

# Postgraduate Certificate

Effects of Aging and Applied  
Dermo-Aesthetic Treatments  
for Physiotherapists





## Postgraduate Certificate

### Effects of Aging and Applied Dermo-Aesthetic Treatments for Physiotherapists

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitude.com/us/physiotherapy/postgraduate-certificate/effects-aging-applied-dermo-aesthetic-treatments-physiotherapists](http://www.techtitude.com/us/physiotherapy/postgraduate-certificate/effects-aging-applied-dermo-aesthetic-treatments-physiotherapists)

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# 01

# Introduction

Aging is one of the greatest concerns of human beings today. Preventing it and ensuring that the physical appearance is not subjected to the wear and tear of the passage of time is a complex task, but fortunately there are more and more techniques and treatments that can help alleviate its effects. Therefore, Physiotherapy can provide innovative techniques to meet the high demand, and this qualification provides its students with all the keys to offer innovative services to ensure the well-being of patients.





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*Your patients will value you positively thanks to the new services that this Postgraduate Certificate will give you the opportunity to offer”*

Numerous treatments are currently offered to alleviate the effects of aging. It is one of the great concerns of the population worldwide, so patients demand new techniques with which to recover the splendor of the skin. Therefore, anti-aging methods have reached various disciplines such as Physiotherapy.

Physiotherapy can offer various services to combat the effects of aging. But you need the right knowledge to achieve it, and this Postgraduate Certificate in Effects of Aging and Applied Dermo-Aesthetic Treatments for Physiotherapists is the best opportunity for Physiotherapy professionals to specialize in the field.

As a result, with this qualification, they will be able to acquire a whole series of knowledge and skills with which to meet the demands of their patients and users, becoming, incidentally, highly valued professionals in their professional fields.

This **Postgraduate Certificate in Effects of Aging and Applied Dermo-Aesthetic Treatments for Physiotherapists** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of practical cases presented by experts in Physiotherapy, Dermocosmetic Treatments and Effects of Aging
- The graphic, schematic, and practical contents 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



*Apply all types of dermo-aesthetic treatments to combat aging with this qualification"*

“

*Physiotherapy is one of the most requested disciplines for anti-aging treatments. Enroll in this program and advance professionally"*

The program's teaching staff includes professionals from the sector 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 course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Look no further: the qualification you've been looking for to turn your career around is here.*

*You'll be the most sought-after physiotherapist in your field.*



# 02 Objectives

The main objective of this Postgraduate Certificate in Effects of Aging and Applied Dermo-Aesthetic Treatments for Physiotherapists is to enable students to offer new services to their patients. In this way, they will become the most sought-after physiotherapy professionals thanks to the new dermo-aesthetic techniques that they will be able to use to combat the effects of aging. All this, due to the teaching received by the students in this innovative qualification.





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*Your goal is to reach the top and with this  
Postgraduate Certificate you will achieve it"*



## General Objectives

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- ♦ Acquire the fundamental knowledge of all anti-aging modalities and esthetic treatments, incorporating the necessary tools to perform this specialty in daily practice
- ♦ Comprehensively manage the aesthetic patient, being able to make an accurate diagnosis and apply the most appropriate treatment
- ♦ Update and reinforce the knowledge in dermatology necessary for the correct care of Aesthetic Physiotherapy patients
- ♦ Offer the physiotherapist the necessary tools and guidelines to deal efficiently with the different dermatological pathologies



*This qualification will give you the boost you need"*





## Specific Objectives

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- ◆ Present the historical background on which anti-aging medicine is based
- ◆ Define and become familiar with the most frequently used concepts in anti-aging medicine
- ◆ Examine the most accepted theories of aging and interrelate them with each other
- ◆ Understand the aging mechanisms associated with mitochondria
- ◆ Define telomere-related aging processes
- ◆ Establish the relationship between immunosenescence, aging and disease onset
- ◆ Analyze the importance of circadian rhythms in aging and acquire the skills to treat their alterations in an appropriate manner
- ◆ Assess the importance of the exposome in aging and generate channels to adapt it to the needs and expectations of the individual

# 03

## Structure and Content

This Postgraduate Certificate is structured in 1 module, composed of 10 topics, and students will learn about issues such as the theories of aging, anatomical changes due to aging, the effects of aging at the muscular, cutaneous and ligament level, topical treatments and different types of approach. In this way, physiotherapists who complete this qualification will obtain a complete and comprehensive education with which to develop their professional careers.





