1-dags kurset
Respiration og Postural kontrol

Mandag 14.juni - 2027

Program:

DSNF påtager sig retten til mindre korrektioner af programmet.

Day-1: Monday, June 14th - 5.0 Contact Hours

9:30 – 10:00		Registration, coffee, tea etc.
10:00 – 10:20	Discussion	Introduction to course topics
10:20 – 11:30	Lecture	Breathing and posture #1: Pressure control (Soda pop model)
11:30 – 12:30		LUNCH
12:30 – 14:15	Lab	Positioning strategies: What can you do in 90 Seconds or less that has a profound and lasting effect?
14:15 – 14:30		BREAK
14:30 – 15:15	Lecture	Breathing and posture #2: The diaphragm's many roles
15:15 – 15:30		BREAK
15:30 – 16:30	Lab	Ventilatory/movement strategies: Integrating neuromuscular, musculoskeletal, respiratory, and sensory systems