

Postgraduate Diploma

Anatomy and Physiology in Therapeutic Yoga

Endorsed by the NBA





Postgraduate Diploma Anatomy and Physiology in Therapeutic Yoga

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

Website: www.techtute.com/pk/sports-science/postgraduate-diploma/postgraduate-diploma-anatomy-physiology-therapeutic-yoga

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01

Introduction

Therapeutic Yoga has gained great popularity as a form of complementary treatment for a variety of conditions, from musculoskeletal disorders to chronic illnesses. In addition, the integration of knowledge about Anatomy and Physiology by instructors in this field is essential within this activity because it helps to understand how different postures and breathing techniques affect the body. With this in mind, TECH has developed an educational program that will allow its participants to broaden their view on the physical and biological aspects of the body that are involved in the activation of the body during exercise sessions. All this, through a 100% online methodology that will give them great flexibility.





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A Postgraduate Diploma that will allow you to acquire the latest techniques of Therapeutic Yoga, updating your knowledge of Anatomy and Physiology”

Currently, there are a large number of injuries and disorders that can be prevented and rehabilitated through physical therapy, which allows its users to work their body, improve their health and reduce pain. Therefore, it is essential that professionals in this field are fully qualified in Anatomy, as this will allow them to run Yoga sessions according to the limitations of the body and the age of the person.

For this reason, TECH presents to professionals who wish to specialize in this field and stand out within this Postgraduate Diploma, which will allow them to continue advancing in their career. This is because they will acquire a more advanced knowledge in Physiology that will help them to structure more personalized therapy sessions according to the patient's age. In addition, they will update their skills within this area, since they will know in depth about the fascial system and the benefits that Yoga gives to the body.

This will be possible thanks to the educational itinerary that has been developed by the teaching staff of this program, which is made up of the best professionals in the field of Yoga and that will transfer to the students the current panorama of this profession, through the study of the physical and biological aspects of the body at each stage of life.

The innovative methodology of Relearning will allow students to complete their syllabus 100% online, from home and without having to comply with rigid learning schedules. This will be possible thanks to multimedia resources that present all the topics of the program in a didactic way. In addition, students will have the opportunity to improve their problem-solving skills through the analysis of case studies that simulate real work situations.

This **Postgraduate Diploma in Anatomy and Physiology in Therapeutic Yoga** 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 Anatomy and Physiology in Therapeutic Yoga
- ♦ 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 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



TECH offers you the opportunity to specialize in this field, increasing your scope of action by mastering the application of Yoga as a rehabilitative tool"

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Mastering the latest developments in Physiology will allow you to guide more complete and personalized sessions, as you will understand the specific characteristics of each of your users"

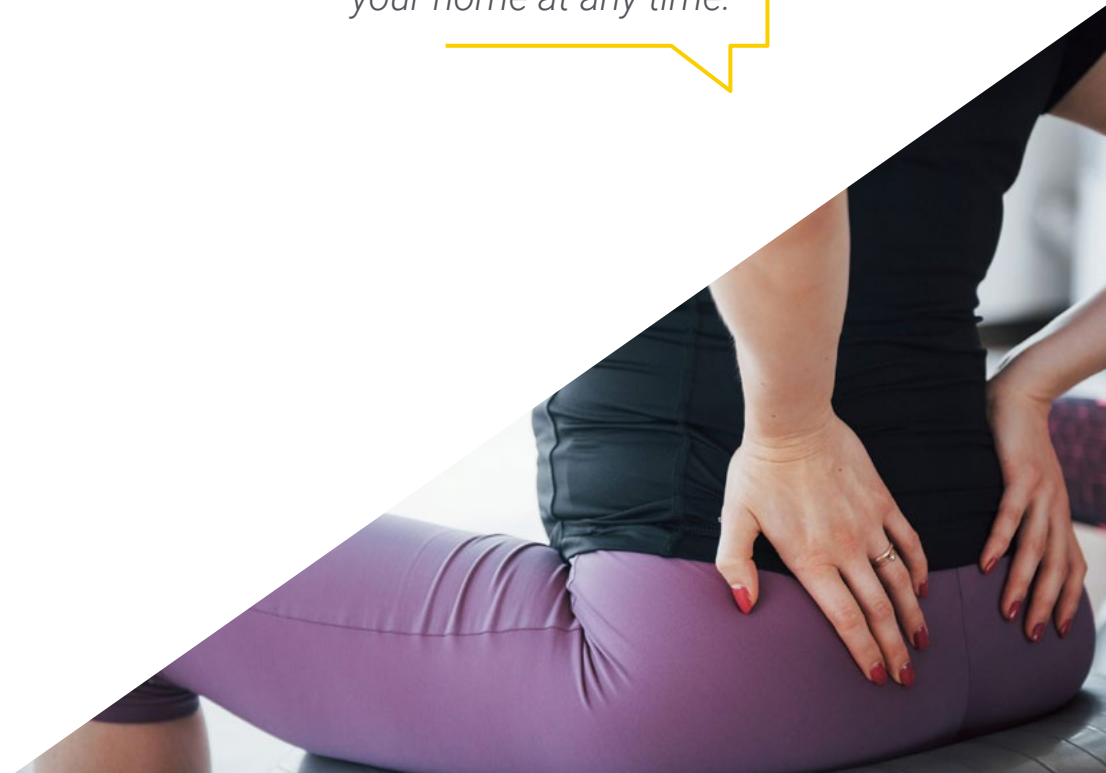
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