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*These contents will lead you  
to success in the world of  
Dermocosmetic Physiotherapy”*

## Module 1. Aging and Cosmetic Assessment in Aesthetic Physiotherapy

- 1.1. History of Antiaging Medicine
- 1.2. Theories of Aging. Pathophysiology
- 1.3. Species and Longevity
- 1.4. Mechanisms of Cellular Aging
- 1.5. Mitochondria
- 1.6. Chronobiology I: Pineal Suprachiasmatic Nucleus, Circadian Rhythm
- 1.7. Chronobiology II: Sleep and Wakefulness
- 1.8. Immunity. Immunosenescence
- 1.9. Telomeres and Telomerase
- 1.10. Exposome and Aging





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*The most complete program on  
dermo-aesthetic treatments for  
physiotherapists is here"*

# 04

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **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.





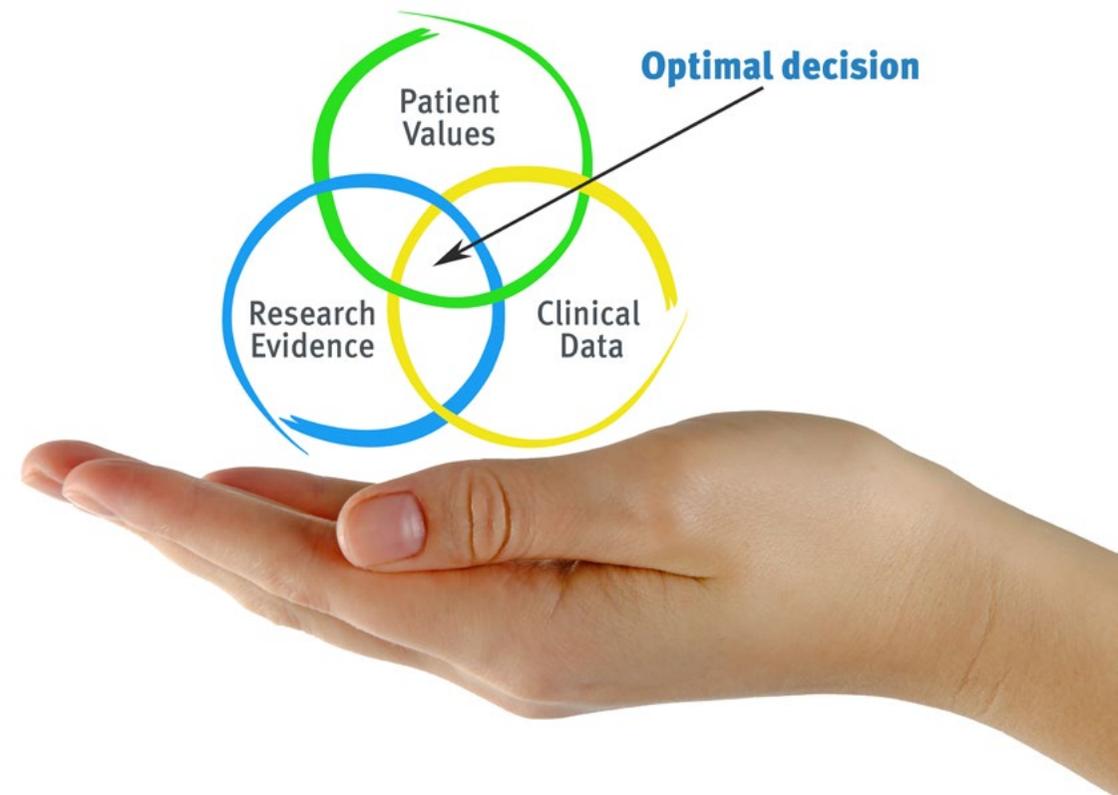
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? 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. Physiotherapists/kinesiologists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning 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, trying to recreate the real conditions of professional physiotherapy 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. Physiotherapists/kinesiologists 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 physiotherapist/kinesiologist to better integrate into the real world.
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

