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RESPIRATORY MANAGEMENT

FIRST EC2U SUMMER SCHOOL
SMART AGEING AND HEALTHY LIFE

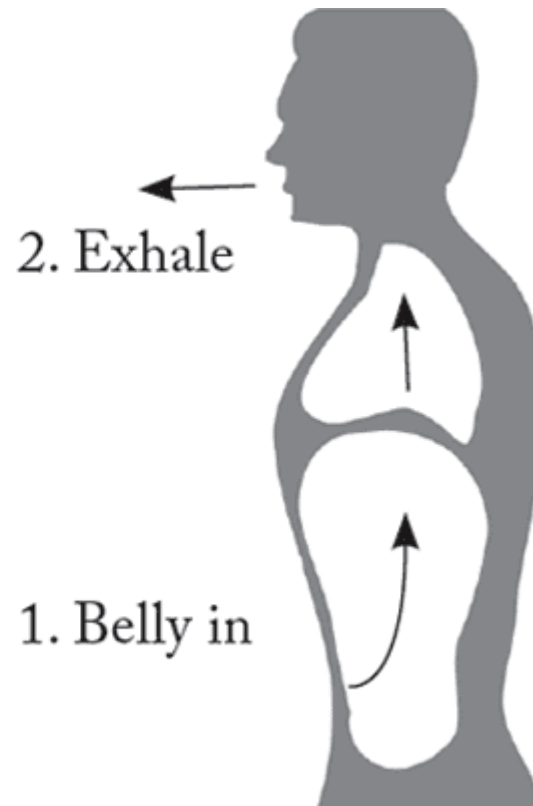
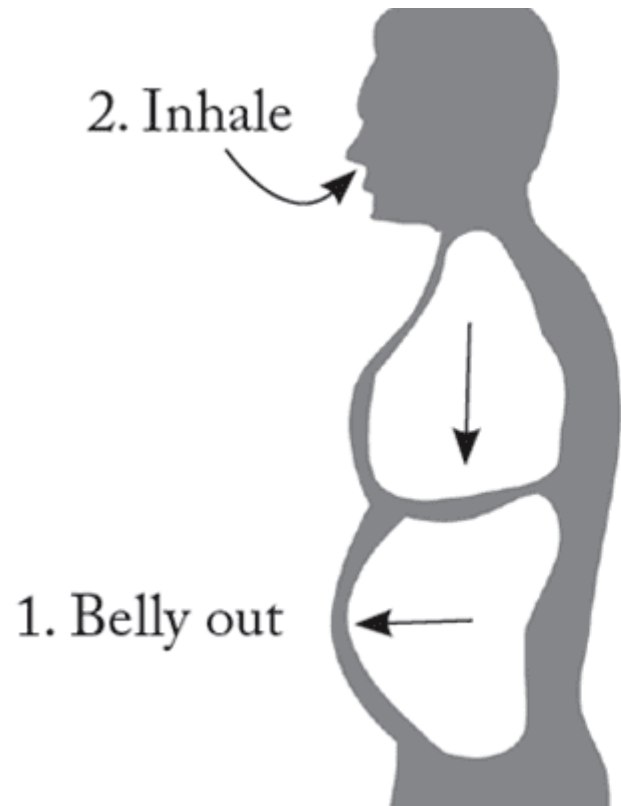
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RESPIRATORY MANAGEMENT

Levels of breathing – The 3 floors of breathing

1st Level



- Diaphragmatic breathing (belly breathing or abdominal breathing)