Reach all your goals and be part of the best professionals in the field of Therapeutic Yoga.

This program makes it possible to study from the comfort of your home at any time.



02 Objectives

This Postgraduate Diploma will allow the student to expand their technical knowledge about Therapeutic Yoga and the anatomy of the human body, in order to understand in depth the limitations of this and thus organize sessions that take into account this aspect. Therefore, the main objective of this program is to provide students with a wide range of tools that will help them develop a more comprehensive understanding of Yoga and its benefits within physical therapy.





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You will find everything you need to continue advancing in your career in this TECH Postgraduate Diploma. What are you waiting for to enroll?"



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
- ♦ Delve into the most appropriate asanas according to the characteristics of the person and their injuries
- ♦ 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



Become a specialist in Therapeutic Yoga with TECH and advance your career immediately"





Specific Objectives

Module 1. Structure of the Locomotor System

- Delve into the anatomy and physiology of the skeletal, muscular and articular 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

Module 2. Fascial System

- Delve into the history and concept of fascia, and its importance in yoga practice
- Delve into the different types of fascial mechanoreceptors and how to apply them in 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 yoga practice to improve mobility, strength and flexibility
- Identify the main postural imbalances and how to correct them through yoga practice and fascia biomechanics

Module 3. Yoga in the Human Life Cycle

- Delve into the different needs of the body and yoga practice at different times of life, such as childhood, adulthood and old age
- Explore how yoga practice can help women during the menstrual cycle and menopause, and how to adapt the practice to meet their needs
- Delve into the care and practice of yoga during pregnancy and postpartum, and how to adapt the practice to meet women's needs at these times
- Identify the suitability of yoga practice for people with special physical and/or sensory needs, and how to adapt the practice to meet their needs
- Learn how to create yoga sequences specific to the human life cycle and individual need
- Identify and apply best practices to ensure safety and well-being during yoga practice in the human life cycle and special situations

03

Course Management

TECH's main commitment to its students is to provide them with a quality education and access to high-level pedagogical resources. Therefore, the selection of the teaching team of this program has been carefully made. In this way, the student will learn from the best professionals in this field, who will share an update on the aspects that encompass the physiology within the therapies performed through Yoga.



“

TECH has the best teachers to teach this Postgraduate Diploma. Take the opportunity and discover how far you can go as a specialist in Therapeutic Yoga”

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.

Thus, 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. Throughout her career she has worked 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

- 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 IEY in Madrid
- ♦ Yin Yog Trainer at IEY in Barcelona
- ♦ Vinyasa Yoga and Power Yoga Teacher at Gimnasio Fitness Madrid
- ♦ Osteopath and Sports Massage Therapist at Gimnasio Fitness Madrid
- ♦ Specialist in Rocket Yoga at IEY Huelva
- ♦ Specialist in Therapeutic Yoga, Yin Yoga and Fascias at IEY Huelva
- ♦ Specialist in Yoga for Children at IEY Alicante
- ♦ Structural Osteopath II at Kabat
- ♦ Sports Massage and Chiromassage at Orthos

Ms. García, Mar

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



04

Structure and Content

The contents that are part of the educational itinerary of this Postgraduate Diploma have been developed by the best experts in Therapeutic Yoga. In this way, the student will have the possibility to study from three modules the locomotor structure of the body, as well as the fascial system and the implementation of physical activities in each stage of life. In addition, they will strengthen skills that will enable them to conduct complete therapy sessions using this exercise.



