

# Postgraduate Certificate Fascial System



## Postgraduate Certificate Fascial System

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

Website: [www.techtute.com/in/physiotherapy/postgraduate-certificate/fascial-system](http://www.techtute.com/in/physiotherapy/postgraduate-certificate/fascial-system)

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# 01

# Introduction

The constant practice of Yoga helps in the prevention of injuries and avoids fascial dysfunction, which has led physical therapists to recommend it and even apply it more and more as a complement to traditional therapeutic treatment. With this reality as a premise, TECH has designed a 100% online Postgraduate program which allows physical therapists to update themselves in the Fascial System with the maximum scientific rigor and using the most advanced didactic material, which can be accessed from any electronic device with an Internet connection to review it wherever and however they wish.





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*An academic tour through the different  
Yoga postures and how to apply them  
to the Fascial System"*

Today's unhealthy lifestyle leads to an increase in injuries to the fascial system. However, practicing physical activity such as Yoga contributes significantly to reducing pain and correcting posture. It is an alternative to traditional therapies and perfectly complements the treatments for certain pathologies. It is for this reason that many physiotherapists incorporate this discipline in their work practice with some patients.

In order to meet this need, this 6-week course on the Fascial System is born, which has the most innovative didactic content in the current academic panorama. The program includes an advanced syllabus and a Masterclass given by one of the most important instructors in the world of Yoga. In addition, thanks to the multimedia teaching resources, specialized readings and case studies, students will be able to deepen their knowledge of the fascia, myofascial chains, active and passive postures and the main imbalances with greater ease.

This quality program is an excellent opportunity to update the physiotherapist's knowledge. In addition, it is compatible with the highest responsibilities, as students only need an electronic device and a network connection to access the wide range of content offered by TECH.

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

- ♦ Case studies presented by Yoga experts
- ♦ The graphic, schematic, and practical contents with which they are created, compile scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out 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



*An academic alternative that will enhance your competencies for the diagnosis and treatment of diseases that affect the Fascia"*



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*Delve at any time into the varieties of mechanoreceptors and their relevance to the various types of Yoga”*

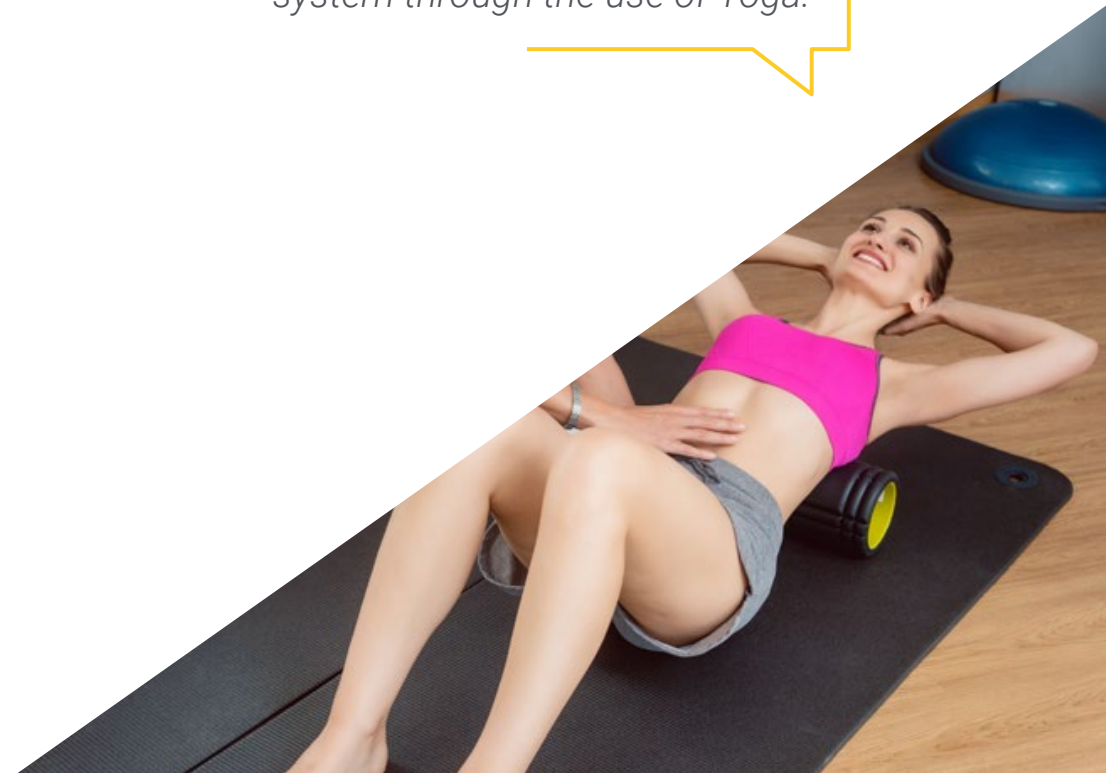
The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its 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 an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*You will reduce your study time and consolidate the essential concepts with ease thanks to the Relearning methodology, a pioneer system in TECH.*