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.



*The physiotherapist/kinesiologist 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 trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our pedagogical 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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 applied to the 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.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. 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

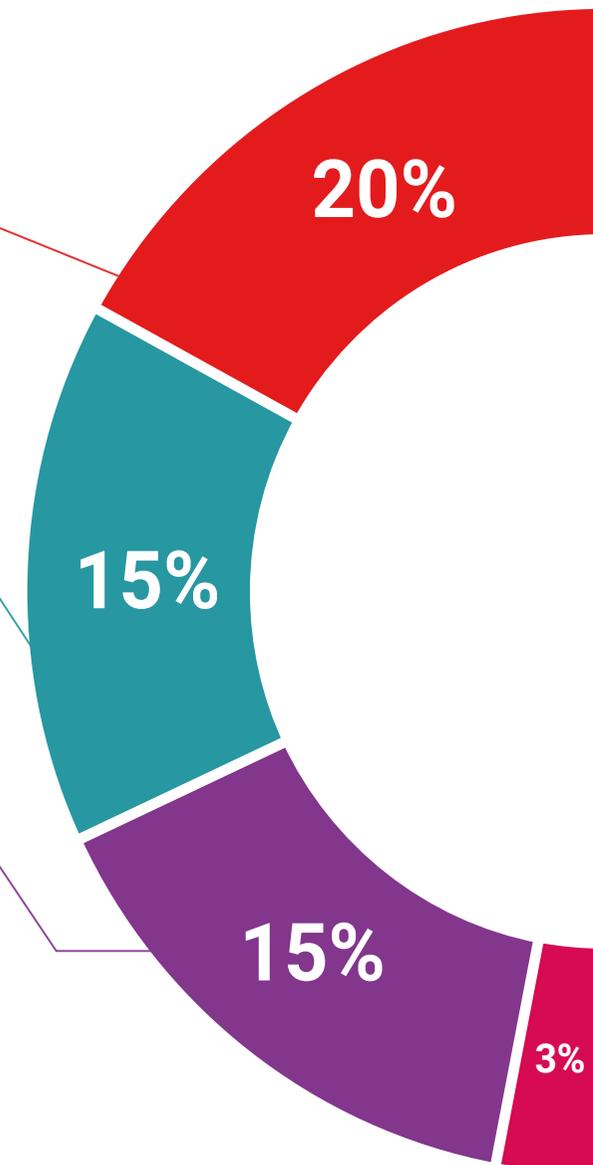
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

