material and all the didactic resources needed for the nursing professional to be at the clinical forefront.





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Download all the contents of this Postgraduate Certificate, such as specialized readings and multimedia materials, even after you have completed the program”

Module 1. Structure of the Locomotor System

- 1.1. Anatomical Position, Axes and Planes
 - 1.1.1. Basic anatomy and physiology of the human body
 - 1.1.2. Anatomic position
 - 1.1.3. Body axes
 - 1.1.4. Anatomical planes
- 1.2. Bone
 - 1.2.1. Bone anatomy of the human body
 - 1.2.2. Bone structure and function
 - 1.2.3. Different types of bones and their relationship to posture and movement
 - 1.2.4. The relationship between the skeletal system and the muscular system
- 1.3. Joints
 - 1.3.1. Anatomy and physiology of the joints of the human body
 - 1.3.2. Different Types of Joints
 - 1.3.3. The role of joints in posture and movement
 - 1.3.4. The most common joint injuries and how to prevent them
- 1.4. Cartilage
 - 1.4.1. Anatomy and physiology of the cartilage of the human body
 - 1.4.2. Different types of cartilage and their function in the body
 - 1.4.3. The role of cartilage in joints and mobility
 - 1.4.4. The most common cartilage injuries and their prevention
- 1.5. Tendons and Ligaments
 - 1.5.1. Anatomy and physiology of tendons and ligaments of the human body
 - 1.5.2. Different types of tendons and ligaments and their function in the body
 - 1.5.3. The role of tendons and ligaments in posture and movement.
 - 1.5.4. Most common tendon and ligament injuries and how to prevent them
- 1.6. Musculoskeletal
 - 1.6.1. Anatomy and physiology of the musculoskeletal system of the human body
 - 1.6.2. The relationship between muscles and bones in posture and movement.
 - 1.6.3. The role of fascia in the musculoskeletal system and its relationship to the practice of therapeutic yoga
 - 1.6.4. The most common muscle injuries and how to prevent them





- 1.7. Development of the Musculoskeletal System
 - 1.7.1. Embryonic and fetal development of the musculoskeletal system
 - 1.7.2. Growth and development of the musculoskeletal system in childhood and adolescence
 - 1.7.3. Musculoskeletal changes associated with aging
 - 1.7.4. Development and adaptation of the musculoskeletal system to physical activity and training
- 1.8. Components of the Musculoskeletal System
 - 1.8.1. Anatomy and physiology of skeletal muscles and their relationship to the practice of therapeutic yoga
 - 1.8.2. The role of bones in the musculoskeletal system and their relationship to posture and movement
 - 1.8.3. The function of the joints in the musculoskeletal system and how to take care of them during the practice of therapeutic yoga
 - 1.8.4. The role of fascia and other connective tissues in the musculoskeletal system and their relationship to the practice of therapeutic yoga
- 1.9. Nervous Control of Skeletal Muscles
 - 1.9.1. Anatomy and physiology of the nervous system and its relationship to the practice of therapeutic yoga
 - 1.9.2. The role of the nervous system in muscle contraction and movement control
 - 1.9.3. The relationship between the nervous system and the musculoskeletal system in posture and movement during the practice of therapeutic yoga
 - 1.9.4. The importance of neuromuscular control for injury prevention and performance enhancement during the practice of therapeutic yoga
- 1.10. Muscle Contraction
 - 1.10.1. Anatomy and physiology of muscle contraction and its relationship to the practice of therapeutic yoga
 - 1.10.2. The different types of muscle contraction and their application during the practice of therapeutic yoga
 - 1.10.3. The role of neuromuscular activation in muscle contraction and its relationship to the practice of therapeutic yoga
 - 1.10.4. The importance of stretching and muscle strengthening in injury prevention and performance enhancement during the practice of therapeutic yoga

04

Methodology

This program offers students a different way of learning. Our methodology follows a cyclical learning process: **Relearning.**

This Teaching System is used, for example, in the most Prestigious Medical Schools in the World, and Major Publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.



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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”

At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method.

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have prepared more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our educational methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then adapted in audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high-quality pieces in each and every one of the materials that are made available to the student.



Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story"



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Retesting

The student's knowledge is periodically assessed and re-assessed throughout the program, through evaluative and self-evaluative activities and exercises: in this way, students can check how they are doing in terms of achieving their goals.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.



05

Certificate

The Postgraduate Certificate in Structure of the Locomotor System for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”

This **Postgraduate Certificate in Structure of the Locomotor System for Nursing** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Structure of the Locomotor System for Nursing**

Official N° of Hours: **150 h.**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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