*An alternative that gives you the possibility to increase your skills for the diagnosis and healing of disorders of the musculoskeletal system through the use of Yoga.*



# 02 Objectives

TECH offers the most innovative teaching resources, which have the latest technology applied in the academic field in order to bring to the forefront knowledge about the Fascial System, as well as deepen its history, concept and relevance in the practice of this discipline. In addition, the theoretical-practical approach of this Diploma will allow the physiotherapist to include Therapeutic Yoga as a complementary treatment in the approach of various pathologies, especially in the area of the Fascial System.





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*Expand your knowledge about the most relevant postural disorders and how Yoga and Fascia Biomechanics can help to rectify them"*



## General Objectives

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- ♦ Incorporate the knowledge and skills that are necessary for the correct development and application of Therapeutic Yoga techniques from a clinical point of view
- ♦ Create a Yoga program designed and based on scientific evidence
- ♦ Delve into the most appropriate asanas according to the characteristics of the person and the injuries that they present
- ♦ Delve into studies on Biomechanics and its application to the asanas of Therapeutic Yoga
- ♦ Describe the adaptation of Yoga asanas to the pathologies of each person
- ♦ Delve into the Neurophysiological bases of the existing meditative and Relaxation techniques



*A program that integrates the scientific evidence related to the Fascial System and its use in Yoga Therapy"*





## Specific Objectives

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- ◆ Delve into the history and concept of the Fascia, and its importance in the practice of Yoga
- ◆ Delve into the different types of mechanoreceptors in the Fascia and how to apply them in the different styles of Yoga
- ◆ Point out the need to apply the term Fascia in Yoga classes for a more effective and conscious practice
- ◆ Explore the origin and development of the term tensegrity, and its application in Yoga practice
- ◆ Identify the different Myofascial pathways and the specific postures for each of the chains
- ◆ Apply the Biomechanics of Fascia in the practice of Yoga to improve mobility, strength, and flexibility
- ◆ Identify the main postural imbalances and how to correct them through the practice of Yoga and Fascial Biomechanics

03

# Course Management

One factor that sets this degree apart is its outstanding faculty of internationally renowned experts in the area of Yoga Therapy. In this way, TECH has unified a top-notch group that will provide their extensive knowledge in this discipline and guarantees a curriculum of excellence, based on the latest scientific research. In addition, the proximity to the teachers provides the opportunity for students to clarify any concerns that may arise about the content of the program.





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*You'll have access to the extensive digital library, and you'll have top-notch teaching resources to keep you up to date"*



## International Guest Director

As the Director of Teachers and Head of Instructor Education at the Integral Yoga Institute in New York, Dianne Galliano is positioned as one of the most important figures in the field internationally. Her academic focus has been mainly therapeutic yoga, with more than 6,000 documented hours of teaching and continuing education.

In this way, her work has been to tutor, develop protocols and teaching criteria and provide continuing education to the instructors of the Integral Yoga Institute. She combines this work with her role as a therapist and instructor at other institutions such as The 14TH Street Y, Integral Yoga Institute Wellness Spa or the Educational Alliance: Center for Balanced Living.

