Professional Master's Degree

Rehabilitation and Readaptation of Sports Injuries

Endorsed by the NBA

tech technological university

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Professional Master's Degree
Rehabilitation and Readaptation of Sports Injuries

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Technological University**
- Dedication: **16h/week**
- Schedule: **at your own pace**
- Exams: **online**

Website: **www.techtitute.com/in/medicine/professional-master-degree/master-rehabilitation-readaptation-sports-injuries**

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01

Introduction

Elite athletes may face different injuries for which the intervention of rehabilitation physicians is required, who can achieve their sports readaptation. Therefore, the specialization of these health professionals in the main injuries that can affect professionals in their sports practice is essential to achieve a deep knowledge that allows an adequate recovery.

Get to know the main tools for sports rehabilitation and readaptation and apply them with your patients to achieve effective recoveries that allow them to continue with their sports activity"

Rehabilitation medicine in the field of sports is essential to achieve the recovery of elite athletes and those involved in high-level sports activities who suffer from some type of injury. Therefore, a specialization in the most frequent injuries, taking into account the part of the body where they occur, is essential for all those physicians who develop professionally in this field. Following this premise, TECH has designed this Professional Master's Degree in Rehabilitation and Readaptation of Sports Injuries, with the aim of training all those who wish to increase their knowledge about rehabilitation work with athletes, a program created by experts in the field and with years of experience in the sector.

This program is unique among those that exist in the field, as it is the first that integrates rehabilitation, rehabilitation, recovery and prevention, both for sports injuries and at a functional level. All this in a single Professional Master's Degree of the highest quality and created by leading professionals in this field.

Likewise, this educational program has a series of qualities that offers a wealth of knowledge to future students. Thus, students will learn about nutritional aspects, such as the importance of the intake of phytochemicals and foods rich in them in the improvement of health, as well as in biological recovery and, above all, the importance of water and hydration as a fundamental part during the entire recovery process.

On the other hand, the introduction of the Pilates method with its different variants, both in rehabilitation and rehabilitation, are a novelty in terms of this type of education. Specialization in *coaching* and business strategies is also very important in order to guarantee success in your professional work.

In short, TECH has set out to create contents of the highest teaching and educational quality that will turn students into successful professionals, following the highest quality standards in teaching at an international level. Therefore, this Professional Master's Degree has rich content that will help students to reach the elite of Rehabilitation Medicine at the sports level.

This Professional **Master's Degree in Rehabilitation and Readaptation of Sports Injuries** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of numerous case studies presented by specialists in sports rehabilitation.
- The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice.
- It contains exercises where the self-assessment process can be carried out to improve learning
- Algorithm-based interactive learning system for decision making.
- Its special emphasis on innovative methodologies in Sports Rehabilitation
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection

Immerse yourself in the study of this high-level Professional Master's Degree and improve your skills as a rehabilitation physician"

This Professional Master's Degree is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge as a Rehabilitation Physician, you will obtain a degree from TECH Technological University"

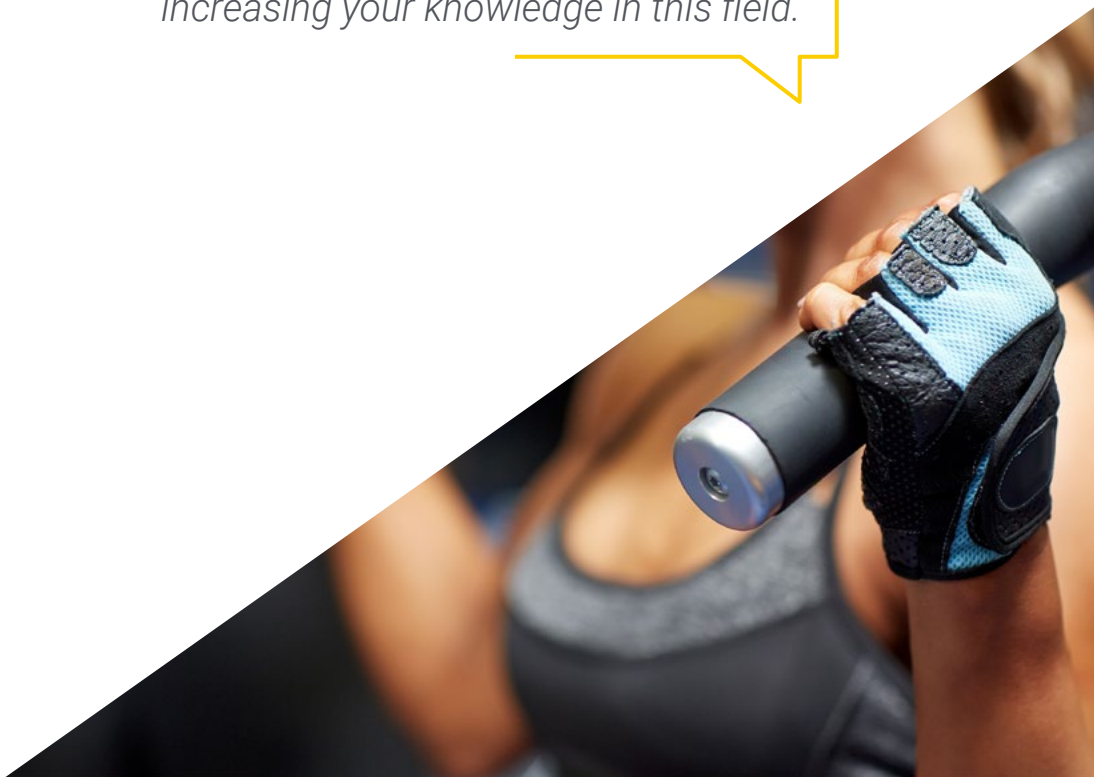
This Professional Master's Degree offers training in simulated environments which provides an immersive learning experience designed to train for real-life situations.