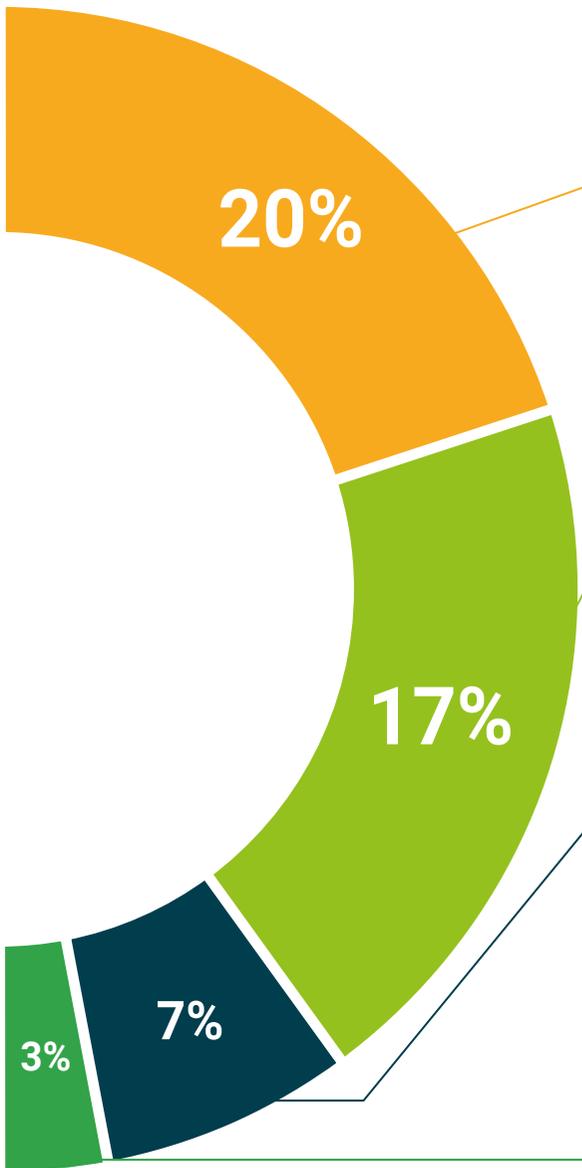
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence on the usefulness of learning by observing experts. The system known as 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 Effects of Aging and Applied Dermo-Aesthetic Treatments for Physiotherapists guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

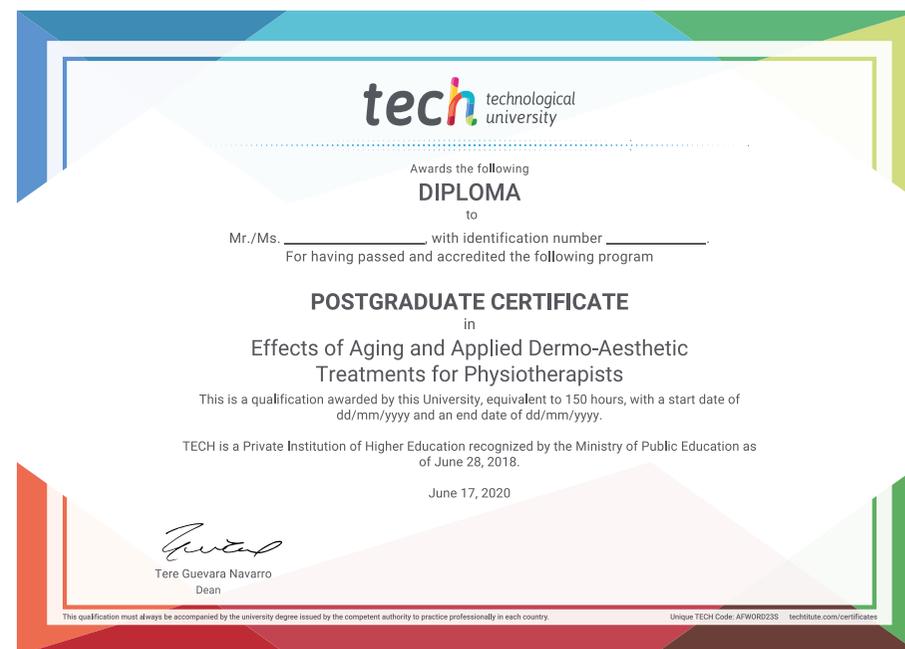
This **Postgraduate Certificate in Effects of Aging and Applied Dermo-Aesthetic Treatments for Physiotherapists** contains the most complete and up-to-date scientific program on the market.

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 Effects of Aging and Applied Dermo-Aesthetic Treatments for Physiotherapists**

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.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
online training  
development language  
virtual classroom



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