Her work also extends to creating and directing yoga programs, developing exercises and assessing the challenges that may arise. She has worked throughout her career with many different profiles of people, including older and middle-aged men and women, prenatal and postnatal individuals, young adults and even war veterans with a range of physical and mental health issues.

For each of them she performs a careful and customized work, having treated people with osteoporosis, recovering from heart surgery or post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome and obesity. She has several certifications, most notably the E-RYT 500 from Yoga Alliance, Basic Life Support (BLS) from American Health Training and Certified Exercise Instructor from the Somatic Movement Center.



## Ms. Galliano, Dianne

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- Director of Teachers at Integral Yoga Institute - New York, USA
- Therapeutic Yoga Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa - New York
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- Degree in Primary Education from the State University of New York
- Master's Degree in Therapeutic Yoga from the University of Maryland

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*Thanks to TECH you will be able to learn with the best professionals in the world"*

## 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

### Mr. Losada, Óscar

- ♦ Vinyasa Yoga and Power Yoga teacher and Osteopath at El Árbol de la Vida Center
- ♦ Vinyasa Yoga Trainer and Yoga Coach at the European Yoga Institute EYI), Madrid
- ♦ Yin Yoga Trainer at EYI, Barcelona
- ♦ Vinyasa Yoga and Power Yoga Teacher at Gimnasio Fitness, Madrid
- ♦ Osteopath and Sports Masseur at Gimnasio Fitness, Madrid
- ♦ Specialist in Rocket Yoga by EYIHuelva
- ♦ Specialist in Therapeutic Yoga, Yin Yoga and Fascias by EYI Huelva
- ♦ Specialist in Yoga for children by EYI Alicante
- ♦ Structural Osteopath II by Kabat
- ♦ Sports Massage and Chiromassage by Orthos

