

Internship Program

Therapeutic Yoga in Physical Activity and Sport



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Therapeutic Yoga in
Physical Activity and Sport

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01 Introduction

Therapeutic Yoga has gained popularity in the field of Physical Activity and Sports due to its recognized benefits in improving performance and reducing the risk of injury in athletes. Therefore, the updating of practical skills is essential to efficiently perform this professional activity. In this way, TECH has created a 100% practical and in-person program that focuses on the latest innovations in this sector. The program will be carried out in internationally renowned facilities equipped with the best healthcare resources and technological devices. In this way, they will have access to the best experts to gain practical experience and resolve doubts. In addition, an assistant tutor will supervise the entire learning process on a personalized basis.

“

This TECH program will help you incorporate the latest applications and procedures of Therapeutic Yoga to improve physical performance in Physical Activity and Sport in a practical and in-person manner”





In recent years, Yoga Therapy has become an increasingly popular tool in the field of Physical Activity and Sport. Their benefits are widely recognized, and practitioners are discovering how to integrate these practices into their training programs to improve performance and reduce the risk of injury. In addition, it has been found that this discipline can improve flexibility, strength, endurance and balance. These postures are used to improve the posture of the athletes and to reduce pain and increase recovery capacity. Therefore, it is essential to update practical skills based on these advances in order to perform this professional activity with great efficiency.

In this context, TECH has developed a 100% practical and in-person program to update the experts of Yoga Therapy on the most cutting-edge innovations. During this stay, novel procedures will be applied on real patients. The program will take place in an internationally renowned facility, equipped with the best healthcare resources and technological devices.

Furthermore, TECH has coordinated the development of this program with various centers so that healthcare professionals can choose the one that best suits their geographic location. In all of them, you will have access to the best experts and will be able to meet with them to discuss doubts and gain on-site experience. In addition, an assistant tutor will monitor all progress through a fully personalized guide.

02

Why Study an Internship Program?

This Internship Program is the best option for professionals who want to update themselves in Therapeutic Yoga. In it, TECH offers a 100% practical and in-person program that brings you up-to-date on the most cutting-edge innovations and their applications. During the program, innovative procedures are applied to real patients and are performed in an internationally renowned facility equipped with the best healthcare resources and technological devices. In addition, the program collaborates with the best experts who will monitor the student's educational progress on site.



Through TECH, Therapeutic Yoga professionals will have access to the most advanced technological resources to complement the physical condition of high-performance athletes"

1. Updating from the Latest Technology Available

This program focuses on the latest applications and procedures of Therapeutic Yoga so that the students will learn the keys to relaxation techniques and Mindfulness. At the same time, this program offers all the necessary skills to apply those competencies effectively in the physical improvement of people engaged in intensive Physical Activity and Sport.

2. Gaining In-depth Knowledge from the Experience of Top Specialists

During this Internship Program, a team of experts will welcome the professional in a first-level center specialized in Therapeutic Yoga. From there, they will share their most advanced experiences for the execution of novel protocols under the guidance of an assistant tutor who will be in charge of supervising all this progress.

3. Entering First-Class Clinical Environments

TECH has chosen in detail the facilities that will host the participants of this internship program for 3 weeks. These institutions have a high-level of prestige thanks to the personnel working in them and the technological resources with which they operate.



4. Putting the acquired knowledge into daily practice from the very first moment

This program breaks new ground in the pedagogical market by providing a novel learning model, 100% practical and that facilitates the access of Yoga Therapy professionals to a specialized environment. From this in-person stay, graduates will have the most sought-after experiences in today's Physical Activity and Sport panorama.

5. Expanding the Boundaries of Knowledge

During this Internship Program, professionals will have access to international centers located in different latitudes. In this way, they will learn about different standards and modalities of care for patients who require Therapeutic Yoga to expand their performance in Physical Activity and Sport.

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You will have full practical immersion at the center of your choice”

03

Objectives

TECH offers, through this Internship Program, a far-reaching educational experience. Through it, the Therapeutic Yoga professionals will update their knowledge and will incorporate the most advanced practice to their trajectory. This will be supported by a program in a 100% in-person, intensive and immersive modality.