This 100% online master's degree will allow you to combine your studies with your professional work while increasing your knowledge in this field.

Its teaching staff includes professionals belonging to the medical field, who contribute their work experience to this education as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training that is programmed to train students in real situations.

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system developed by renowned and experienced experts in rehabilitation and readaptation of sports injuries.



02

Objectives

The main objective of this program is the development of theoretical and practical learning, so that the physician can master in a practical and rigorous way the physical rehabilitation aimed at sports readaptation.

Our goal is to achieve academic excellence and help you achieve professional success. Don't hesitate any longer and join us”

General Objectives

- Acquire specialized knowledge in sports rehabilitation, injury prevention and functional recovery
- Assess the athlete from the point of view of physical, functional and biomechanical condition to detect aspects that hinder recovery or provoke relapses in the injury
- Design both specific rehabilitation and recovery work as well as comprehensive individualized work
- Acquire a specialization in the pathologies of the locomotor system with the highest incidence in the population as a whole
- Be able to plan prevention, rehabilitation and functional rehabilitation programs
- Deepen in the characteristics of the different types of injuries most frequently suffered by athletes nowadays
- Assess the subject's nutritional needs and make nutritional recommendations and nutritional supplements to support the recovery process
- Evaluate and monitor the evolutionary process of recovery and/or rehabilitation of an athlete's or user's injury
- Acquire skills and abilities in readaptation, prevention and recovery, increasing professional possibilities as a personal trainer
- Differentiate from an anatomical point of view the different parts and structures of the human body
- Improve the injured athlete's physical condition as part of the integral work, with the objective of achieving a greater and more efficient recovery after the injury
- Use coaching techniques to address general psychological aspects of the athlete or injured subject that favor an effective approach from the personal training work
- Understanding marketing as a key tool for success in personal training in the field of rehabilitation, prevention and functional recovery

Specific Objectives

Module 1. Personal Training

- Integrate the concepts of balance training, cardiovascular, strength, plyometrics, speed, agility, etc. as a key tool for personnel in injury prevention and rehabilitation
- Design training programs individualized to the characteristics of the subject in order to achieve better results

Module 2. Preventive Work for Sports Practice

- Identify the risk factors involved in the practice of physical-sports activities
- Use different types of materials for the planning of different types of exercises in a customized training program
- Learning Pilates exercises with different types of machines designed to be fundamental in preventive work
- See Stretching and Postural Re-Education as essential methods for the prevention of injuries and alterations of the locomotor system

Module 3. Structure of the Locomotor System

- Manage the different anatomical concepts: axes, planes and anatomical position
- Differentiate the different elements that make up the locomotor apparatus
- See the functioning processes of the integrated active and passive locomotor apparatus

Module 4. Fitness, Functional and Biomechanical Assessment

- Use biomechanics of movement as a key tool in the prevention and rehabilitation process
- Clarify the importance of nutritional, biochemical, genetic and quality of life assessment from the initial period to the end of the process
- Evaluate the different parameters related to physical fitness: strength, speed, flexibility, endurance, etc
- Detect anomalies that hinder or prevent a correct recovery/rehabilitation process

Module 5. Frequent Injuries in Athletes

- Determine the etiology of the most frequent injuries that occur in sports practice
- Identify the causes of the main injuries in sports
- Distinguish the different types of injuries: tendon, muscle, bone, ligament and joint injuries

Module 6. Exercise for the Readaptation of Sports Injuries

- Establish exercise and physical activity as a strategy for health improvement
- Classify the different types of exercises according to the planning of the personalized training to be performed
- Differentiate the different types of specific physical exercises according to the muscles or muscle groups to be readapted
- Manage the different techniques applied in the treatment of injuries produced in sports practice
- Employ proprioceptive re-education in the whole process of rehabilitation and recovery, as well as for a lower prevalence of injury recurrence
- Plan and design specific programs and protocols with preventive effects
- Manage the different types of sports and essential sports practices as adjuvants during the process of functional rehabilitation and recovery

Module 7. Frequent Pathologies of the Locomotor System

- Analyze the severity of ligament pathologies and their assessment for a better and more efficient rehabilitation
- Focus on the analysis of joint pathologies due to their high incidence in sports
- Examine the most common pathologies that usually occur in the spine
- Assess pain as an element to be taken into account in the diagnosis of a greater or lesser degree of injury

Module 8. Exercise for Functional Recovery

- Analyze the different possibilities offered by functional training and advanced rehabilitation
- Apply the Pilates method as an integral system for the rehabilitation of the locomotor system in functional recovery
- Plan specific Pilates exercises and programs for the different areas of the locomotor system with and without apparatus

Module 9. Nutrition for Functional Recovery and Rehabilitation

- Approach the concept of integral nutrition as a key element in the process of readaptation and functional recovery
- Distinguish the different structures and properties of both macronutrients and micronutrients
- Prioritize the importance of both water intake and hydration in the recovery process
- Analyze the different types of phytochemicals and their essential role in improving the state of health and regeneration of the organism

Module 10. Coaching and Personal Trainer Business

- Acquire and understand the different healthy habits and lifestyles, as well as their implementation possibilities
- Apply motivational strategies to achieve better results in the process of sports rehabilitation and functional recovery
- Plan and design spaces that favor a better development of the specific personal training work to be performed
- Understand the personal training process where the relationship with the client and the *feedback* provided by the client are fundamental to the process

The sports field requires trained professionals, and we give you the keys to position yourself among the professional elite"

03

Skills

After passing the assessments of the Professional Master's Degree in Rehabilitation and Readaptation of Sports Injuries, the professional will have acquired the necessary skills for a quality and up-to-date practice based on the most innovative teaching methodology.