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*Knowing the structure of the locomotor system
will be the perfect key for you to develop Yoga
sessions according to the limitations of this”*

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. Skeletal Muscle
 - 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

Module 2. Fascial System

- 2.1. Fascia
 - 2.1.1. History
 - 2.1.2. Fascia vs. aponeurosis
 - 2.1.3. Types
 - 2.1.4. Functions
- 2.2. Types of mechanoreceptors and their importance in the different styles of Yoga
 - 2.2.1. Importance
 - 2.2.2. Golgi
 - 2.2.3. Paccini
 - 2.2.4. Ruffini
- 2.3. Myofascial Chains
 - 2.3.1. Definition
 - 2.3.2. Importance in Yoga
 - 2.3.3. Concept of tensegrity
 - 2.3.4. The three diaphragms
- 2.4. SBL: Superficial Back Line
 - 2.4.1. Definition
 - 2.4.2. Anatomical pathways
 - 2.4.3. Passive postures
 - 2.4.4. Active postures
- 2.5. SFL: Superficial Front Line
 - 2.5.1. Definition
 - 2.5.2. Anatomical pathways
 - 2.5.3. Passive postures
 - 2.5.4. Active postures
- 2.6. LL: Lateral Line
 - 2.6.1. Definition
 - 2.6.2. Anatomical pathways
 - 2.6.3. Passive postures
 - 2.6.4. Active postures

- 2.7. SL: Spiral Line
 - 2.7.1. Definition
 - 2.7.2. Anatomical pathways
 - 2.7.3. Passive postures
 - 2.7.4. Active postures
- 2.8. Functional Lines
 - 2.8.1. Definition
 - 2.8.2. Anatomical pathways
 - 2.8.3. Passive postures
 - 2.8.4. Active postures
- 2.9. Arm Lines
 - 2.9.1. Definition
 - 2.9.2. Anatomical pathways
 - 2.9.3. Passive postures
 - 2.9.4. Active postures
- 2.10. Main Imbalances
 - 2.10.1. Ideal pattern
 - 2.10.2. Flexion and stretching group
 - 2.10.3. Opening and closing group
 - 2.10.4. Inspiratory and expiratory pattern

Module 3. Yoga in the Human Life Cycle

- 3.1. Childhood
 - 3.1.1. Why is it important?
 - 3.1.2. Benefits
 - 3.1.3. What is a class like?
 - 3.1.4. Example of adapted sun salutation
- 3.2. Women and Menstrual Cycle
 - 3.2.1. Menstrual phase
 - 3.2.2. Follicular phase
 - 3.2.3. Ovulatory phase
 - 3.2.4. Luteal phase

- 3.3. Yoga and Menstrual Cycle
 - 3.3.1. Follicular phase sequence
 - 3.3.2. Ovulatory phase sequence
 - 3.3.3. Luteal phase sequence
 - 3.3.4. Sequence during menstruation
- 3.4. Menopause
 - 3.4.1. General considerations
 - 3.4.2. Physical and hormonal changes
 - 3.4.3. Benefits of the practice
 - 3.4.4. Recommended asanas
- 3.5. Pregnancy
 - 3.5.1. Why practice it
 - 3.5.2. First quarter asanas
 - 3.5.3. Second quarter asanas
 - 3.5.4. Third quarter asanaa
- 3.6. Postpartum
 - 3.6.1. Physical benefits
 - 3.6.2. Mental benefits
 - 3.6.3. General recommendations
 - 3.6.4. Practice with the baby
- 3.7. Old Age
 - 3.7.1. Main pathologies that we will encounter
 - 3.7.2. Benefits
 - 3.7.3. General considerations
 - 3.7.4. Contraindications
- 3.8. Physical Disability
 - 3.8.1. Brain damage
 - 3.8.2. Spinal cord damage
 - 3.8.3. Muscle damage
 - 8.8.4. How to design a class





- 3.9. Sensory Disability
 - 3.9.1. Hearing
 - 3.9.2. Visual
 - 3.9.3. Sensory
 - 3.9.4. How to design a sequence
- 3.10. General considerations of the most frequent disabilities that we will encounter
 - 3.10.1. Down syndrome
 - 3.10.2. Autism
 - 3.10.3. Cerebral palsy
 - 3.10.4. Intellectual development disorder



The combination of the best multimedia content and the most innovative learning methodology on the market is waiting for you. Enroll now”

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.