General Objectives

- ♦ 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
- ♦ Manage the different anatomical concepts: axes, planes and anatomical position
- ♦ Differentiate the different elements that make up the locomotor apparatus





Specific Objectives

- ♦ Assess intrinsic and extrinsic factors that may precipitate the onset of spinal cord injury
- ♦ Formulate functional diagnoses that correlate the user's condition with the pathophysiological limitations
- ♦ Design physiotherapy intervention protocols adapted to the injured anatomical region and sport performed
- ♦ Educate the patient and other collaborators in the detection and assessment of risks
- ♦ Learn a global, causal and individualized method of assessment, diagnosis and treatment
- ♦ Innovate biomechanical and pathophysiological notions of the patient
- ♦ Provide a structured method of manual therapy that allows both morphological and symptomatic pathologies to be addressed
- ♦ Analyze the benefits of Therapeutic Yoga
- ♦ Acquire knowledge that allows to favor the correct evolution of patients with spinal problems and other health alterations derived from a weakening of the Core
- ♦ Recuperate and improve psychomotor coordination in people as well as the prevention and improvement in the user's health
- ♦ Describe practical postural techniques in health education for healthy patients to improve their quality of life
- ♦ Identify those locomotor system problems that have greater indications towards exercises based on Therapeutic Yoga
- ♦ Describe the exercise patterns that act more specifically on each joint
- ♦ Identify general locomotor system problems that require a different approach
- ♦ Review body kinematics based on the interaction of the different myofascial chains
- ♦ Make diagnoses based on the involvement of muscle chains according to the GDS and Mezieres technique
- ♦ Assimilate the theoretical and practical knowledge necessary for postural assessment and the evaluation of joint and myofascial chains
- ♦ Apply the knowledge acquired in the modification of exercises according to clinical profiles
- ♦ Injury prevention and postural hygiene in the daily clinical practice of health professionals
- ♦ Establish a critical analysis of Yoga based on scientific evidence
- ♦ Delve into the origin of Mindfulness
- ♦ Know the different models of Mindfulness
- ♦ Delve into mindfulness techniques
- ♦ Further study of postural techniques for the practice of Mindfulness
- ♦ Know the fields of application of Mindfulness

04 Educational Plan

This Internship Program consists of 3 weeks of learning in a prestigious institution. This educational process will extend from Monday to Friday until 120 consecutive hours of learning have been completed. At the same time, the entire process will be supervised and governed by a designated tutor. This professional will be in charge of ensuring the correct application of the latest Therapeutic Yoga protocols. Furthermore, it will engage you in dynamic tasks to perfect skills.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for the Therapeutic Yoga practice (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



Module	Practical Activity
Yoga in The Human Life Cycle	Design yoga class for children based on the principles of yoga for children
	Create a prenatal and postnatal yoga session and learn the necessary adjustments to adapt the practice to the needs of pregnant and postpartum women
	Plan a yoga class for seniors, including recommended postures and functional adaptations for people with disabilities
Integration of patients with health problems and disabilities	Participate in a therapeutic yoga session for people with disabilities or specific health problems, such as cerebral palsy or high blood pressure
	Develop a specific kriya for people with visual, motor or hearing disabilities, taking into account the necessary adaptations
	Practice a therapeutic yoga session with a patient with a specific health problem, and make necessary adjustments to the postures and practice to adapt it to the patient's needs
Clinical Approach	Manage a therapeutic yoga session for the locomotor system, including recommended postures and adjustments for people with spinal problems, fibromyalgia or paraplegia
	Perform a specific kriya to treat cardiovascular problems such as arterial hypertension or arterial hypotension
	Treat digestive system problems, such as constipation or irritable bowel syndrome, in a specific therapeutic yoga session
Mental Relaxation	Apply Edmund Jacobson's progressive relaxation technique and Schultz's autogenic relaxation, and learn to use them as therapeutic tools
	Design a Mindfulness meditation session, including mindfulness, concentration on breathing, and management of intrusive thoughts and emotions
	Implement the technique of systematic desensitization and selective dissociation focusing to treat anxiety and stress related disorders
Mindfulness	Create a Mindfulness session for children, and learn specific techniques to work with children
	Use Mindfulness technique to treat attention deficit hyperactivity disorder (ADHD)
	Conduct a Mindfulness session in an educational or business context, and learn how to integrate this technique in different contexts