This program will help you acquire the skills you need to excel in your daily work"

General Skill

- Planning and execution of rehabilitation programs aimed at sports readaptation and functional recovery of athletes with injuries

Increase your skills with our high-quality program and give your career a boost"

Specific Skills

- Knowing the particularities of personal training adapted to each person and to design individualized and specific programs according to the needs of the athletes
- Plan the specific exercises for each training session, applying machines for functional training or pilates method techniques
- In-depth knowledge of the locomotor system
- Know in depth the biomechanics of movement and apply it in the rehabilitation process
- Know and identify the main sports injuries
- Design and carry out customized training
- Identify the main joint and ligament pathologies
- Plan rehabilitation exercises using the Pilates method for the rehabilitation of the locomotor system
- Provide nutritional diets adapted to the needs of each athlete and taking into account his or her type of injury
- Apply coaching techniques to personal training and apply motivation to obtain better results in the recovery of the athlete

04

Course Management

This teaching team, experts in Personal Training, has a wide prestige in the profession and are professionals with years of teaching experience who have come together to help students give a boost to their profession. To this end, they have developed this Professional Master's Degree with recent updates in the field that will allow education and increase skills in this sector.

Learn from the best professionals and become a successful professional yourself"

International Guest Director

Isaiah Covington is a highly skilled performance coach with extensive experience in treating and addressing various injuries in elite athletes. In fact, his professional career has been directed to the **NBA**, one of the most important sports leagues around the world. He is the **performance coach of the Bolton Celtics**, one of the most important teams in the Eastern Conference and with the greatest projection in the United States.

His work in such a demanding league has made him specialize in maximizing the **physical and mental potential** of the players. His past experience with other teams, such as the Golden State Warriors and the Santa Cruz Warriors, has been key. This has also allowed him to work on sports injuries, focusing on the **prevention and rehabilitation** of the most common injuries in elite athletes.

In the academic field, his interest has focused on the field of kinesiology, exercise science and high performance sport. All of this has led him to excel prolifically in the NBA, working day-to-day with some of the top basketball players and coaching staffs from around the world.

Dott. Covington, Isaiah

- Performance coach of the Golden State Warriors
- Head Performance Coach of the Santa Cruz Warriors
- Performance Coach at Pacers Sports & Entertainment
- B.S. in Kinesiology and Exercise Science from the University of Delaware
- Specialization in Training Management
- Master's degree in Kinesiology and Exercise Science from Long Island University
- Master's Degree in Performance Sport from Australian Catholic University

Thanks to TECH you will be able to learn with the world's best professionals"

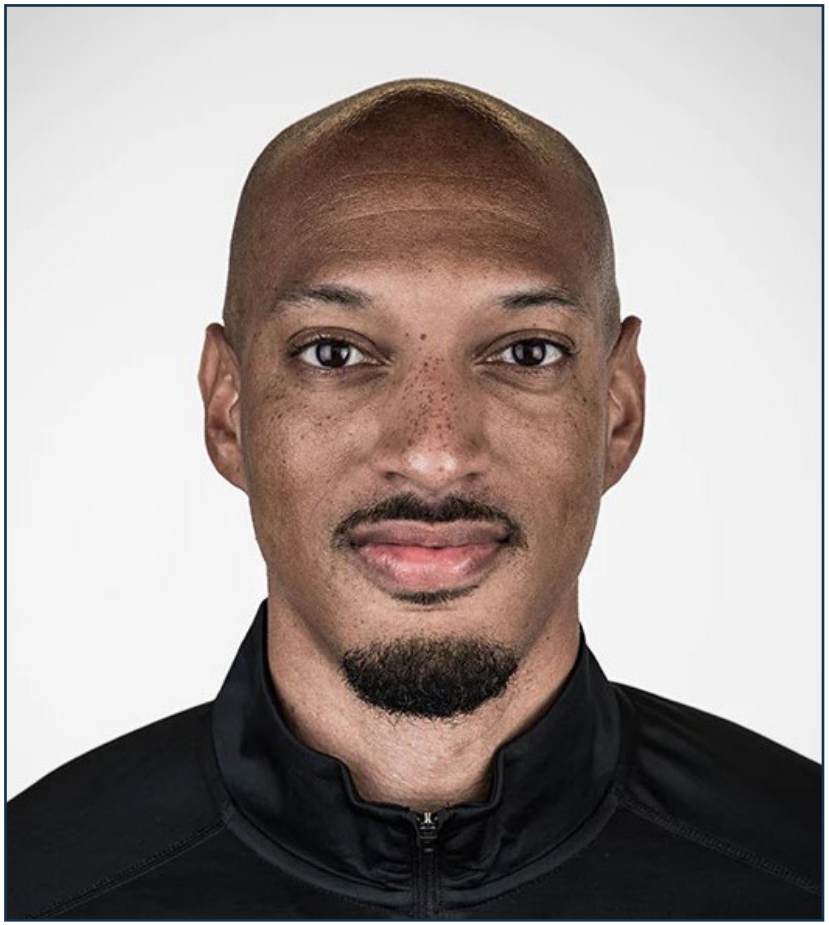
International Guest Director

Dr. Charles Loftis is a renowned specialist who serves as a **sports performance therapist** for the **Portland Trail Blazers in the NBA**. His impact on the world's premier basketball league has been significant, bringing distinguished expertise in creating strength and conditioning programs.

Prior to joining the Trail Blazers, he was the head strength and conditioning coach for the Iowa Wolves, implementing and overseeing the development of a comprehensive player program. In fact, his experience in the sports performance field began with the establishment of XCEL Performance and Fitness, of which he was the founder and head coach. There, Dr. Charles Loftis worked with a wide range of athletes to develop strength and conditioning programs, in addition to working on the **prevention and rehabilitation of sports injuries**.

His academic background in the field of chemistry and biology gives him a unique perspective on the science behind sports performance and physical therapy. As such, he holds CSCS and RSCC designations from the National Strength and Conditioning Association (NSCA), which recognize his knowledge and skills in the field. He is also certified in PES (Performance Enhancement Specialist), CES (Corrective Exercise Specialist) and dry needling.