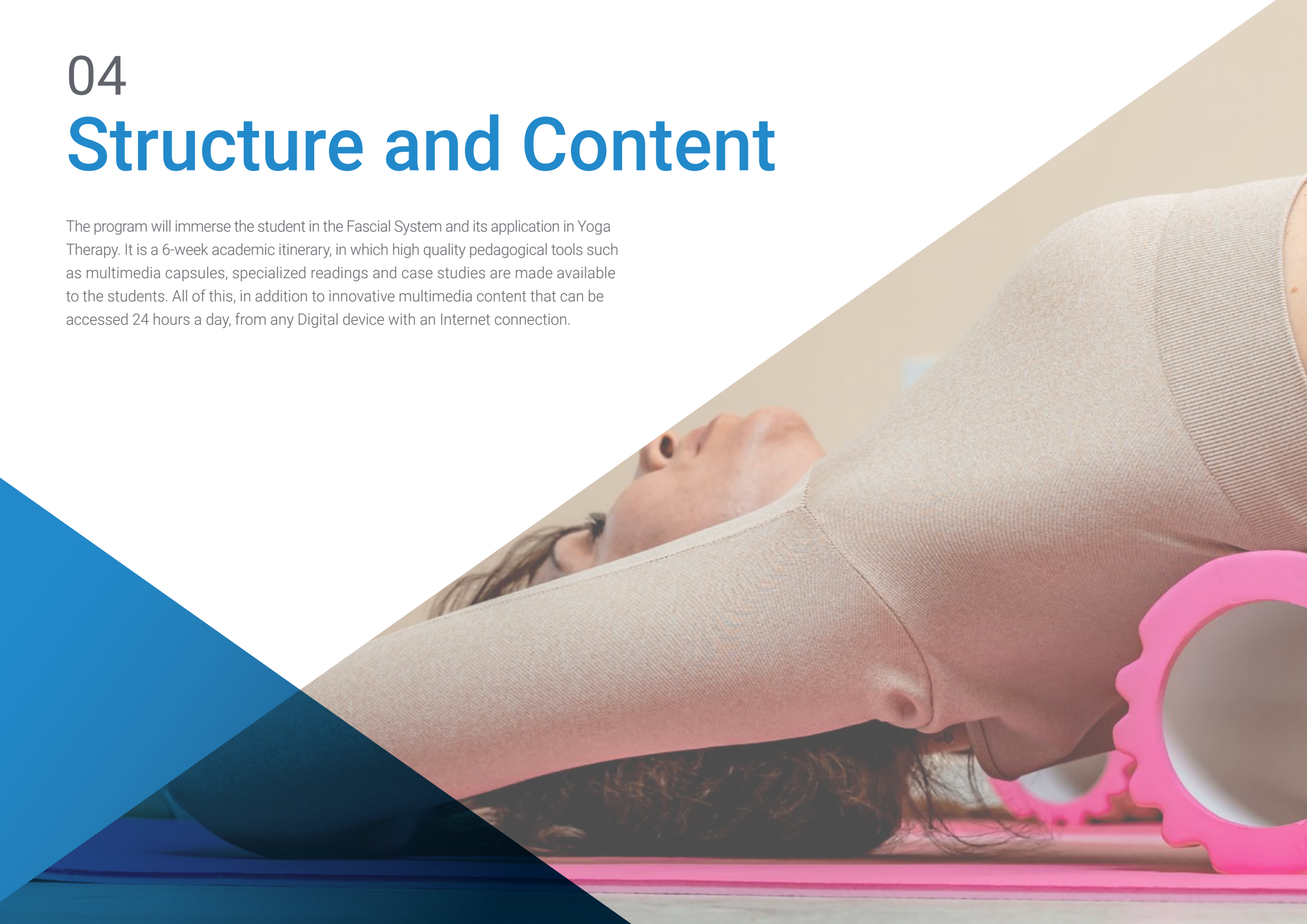




# 04

## Structure and Content

The program will immerse the student in the Fascial System and its application in Yoga Therapy. It is a 6-week academic itinerary, in which high quality pedagogical tools such as multimedia capsules, specialized readings and case studies are made available to the students. All of this, in addition to innovative multimedia content that can be accessed 24 hours a day, from any Digital device with an Internet connection.





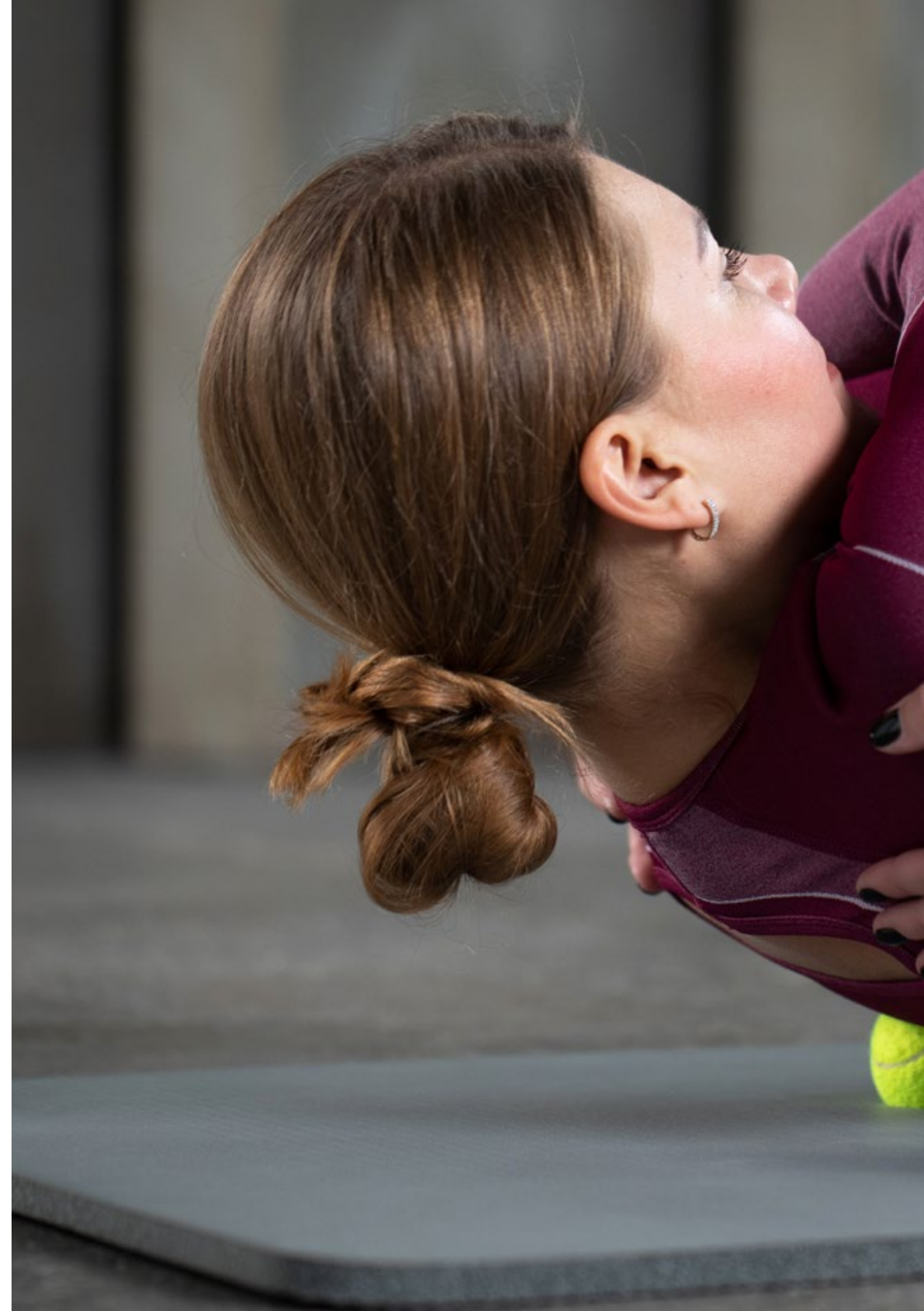
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*You'll have access to the extensive digital library, and you'll have top-notch teaching resources to keep you up to date"*



