



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Breathing Essentials 205

Course Subtitle: Athletic Performance

Course Description: Athletic Performance is a 1-hour seminar examining several factors related to breathing dysfunction that may alter athletic performance. A discussion of the involvement of the diaphragm and trunk stability during athletic performance will be presented. Studies relating to the effects of fatigue of the diaphragm, core fatigue, impact loading during running, and the effects of the Metaboreflex on performance are presented and discussed. Finally, the effects of progesterone on female runners is examined.

Target Audience: OT/OTA, PT/PTA and other healthcare professionals

Course Length: 1 hour

Course Author/Instructor: Debra Dent, BPT, Dip Manip, PT, OCS, FCAMPT

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the end of the course, participants will be able to:

- Describe the physiological response of aerobic exercise on the respiratory system.
- Describe the effect of running on the viscera and the diaphragm.
- Describe the response to inspiratory muscle fatigue on the body.
- List one device than may increase endurance of the respiratory muscles

Outline of Content:

Hour #1

Pulmonary Physiology during exercise

Function of the deep core

Postural activity of the diaphragm and response to fatigue

Impact loading and locomotor respiratory coupling

Response to breathlessness

Metaboreflex and its effects

Inspiratory muscle training discussion

Response to progesterone in females

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.

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