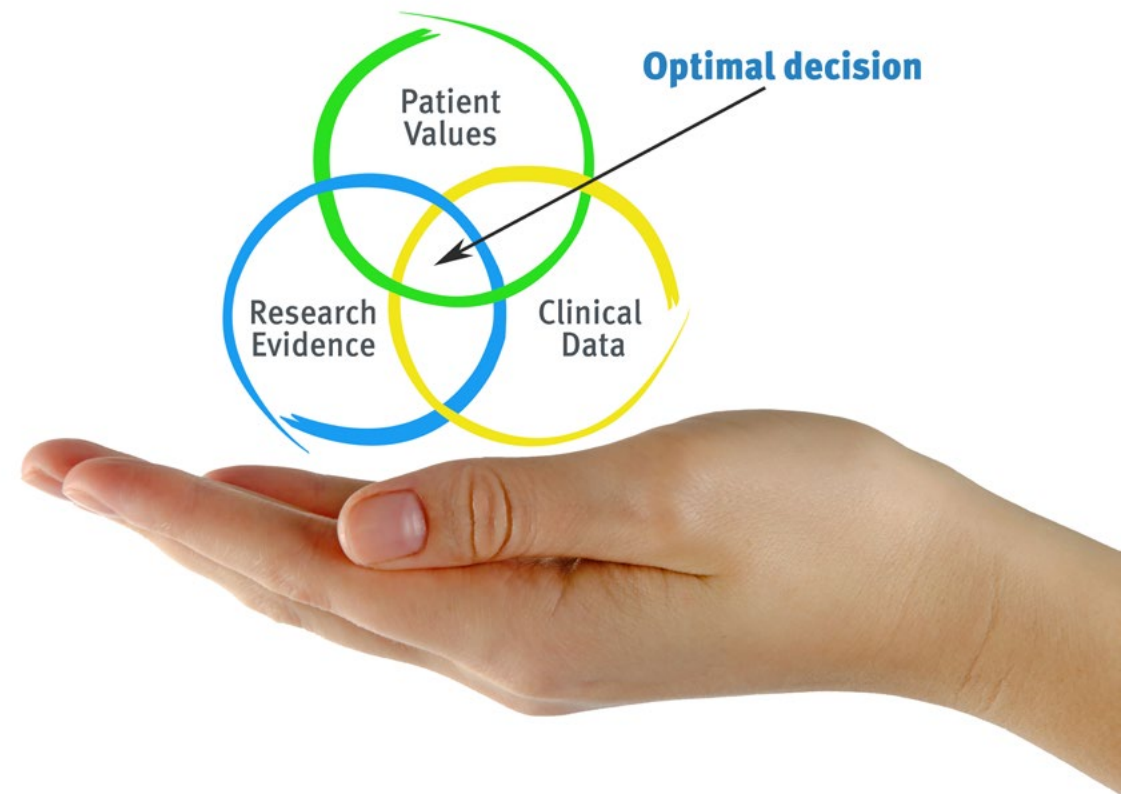
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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 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

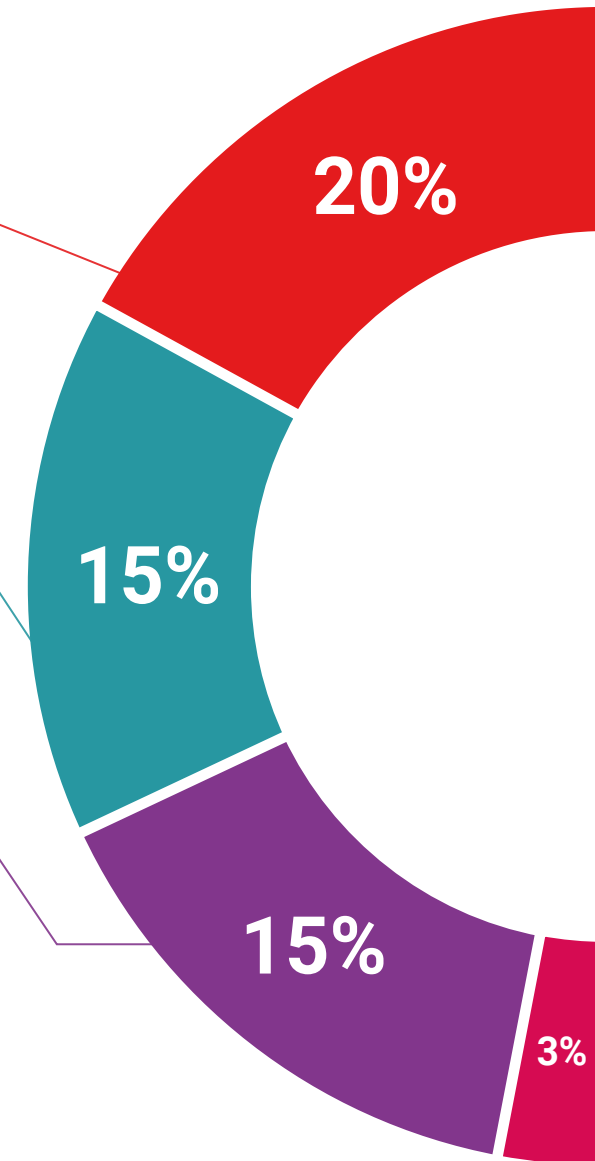
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

