



**Course Title:** Breathing Essentials 205 – 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 will be examined.

**Target Audience:** OT / OTA and other healthcare professionals

**Course Type:** Video vs. Text-based

**Educational Level:** Beginner, Intermediate, Advanced

**CE Hours:** 1 contact hour / .1 ceu

**Course Prerequisites:** None

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

**Learning Objectives:**

- 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

**Agenda:**

**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

**Course Completion Requirements:**

A 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 and completing a satisfaction survey, you will receive your certificate of completion.

## **Additional Course Information**

**Course Registration:** Register for Free at [www.OnlineCE.com](http://www.OnlineCE.com). Once registered, you can begin to purchase courses. Contact [info@onlinece.com](mailto:info@onlinece.com) for special needs requests and assistance.

**Refund Policy:** There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

**Cancellation Policy:** Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

**Course Date and Location:** This is an independent course that is available 24/7 on-demand at [www.OnlineCE.com](http://www.OnlineCE.com).

**Required Materials and Equipment:** Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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