All in all, Dr. Charles Loftis is a vital member of the NBA community, working directly with both the strength and performance of elite athletes as well as the necessary prevention and rehabilitation of various sports injuries.



Dr Loftis, Charles

- Head strength and conditioning coach for the Iowa Wolves
- Founder and head coach at XCEL Performance and Fitness
- Head performance coach for the Oklahoma Christian University men's basketball team
- Physical Therapist at Mercy
- Doctor of Physical Therapy from Langston University
- B.S. in Chemistry and Biology from Langston University

Thanks to TECH you will be able to learn with the world's best professionals"

Management

Dr. González Matarín, Pedro José

- Doctor in Health Sciences
- Degree in Physical Education Teacher
- Master's Degree in Functional Recovery in Physical Activity and Sport
- Master's Degree in Regeneration Medicine
- Master's Degree in Physical Activity and Health
- Master in Dietetics and Diet Therapy
- Postgraduate in Obesity
- Postgraduate in Nutrition and Dietetics
- Postgraduate Degree in Genomic Medicine, Pharmacogenetics and Nutrigenetics
- Associate Professor Doctor and Private University (DEVA)
- PDI collaborator at UNIR, VIU, UOC and TECH

05

Structure and Content

The structure of the contents has been designed by a team of professionals familiar with the importance of the program in daily practice, aware of the current relevance of quality education in the field of personal training, and committed to quality teaching through new educational technologies.

We have the most complete and up-to-date academic program in the market. We want to provide you with the best training"

Module 1. Personal Training

1.1. Personal Training
1.2. Flexibility Training
1.3. Endurance and Cardiorespiratory Training
1.4. Core Training
  1.4.1. Core Musculature
  1.4.2. The Training of Stabilization Systems
  1.4.3. Core Science and Training
  1.4.4. Core Training Guidelines
  1.4.5. Core Training Program Design
1.5. Balance Training
1.6. Plyometric Training
  1.6.1. Principles of Plyometric Training
  1.6.2. Designing a Plyometric Training Program
1.7. Speed and Agility Training
1.8. Strength Training
1.9. Integrated Program Design for optimal performance
1.10. Exercise Modalities

Module 2. Preventive Work for Sports Practice

2.1. Risk Factors in Sports
2.2. Working with Mat Exercises
2.3. Reformer and Cadillac
2.4. Wunda Chair
2.5. Active GlobalStretching and Global Postural Re-education
2.6. Fitball
2.7. TRX
2.8. Body Pump
2.9. Medicine Ball and Kettlebells
2.10. Thera Band
  2.10.1. Advantages and Properties
  2.10.2. Individual Exercises
  2.10.3. Exercises in Pairs
  2.10.4. Respiratory muscles

Module 3. Structure of the Locomotor System

3.1. Anatomical Position, Axes and Planes
3.2. Bone
3.3. Joints
  3.3.1. Etiology
  3.3.2. Synarthrosis
  3.3.3. Amphiarthrosis
  3.3.4. Diarthrosis
3.4. Cartilage
3.5. Tendons and Ligaments
3.6. Skeletal Muscle
3.7. Development of the Musculoskeletal System
3.8. Components of the Musculoskeletal System
3.9. Nervous Control of Skeletal Muscles
3.10. Muscle Contraction
  3.10.1. Functioning of Muscle Contraction
  3.10.2. Type of Muscle Contraction
  3.10.3. Muscle Bioenergetics

Module 4. Fitness, Functional and Biomechanical Assessment

4.1. Anatomy and Kinesiology
4.2. The Science of Human Motion
4.3. Applied Biomechanics:
4.4. Initial Customer Inquiry

4.5. Functional Movement Assessment
- 4.5.1. Motion Detection, Testing and Evaluation
- 4.5.2. Functional Movement Screen (FMS)
- 4.5.3. Selective Assessment of Functional Movement
- 4.5.4. Specific Functional Performance Tests

4.6. Nutritional Assessment, Genetic Evaluation, Biochemistry and Quality of Life

4.7. Biomechanics
- 4.7.1. Biomechanical Fundamentals
- 4.7.2. Biomechanics of Human Movement
- 4.7.3. Muscular Control of Movement
- 4.7.4. Biomechanics of Resistance Exercise

4.8. Evaluation of Physical Fitness

4.9. Risk Detection and Stratification

Module 5. Frequent Injuries in Athletes

5.1. Shoulder Injuries in Sports
- 5.1.1. Relevant Aspects of the Shoulder
- 5.1.2. Injuries and Disorders Related to Acute and Chronic Shoulder Instability
- 5.1.3. Clavicular Injuries
- 5.1.4. Nerve Injuries in the Shoulder Region
- 5.1.5. Brachial Plexus Injuries

5.2. Upper Arm Injuries

5.3. Elbow Injuries in Sports

5.4. Forearm, Wrist and Hand Injuries in Sports

5.5. Head and Facial Injuries in Sports

5.6. Throat, Chest and Abdominal Injuries in Sports

5.7. Back/Spine Injuries in Sport
- 5.7.1. Relevant Aspects of the Back and Spine
- 5.7.2. Diagnosis of Back Pain
- 5.7.3. Neck and Cervical Injuries
- 5.7.4. Injuries of the Thoracic and Lumbar Area

5.8. Hip Joint, Pelvic and Groin Injuries in Sports

5.9. Thigh, Knee and Leg Injuries in Sport

5.10. Ankle and Foot Injuries in Sport

Module 6. Exercise for the Readaptation of Sports Injuries

6.1. Physical Activity and Physical Exercise for Health Improvement

6.2. Classification and Selection Criteria for Exercises and Movements

6.3. Principles of Sports Training
- 6.3.1. Biological Principles
  - 6.3.1.1. Functional Unit
  - 6.3.1.2. Multilaterality
  - 6.3.1.3. Specificity
  - 6.3.1.4. Overload
  - 6.3.1.5. Supercompensation
  - 6.3.1.6. Individualization
  - 6.3.1.7. Continuity
  - 6.3.1.8. Progression
- 6.3.2. Pedagogical Principles
  - 6.3.2.1. Transfer
  - 6.3.2.2. Efficacy
  - 6.3.2.3. Voluntary Stimulation
  - 6.3.2.4. Accessibility
  - 6.3.2.5. Periodization

