

Breathing, Performance and Rehabilitation

(RHAB813)

Pathways, programmes/specialisations the course is attached to

Postgraduate Certificate in Health Science, Master of Health Science, Postgraduate Diploma in Health Science, Master of Health Practice

Am I eligible to enrol in this course?

The course is for registered health professionals who hold 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 course about?

This course explores the role of breathing retraining in performance and rehabilitation for a wide range of professional practitioners who wish to optimise physical performance or rehabilitate disordered breathing patterns. The course also explores theoretical and practical issues relating to normal and abnormal breathing including diagnosis, assessment and treatment. Innovative solutions are fostered for 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 course taught?

Location: On campus at North Campus, AUT
Teaching Period: Semester 2
Block Course: Yes (2 x 2 days); online learning tasks incorporated

How will I be assessed?

1. Written assignment 5000 words

Who will be teaching me?

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

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

Fees

Information about course tuition fees may be found at:

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

Enrolment and enquires

Please contact Debra Spinetto for any enquiries about enrolment. Further information about our postgraduate offerings may be found online.