

Breathing, Performance and Rehabilitation

(RHAB813) 15 points

Pathways, programmes/specialisations the paper is attached to

Postgraduate Certificate in Health Science, Master of Health Science, Postgraduate Diploma in Health Science, Master of Health Practice in the Rehabilitation specialisation area.

Am I eligible to enrol in this paper?

The paper is for health professionals registered and holding a current annual practising certificate under the New Zealand HPCA Act, or for international physiotherapists who hold a Special Purpose Scope of Practice from the Physiotherapy Board of New Zealand. Applicants will normally have completed the requirements of one of the following in a relevant field from a New Zealand tertiary institution or equivalent:

- A bachelor's degree
- Professional qualification recognised by the university as being equivalent to a bachelor's degree
- Evidence of professional experience deemed by the university to be equivalent to a bachelor's degree

Where entry qualifications do not meet the criteria for study at postgraduate level, completion of transitional studies may be required before the applicant is admitted to the programme.

What is this paper about?

This paper explores the complexities of breathing and breathing pattern disorders and their impact on performance and rehabilitation. Theoretical and practical issues relating to normal and abnormal breathing are explored and include diagnosis, assessment and management from a physiotherapy and multi-disciplinary perspective. The paper fosters innovative solutions working to optimize physical performance or rehabilitate disordered patterns across a diverse range of health, social and sporting contexts.

What can I expect to learn?

- Functional anatomy and physiology of breathing
- Influences on breathing (i.e. pharmacological, psychological, hormonal, pathophysiological, environmental)
- Assessment and analysis of normal and abnormal breathing patterns
- Management of breathing pattern disorders (including practical and therapeutic strategies)
- Special topics (to be confirmed)

How is this paper taught?

Location:	On campus at North Campus, AUT
Teaching Period(s):	Semester 2
Block Course:	Yes
Online:	Online learning tasks incorporated

How will I be assessed?

1. Written assignment 5000 words

Who will be teaching me?

Paper Coordinator: Sarah Mooney, DHSc, MSc, BSc (Hons) Physiotherapy, NZSP

The paper is led by Sarah Mooney, supported by a team of experienced clinicians including physiotherapists and psychologists. Sarah is a senior lecturer and physiotherapy advanced clinician (cardio-respiratory) who works in public, private and academic healthcare environments. She has a passion for working with people with breathing pattern disorders, and also promoting their recognition and management. She has presented to a variety of health professionals including GPs, health psychologists and physiotherapists and has also co-designed and led national, international and interdisciplinary workshops.

Fees

Information about paper tuition fee for papers may be found at:

<http://www.aut.ac.nz/study-at-aut/fees-scholarships-and-finance/fees/postgraduate-fees>

Enrolment and enquires

New to AUT? Please submit an application for a programme on the AUT website - <https://www.aut.ac.nz/study/applying>.

When you are a confirmed student you will be able to indicate your paper selection. Any questions about applying to AUT please contact Debra Spinetto – fhes.enquiries@aut.ac.nz

Current students will receive an re-enrolment email each year – any enquiries please contact fhes.administration@aut.ac.nz

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