6.4. Techniques Applied to the Treatment of Sports Injuries

6.5. Specific Action Protocols

6.6. Phases of the Process of Organic Recovery and Functional Recovery

6.7. Design of Preventive Exercises

6.8. Specific Physical Exercises by Muscle Groups

6.9. Proprioceptive Re-education
- 6.9.1. Bases of Proprioceptive and Kinesthetic Training
- 6.9.2. Proprioceptive Consequences of Injury
- 6.9.3. Development of Sport Proprioception
- 6.9.4. Materials for Proprioception Work
- 6.9.5. Phases of Proprioceptive Re-education

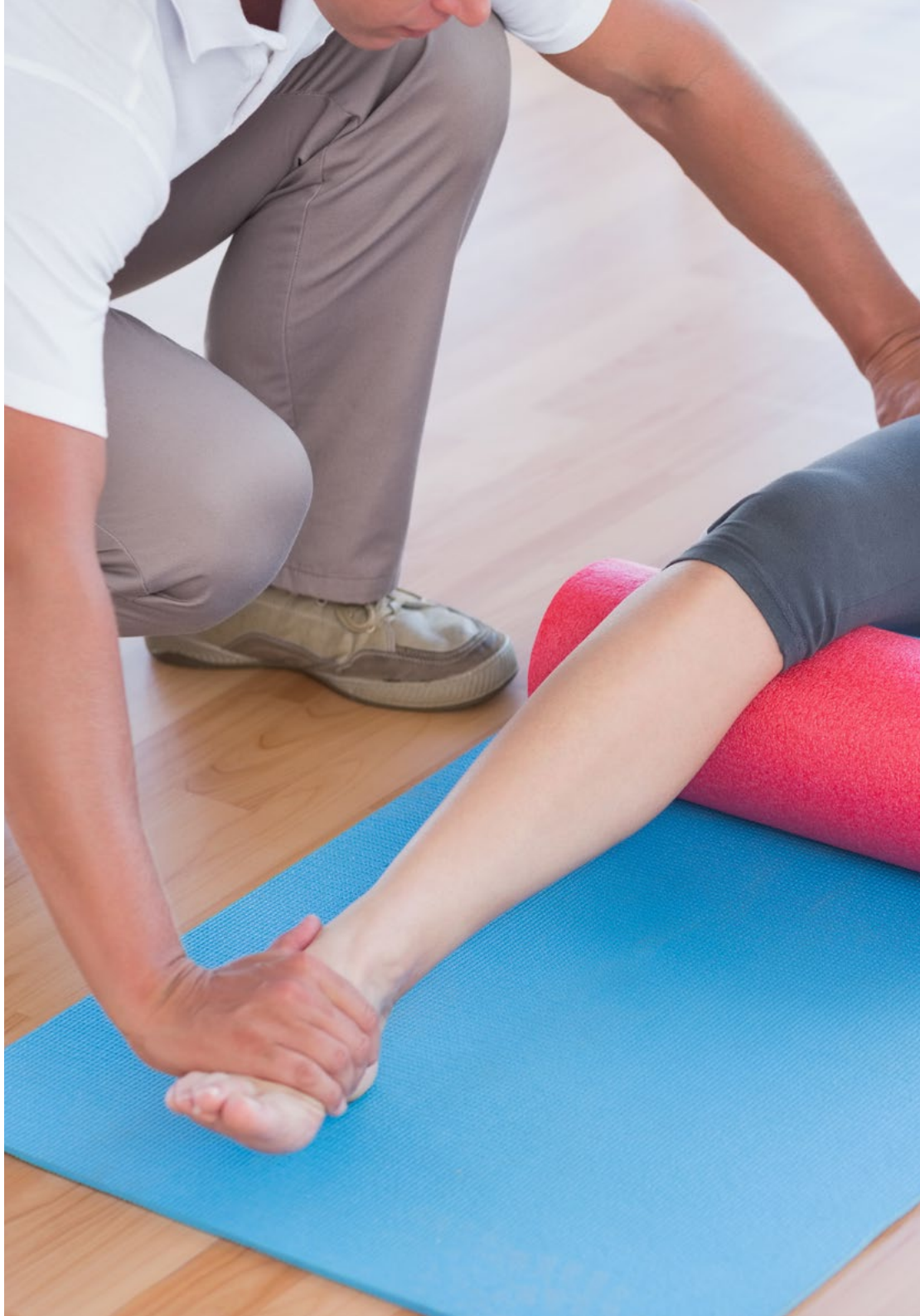
6.10. Sports Practice and Activity During the Recovery Process

Module 7. Frequent Pathologies of the Locomotor System

7.1. Cervical Pain, Dorsalgia and Lumbago
7.2. Scoliosis
7.3. Herniated Disc
7.4. Shoulder Tendinitis
7.5. Epicondylitis
- 7.5.1. Epidemiology
- 7.5.2. Pathologic Anatomy/Pathogenesis
- 7.5.3. Clinical Symptoms
- 7.5.4. Diagnosis
- 7.5.5. Treatment

7.6. Hip Osteoarthritis
7.7. Gonarthrosis
7.8. Plantar Fasciitis
- 7.8.1. Conceptualization
- 7.8.2. Risk Factors
- 7.8.3. Symptoms
- 7.8.4. Treatment