RESPIRATORY MANAGEMENT

Levels of breathing – The 3 floors of breathing

2nd Level

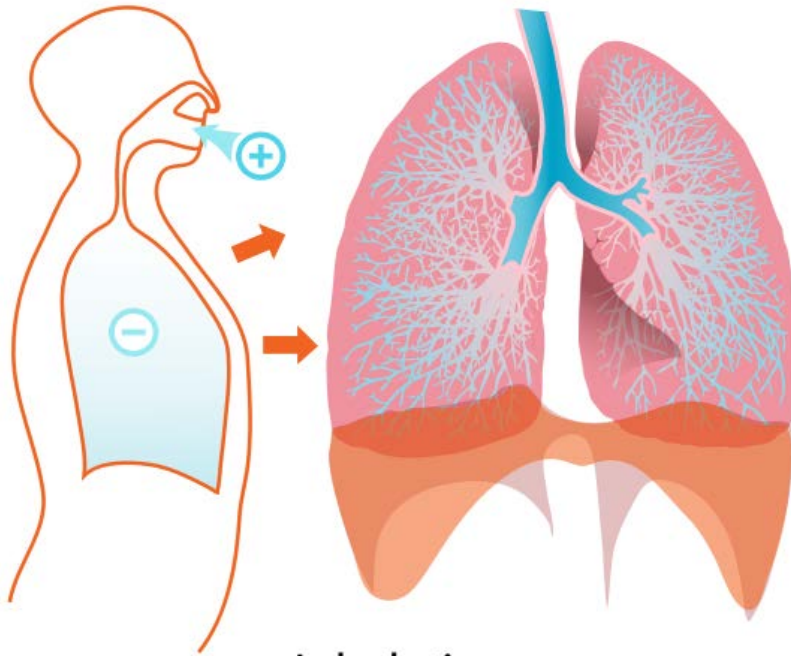


- Upper costal / rib respiration or upper chest breathing

RESPIRATORY MANAGEMENT

Levels of breathing – The 3 floors of breathing

3rd Level

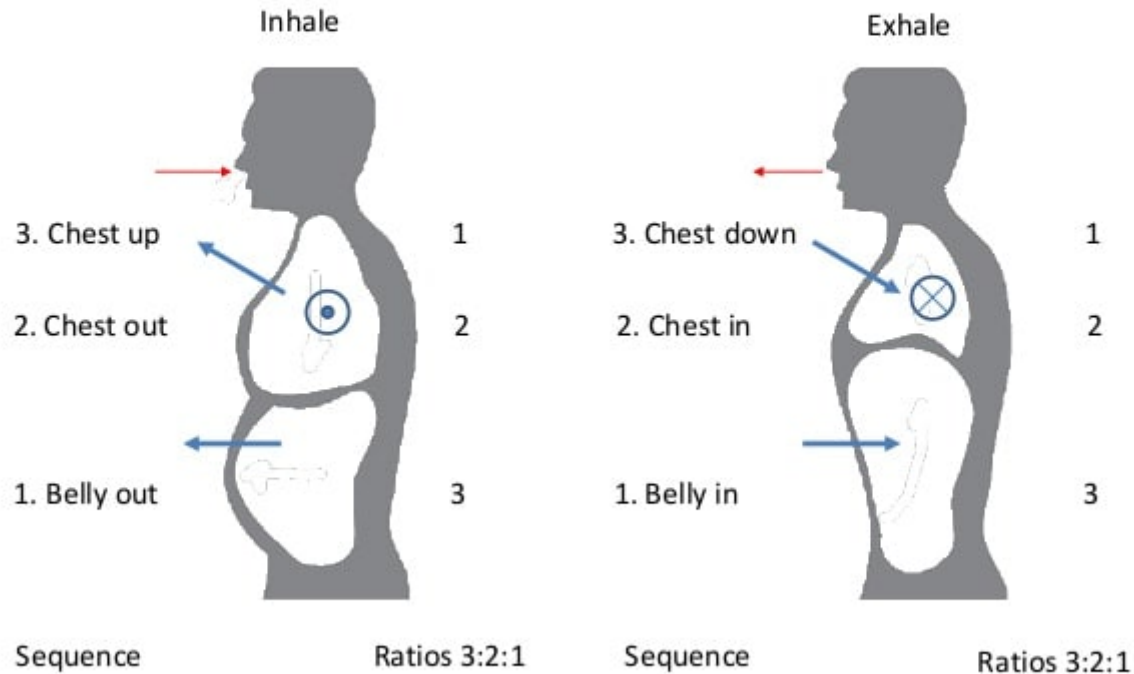


Inhalation

- Upper costal / rib respiration or upper chest breathing

COMPLETE BREATHING

Complete breathing



This type of breathing it is the ultimate approach of respiratory process that involves all three levels of breathing in a harmonious relationship.

Structure of a physical activity class

Class structure

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graph LR; A[Class structure] --- B[Warm-up (10-15%)]; A --- C[Main part (75-85%)]; A --- D[Cool down (3-5%)]
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Warm-up (10-15%)

Main part (75-85%)

Cool down (3-5%)

Place and role of Breathing exercises during a class of physical activity

WARM-UP

- cardio-respiratory readiness
- stretching and dynamic analytical exercises for joints and muscle groups

MAIN PART

- various types of amateur sports
- leisure physical activities
- Fitness classes
- Aerobic class
- Endurance programs
- Outdoor activities
- Dance class
- others



Adapted breathing patterns

Cool down

- Deep static relaxation
- Various positions or poses
- Dynamic relaxation techniques
- Breathing flow patterns

THEORETICAL APPLICATIONS



PRACTICAL APPROACHES



PRACTICAL APPROACHES



PRACTICAL APPROACHES



PRACTICAL APPROACHES



PRACTICAL APPROACHES





Thank you

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