## Module 1. Fascial System

- 1.1. Fascia
  - 1.1.1. History
  - 1.1.2. Fascia vs. Aponeurosis
  - 1.1.3. Types
  - 1.1.4. Functions
- 1.2. Types of mechanoreceptors and their importance on the different styles of yoga
  - 1.2.1. Importance
  - 1.2.2. Golgi
  - 1.2.3. Paccini
  - 1.2.4. Ruffini
- 1.3. Myofascial Chains
  - 1.3.1. Definition
  - 1.3.2. Importance in Yoga
  - 1.3.3. The concept of Tensegrity
  - 1.3.4. The three diaphragms
- 1.4. SBL: Superficial Back Line
  - 1.4.1. Definition
  - 1.4.2. Anatomical Pathways
  - 1.4.3. Passive postures
  - 1.4.4. Active postures
- 1.5. SFL: Superficial Front Line
  - 1.5.1. Definition
  - 1.5.2. Anatomical Pathways
  - 1.5.3. Passive postures
  - 1.5.4. Active postures
- 1.6. LL: Lateral Line
  - 1.6.1. Definition
  - 1.6.2. Anatomical Pathways
  - 1.6.3. Passive postures
  - 1.6.4. Active postures





- 1.7. SL: Spiral Line
  - 1.7.1. Definition
  - 1.7.2. Anatomical Pathways
  - 1.7.3. Passive postures
  - 1.7.4. Active postures
- 1.8. Functional Lines
  - 1.8.1. Definition
  - 1.8.2. Anatomical Pathways
  - 1.8.3. Passive postures
  - 1.8.4. Active postures
- 1.9. Arm lines
  - 1.9.1. Definition
  - 1.9.2. Anatomical Pathways
  - 1.9.3. Passive postures
  - 1.9.4. Active postures
- 1.10. Main Imbalances
  - 1.10.1. Ideal pattern
  - 1.10.2. Flexion and extension groups
  - 1.10.3. Opening and closing groups
  - 1.10.4. Inspiratory and expiratory pattern



*Through this 100% online course,  
get up to date on the Fascial System  
and its application in the world of  
Therapeutic Yoga”*