7.9. Hallux Valgus and Flat Feet
7.10. Sprained Ankle



Module 8. Exercise for Functional Recovery

8.1. Functional Training and Advanced Rehabilitation
  8.1.1. Function and Functional Rehabilitation
  8.1.2. Proprioception, Receptors and Neuromuscular Control
  8.1.3. Central Nervous System: Integration of Motor Control
  8.1.4. Principles for the Prescription of Therapeutic Exercise
  8.1.5. Restoration of Proprioception and Neuromuscular Control
  8.1.6. The 3-Phase Rehabilitation Model
8.2. The Science of Pilates in Rehabilitation
8.3. Principles of Pilates
8.4. The Integration of Pilates in Rehabilitation
8.5. Methodology and Equipment Necessary for Effective Practice
8.6. Cervical and Thoracic Spine
8.7. The Lumbar Spine
8.8. Shoulder and Hip
8.9. Knee
8.10. Foot and Ankle

Module 9. Nutrition for Functional Recovery and Rehabilitation

9.1. Integral Nutrition as a Key Element in Injury Prevention and Recovery
9.2. Carbohydrates
9.3. Proteins
9.4. Fats
  9.4.1. Saturation
  9.4.2. Unsaturated
    9.4.2.1. Monounsaturated
    9.4.2.2. Polyunsaturated
9.5. Vitamins
  9.5.1. Water Soluble
  9.5.2. Fat soluble
9.6. Minerals
  9.6.1. Macrominerals.
  9.6.2. Microminerals.
9.7. Fibre
9.8. Water
9.9. Phytochemicals
  9.9.1. Phenols
  9.9.2. Tioles
  9.9.3. Terpenes
9.10. Food Supplements for Prevention and Functional Recovery

Module 10. Coaching and Business of the Personal Trainer

10.1. The Beginning of the Personal Trainer
10.2. Coaching for the Personal Trainer
10.3. The Personal Trainer as a Promoter of Exercise and the Effects on Health and Performance
  10.3.1. Basic Fundamentals of Physical Exercise
  10.3.2. Acute Exercise Responses
  10.3.3. Health Effects of Exercise
    10.3.3.1. Resistance
    10.3.3.2. Strength and Power
    10.3.3.3. Balance
  10.3.4. Health Effects of Exercise
    10.3.4.1. Physical Health
    10.3.4.2. Mental Health
10.4. Need for Behavioral Changes
10.5. The Personal Trainer and the Relationship with the Client
10.6. Motivational Tools
  10.6.1. Appreciative Exploration
  10.6.2. Motivational Interview
  10.6.3. Building Positive Experiences
10.7. Psychology for the Personal Trainer
10.8. Personal Trainer's Career Path
10.9. Design and Maintenance and Material Installations

06

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

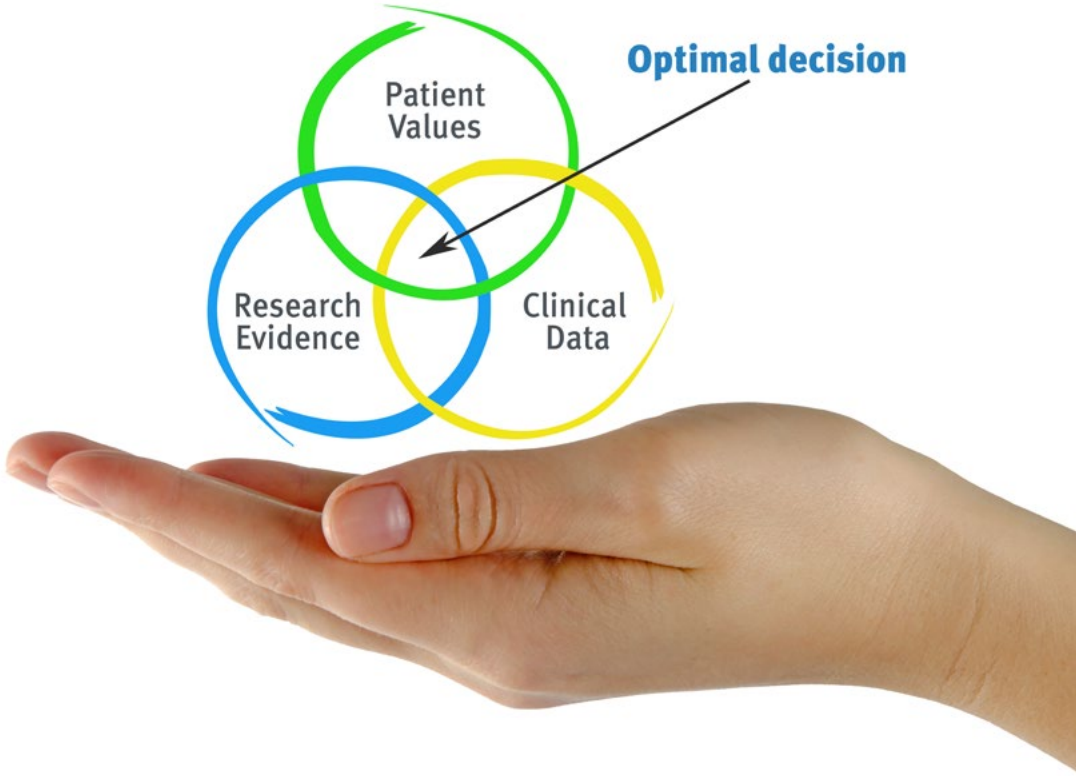
This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.

Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"

The effectiveness of the method is justified by four fundamental achievements:

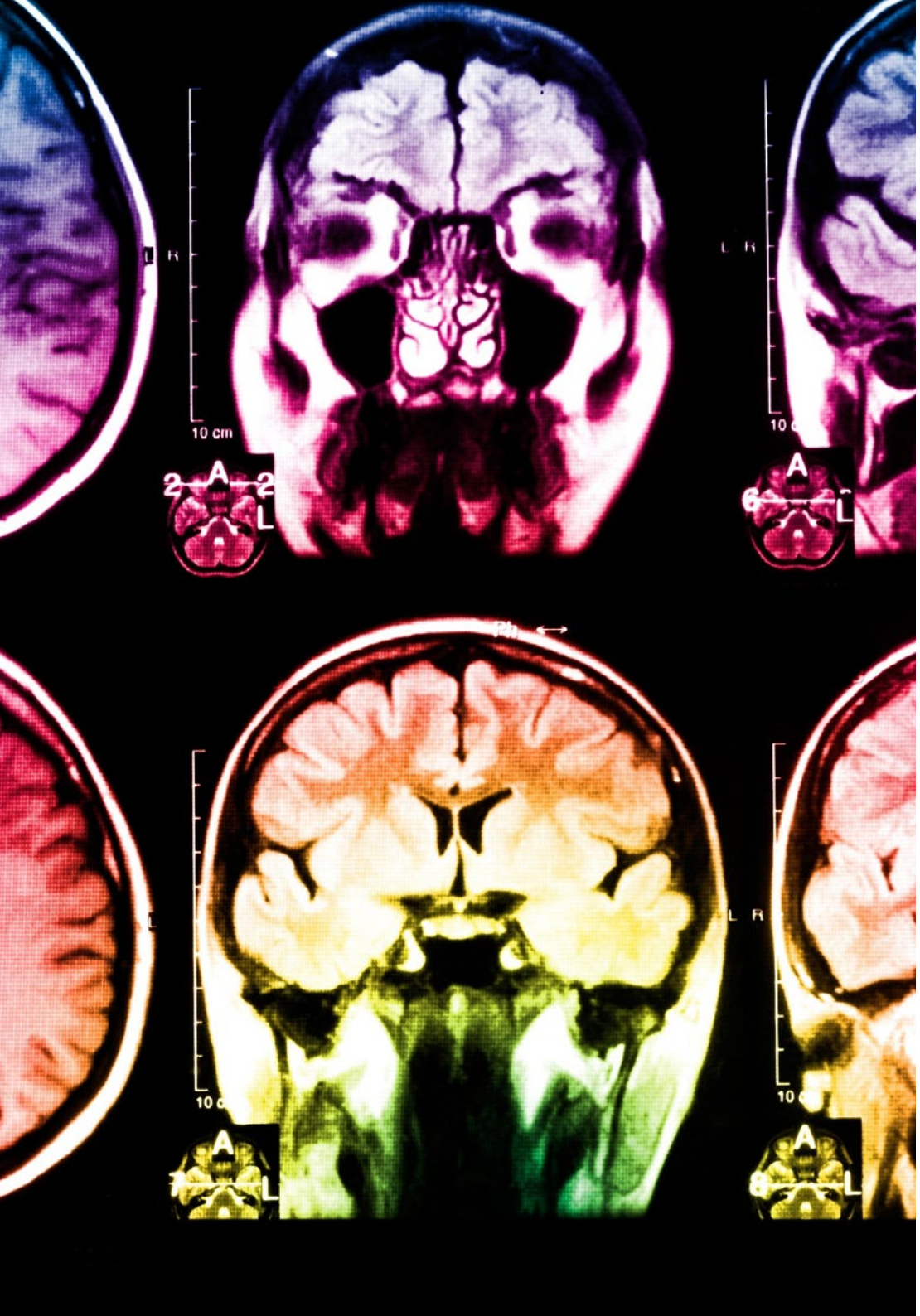
1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.

This program offers the best educational material, prepared with professionals in mind:

Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.

Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.