05 Where Can I Do the Internship Program?

TECH has designed an Internship Program to update professionals on the most advanced trends in Therapeutic Yoga. In this way, this in-person stay will take place in a highly rigorous hospital center with state-of-the-art technological resources and a prestigious staff of experts. In addition, in order to provide the best possible education for the students, the program conforms to international standards and will be supervised by renowned experts.



Complete this in-person, direct and immersive TECH program, from a center of Therapeutic Yoga of excellence and with the best assistance results"





The student will be able to do this program at the following centers:



Sports Science

Club Metropolitan Sagrada Familia

Country: Spain City: Barcelona

Address: C/ de Provenza, 408, 08025 Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Iradier

Country: Spain City: Barcelona

Address: C/ de les Escoles Pies, 105, 08017 Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Balmes

Country: Spain City: Barcelona

Address: C/ de Balmes, 215, 08006 Barcelona

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Las Arenas

Country: Spain City: Barcelona

Address: Gran Via de les Corts Catalanes, 373, 385, 08015 Barcelona

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Galileo

Country: Spain City: Barcelona

Address: C/ de Galileu, 186, 08028 Barcelona

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Badalona

Country: Spain City: Barcelona

Address: C. de Sant Miquel, 16, 08911 Badalona, Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Gran Vía

Country: Spain City: Barcelona

Address: Avinguda de la Granvia de l'Hospitalet, 142, 08907 L'Hospitalet de Llobregat, Barcelona

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Abascal

Country: Spain City: Madrid

Address: Calle de José Abascal, 46, 28003 Madrid

The largest national chain of Sports, Health and Wellness Centers in Spain

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor




Sports Science

Club Metropolitan Eurobuilding

Country	City
Spain	Madrid

Address: Hotel NH Collection Madrid Eurobuilding, Planta Superior Hotel NH Collection Eurobuilding, 28036, C. del Padre Damián, 23, 28036 Madrid

The largest national chain of Sports, Health and Wellness Centers in Spain

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Isozaki

Country	City
Spain	Vizcaya

Address: Paseo Uribitarte, 4, Ext, 48001 Bilbao, Vizcaya

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Begoña

Country	City
Spain	Vizcaya

Address: Masustegi Kalea, 25, 48006 Bilbao, Vizcaya

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Romareda

Country	City
Spain	Zaragoza

Address: C/ de Gonzalo Calamita, s/n, 50009 Zaragoza

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Paraíso

Country	City
Spain	Zaragoza

Address: Residencial Paraíso, 10, 50008 Zaragoza

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Sevilla

Country	City
Spain	Seville

Address: Av. Eduardo Dato, 49, 41018 Sevilla

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Gijón

Country	City
Spain	Asturias

Address: Estadio El Molinón Enrique Castro - Quini, Puerta 8, 33201 Gijón, Asturias

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Club Metropolitan Vigo

Country	City
Spain	Pontevedra

Address: Rúa Cánovas del Castillo, 1,
36202 Vigo, Pontevedra

The largest national chain of Sports, Health and Wellness
Centers

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Club Metropolitan La Solana

Country	City
Spain	La Coruña

Address: P.º Marítimo Alcalde Francisco
Vázquez, 21, 15001 A Coruña

The largest national chain of Sports, Health and Wellness
Centers

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor

06

General Conditions

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

1. TUTOR: During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

07 Certificate

This **Internship Program in Therapeutic Yoga in Physical Activity and Sport** contains the most complete and up-to-date program on the professional and academic scene.

After the student has passed the evaluations, they will receive their corresponding TECH Internship Program issued by TECH Technological University via tracked delivery.

The diploma issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Therapeutic Yoga in Physical Activity and Sport**

Duration: **3 weeks**

Course Modality: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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