# 05 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.







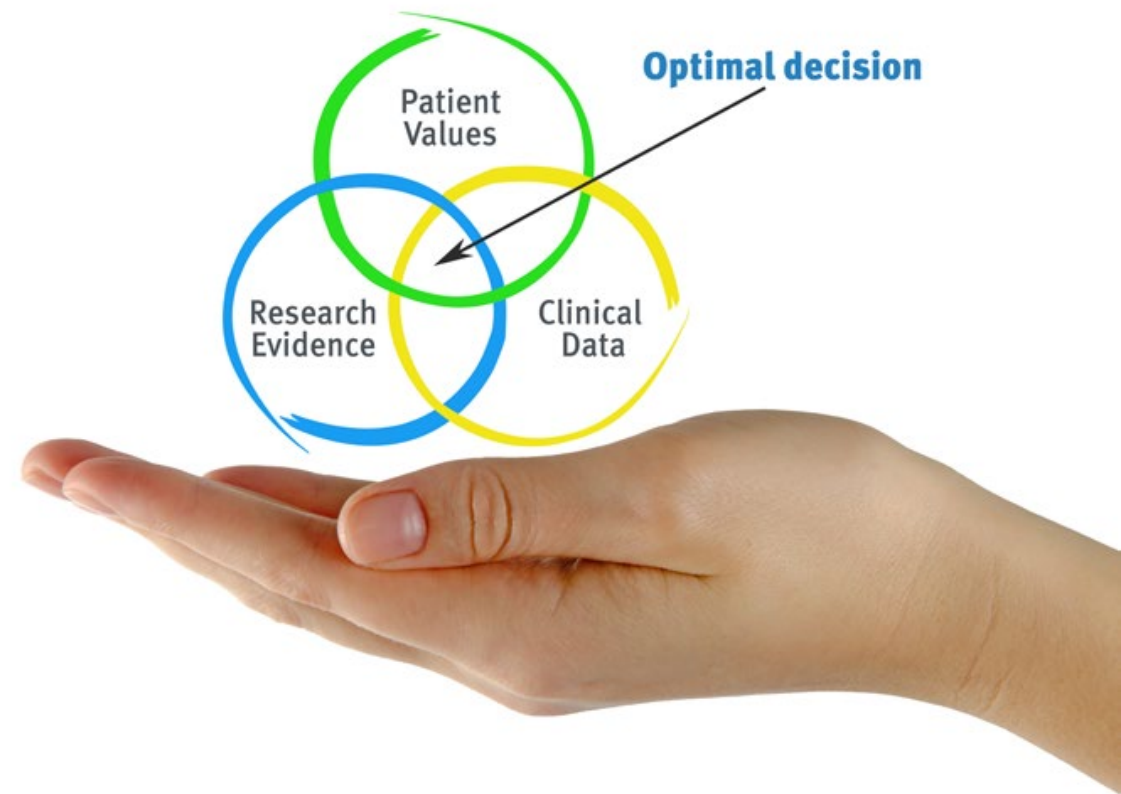
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.

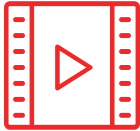
*Relearning will allow you to learn with less effort  
and better performance, involving you more  
in your training, developing a critical mindset,  
defending arguments, and contrasting opinions: a  
direct equation for success.*

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 highly 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.