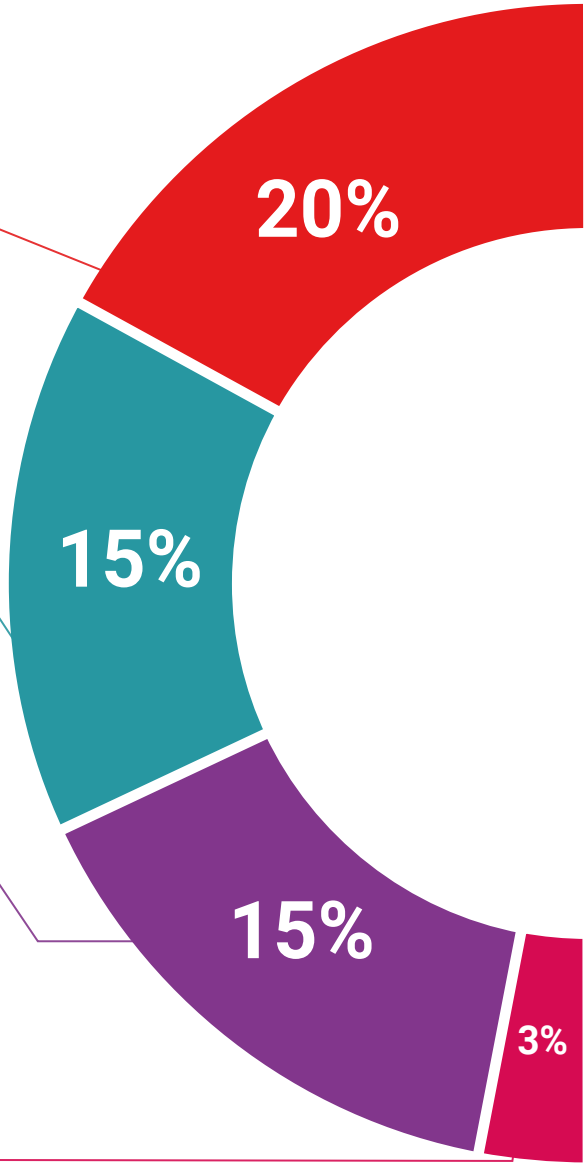
Interactive Summaries

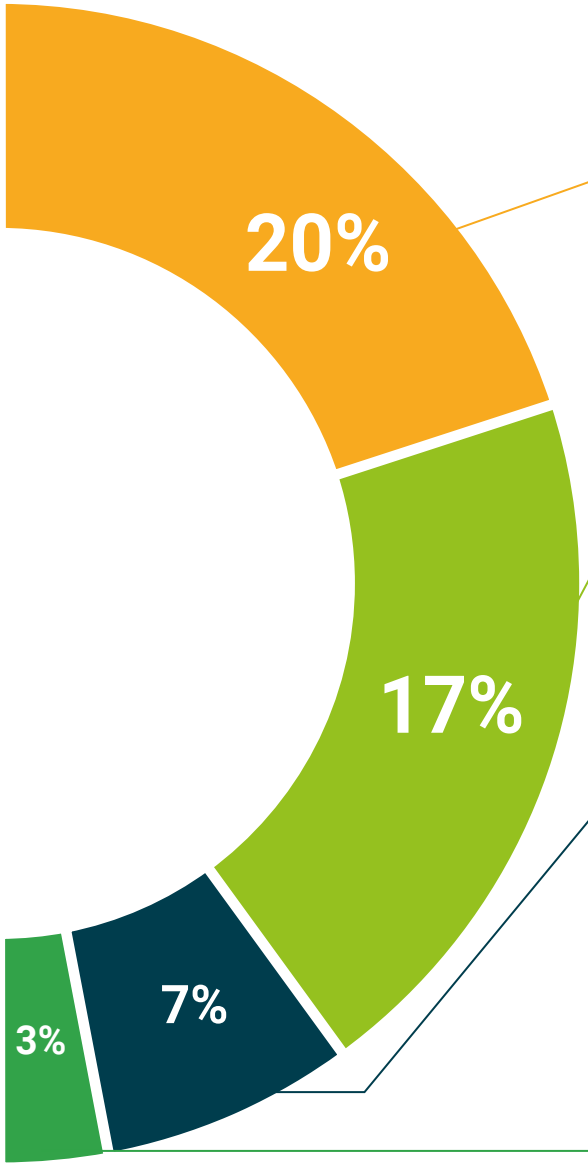
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.

Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.

Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.

Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.

07

Certificate

This Professional Master's Degree in Sports Injuries Rehabilitation and Readaptation guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree issued by TECH Technological University

Successfully complete this program and receive your university degree without travel or laborious paperwork"

This **Professional Master's Degree in Rehabilitation and Readaptation of Sports Injuries** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Professional Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Professional Master's Degree in Rehabilitation and Readaptation of Sports Injuries**

Official Nº of Hours: **1,500 h.**

Endorsed by the NBA


tech technological university

Awards the following

CERTIFICATE

to

Mr./Ms. _____, with identification number _____

For having successfully passed and accredited the following program

PROFESSIONAL MASTER'S DEGREE

in

Rehabilitation and Readaptation of Sports Injuries

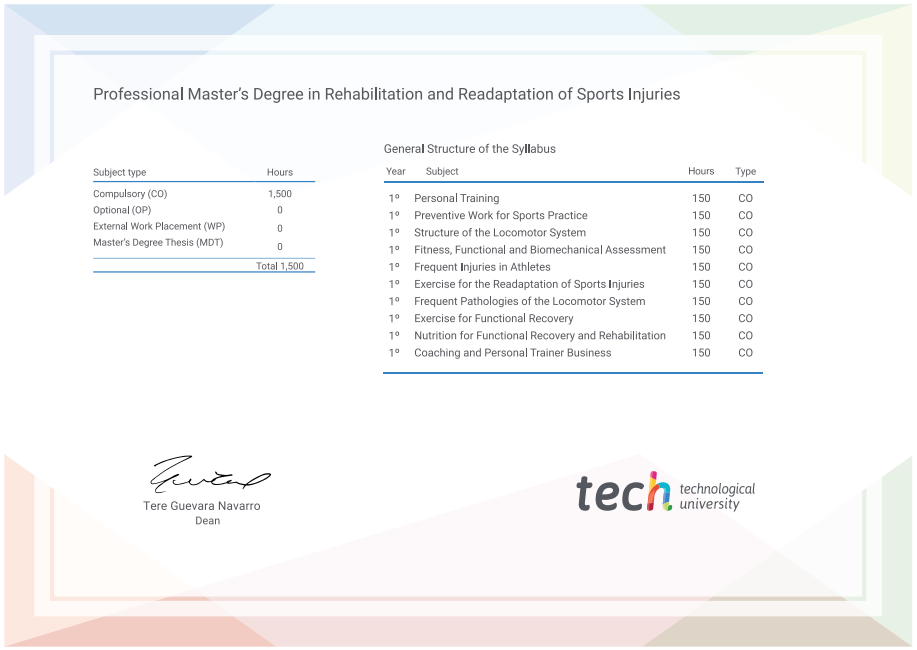
This is a qualification awarded by this University, equivalent to 1,500 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates


Professional Master's Degree in Rehabilitation and Readaptation of Sports Injuries

Subject type	Hours
Compulsory (CO)	1,500
Optional (OP)	0
External Work Placement (WP)	0
Master's Degree Thesis (MDT)	0
	Total 1,500

General Structure of the Syllabus

Year	Subject	Hours	Type
1º	Personal Training	150	CO
1º	Preventive Work for Sports Practice	150	CO
1º	Structure of the Locomotor System	150	CO
1º	Fitness, Functional and Biomechanical Assessment	150	CO
1º	Frequent Injuries in Athletes	150	CO
1º	Exercise for the Readaptation of Sports Injuries	150	CO
1º	Frequent Pathologies of the Locomotor System	150	CO
1º	Exercise for Functional Recovery	150	CO
1º	Nutrition for Functional Recovery and Rehabilitation	150	CO
1º	Coaching and Personal Trainer Business	150	CO

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*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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Professional Master's Degree

Rehabilitation and Readaptation of Sports Injuries

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Technological University**
- Dedication: **16h/week**
- Schedule: **at your own pace**
- Exams: **online**

Professional Master's Degree

Rehabilitation and Readaptation of Sports Injuries

Endorsed by the NBA

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