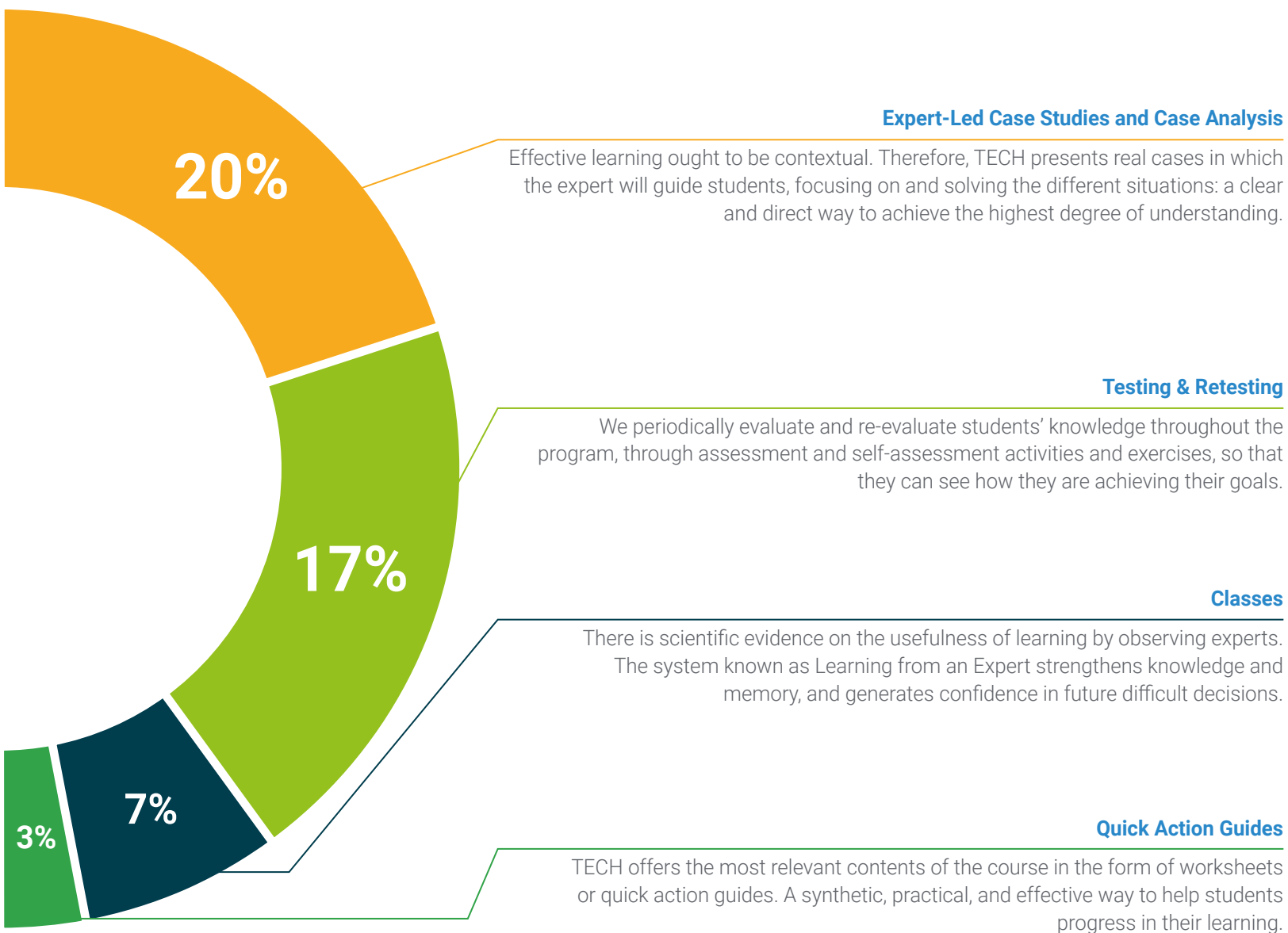
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



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.





06 Certificate

The Postgraduate Diploma in Anatomy and Physiology in Therapeutic Yoga guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Anatomy and Physiology in Therapeutic Yoga** 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 Diploma** 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 Diploma in Anatomy and Physiology in Therapeutic Yoga

Official N° of Hours: 450 h.

Endorsed by the NBA



*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.

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



Postgraduate Diploma
Anatomy and Physiology
in Therapeutic Yoga

- » Modality: online
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- » Dedication: 16h/week
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Postgraduate Diploma

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tech technological
university