#### 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.



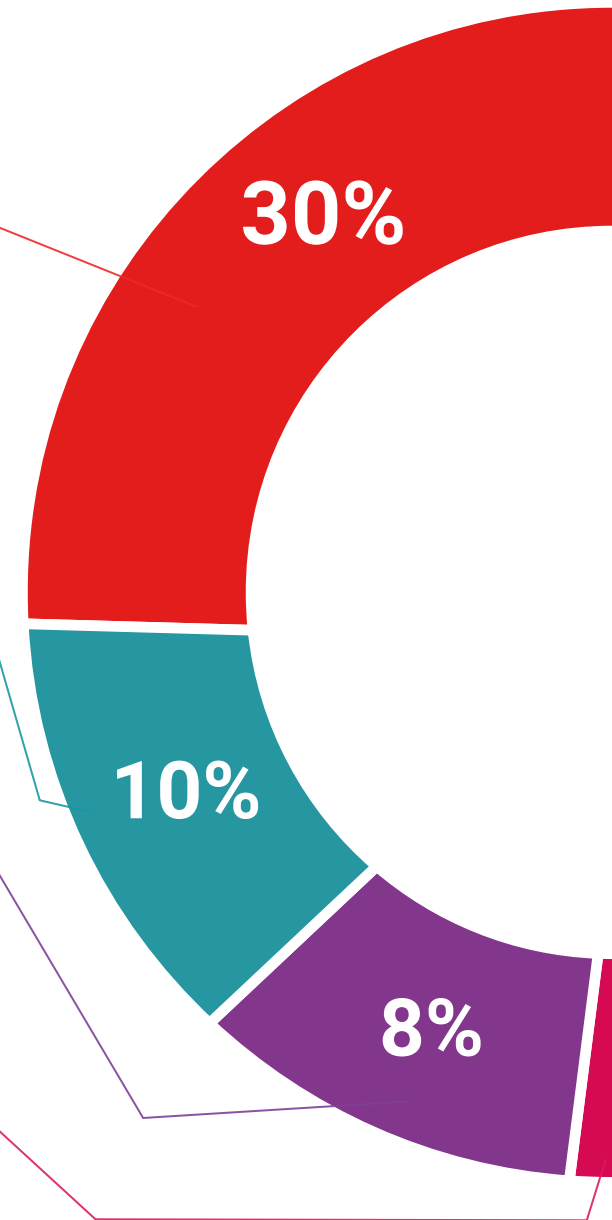
#### Practising Skills and Abilities

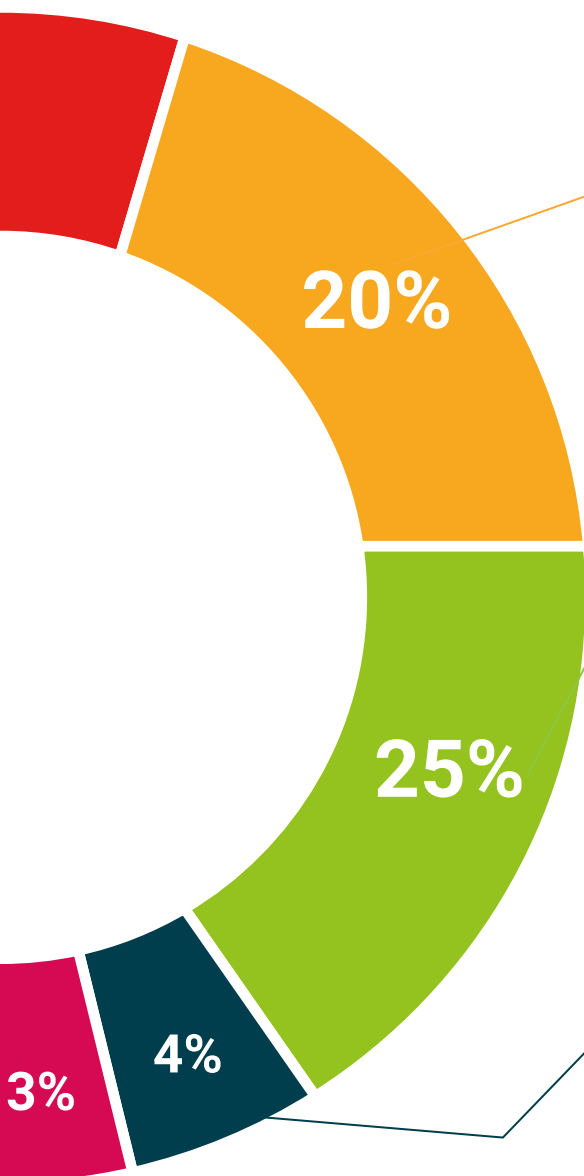
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### 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".



#### 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.





# 06 Certificate

The Postgraduate Certificate in Fascial System guarantees, in addition to the most rigorous and up-to-date scientific, 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 Fascial System** 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 certificate 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 Fascial System**

Official N° of Hours: **150 h.**



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



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