

Internship Program

Sports Nursing



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01 Introduction

Injury prevention, proper recovery, and nutritional strategies for athletes are some of the tasks in which the Sports Nursing personnel are involved. In the last few decades, these professionals have come to rely on a wide range of monitoring and evaluation resources to help provide specific care. They also have greater autonomy to exercise first-level protocols and design intervention strategies on their own. However, there are not enough programs on the educational market that contribute to its practical updating from a practical point of view. For this reason, TECH has designed a 3-week study method composed of an intensive internship in a renowned hospital center.

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*Incorporate into your daily practice
the most recent nursing protocols
for the management of athletes with
sports injuries of varying severity"*





Nowadays, in the sports field, nursing personnel is essential. They are in charge of collecting diagnostic data obtained by means of equipment such as Gammagraphies and Ecographies. They are also in charge of suggesting and designing exercises aimed at strengthening areas of the body that are weak, susceptible to injury and avoiding possible relapses. They are also responsible for reviewing the athletic patient's nutritional status and planning specific strategies to improve their health status. At the same time, many of these professionals are not up to date on the new protocols available to them, and are even less aware of the skills needed to implement them due to the lack of educational programs in these areas.

For this reason, TECH develops this intensive and in person program where the student will develop a first-level internship in a prestigious hospital center. The program will last 3 weeks, in 8-hour consecutive days, from Monday to Friday. This educational modality includes the use of modern technologies and new generation procedures. The nurse will be able to apply all of them in assisting medical specialists and caring for real sports patients with different pathologies.

In addition, throughout this educational period, you will be able to work directly with experts with extensive experience. Together with them, you will discuss intervention methods and analysis strategies specific to your area of expertise. Furthermore, an assistant tutor, appointed by TECH, will monitor your progress. This pedagogical figure will also be in charge of inserting dynamic tasks and will help the graduate to improve their practical knowledge. Upon completion of this program, each nurse will be ready to practice the latest methods in the field with excellence in their daily work place.

02

Why Study an Internship Program?

Nursing rarely have the opportunity to up to date their skills in such a specific and demanding field as Sports Medicine. This is mainly due to the fact that the educational programs related to this subject are generally not adjusted to the student's needs for improvement and only provide a heavy theoretical load. In this context, this TECH Internship Program is a quality alternative. In this program, the professional will spend 3 weeks in a prestige hospital for an in person and intensive internship. From there, they will develop novel protocols under the guidance of leading experts.



With TECH, you will enter a clinical environment of excellence, dedicated to the recovery of elite athletes, and you will become an up to date professional with the latest trends in Nursing"

1. Updating from the Latest Technology Available

New technologies such as Echographies, Gammagraphies, and the biomechanical study of the locomotor system have revolutionized the sciences that are dedicated to monitor the health status of athletes. Although nursing personnel often do not directly handle such equipment, they must be up to date on the recommendations for their use, suggest their applications, ensure their efficiency, and collaborate with their data collection. This is why, in this TECH program, students will have the opportunity to handle all this equipment and their working protocols up close, during a practical and in person internship of 3 weeks.

2. Gaining In-depth Knowledge from the Experience of Top Specialists

Graduates of this program will be advised at all times by experts with distinguished professional careers. Together with them, they will discuss the most accurate strategies that fit the condition of athletic patients at specific times. In addition, an assistant tutor will monitor their progress and ensure the development of specific practical skills.

3. Entering First-Class Clinical Environments

After a detailed selection process, TECH has chosen the centers that will be part of this Internship Program. All of them stand out for their advanced technological resources and a staff of high-caliber experts. Thanks to both, the graduate will achieve high competencies during the 3-week, intensive, in person internship offered by this program.



4. Putting the acquired knowledge into daily practice from the very first moment

In the educational market, most academic programs focus on the theoretical aspects of Sports Nursing. However, this Internship Program is focused on the student developing concrete skills on site from the approach of real patients. For this preparation, you will be able to move to a relevant clinical center and work alongside the best experts in this field of health care.

5. Expanding the Boundaries of Knowledge

TECH wants to prepare its Sports Nursing graduates according to the best international standards. For this reason, the development of this Internship Program in institutions located in different cities has been agreed upon. In this way, each student will opt for a quality education, accompanied by a unique study model that could only be available to the largest digital university in the world.



You will have full practical immersion at the center of your choice"

03 Objectives

The latest Sports Nursing procedures will be collected and implemented in a practical way through this program. In this way, TECH will contribute to the development of specific skills in its students based on the most up to date healthcare approaches.



General Objectives

- ♦ Update the approach to the main sports pathologies
- ♦ Delve into sports psychology and assessment of the athlete at different times of the season
- ♦ Deepen in the use and study of biomechanics in high performance sports environments
- ♦ Study the current legality concerning sports activities and Nursing
- ♦ Review the concept of sports nutrition in high performance sports contexts and the anatomophysiological foundations that support it





Specific Objectives

- ♦ In-depth study of exercise physiology and energy systems
- ♦ Know the main cardiovascular, respiratory, endocrine, digestive, and musculoskeletal adaptations to physical activity and sports
- ♦ Study the role of nursing intervention in assessing the physical and sporting condition of the player
- ♦ Delve into the importance of controlling fatigue and overtraining in sports
- ♦ Develop the role of the nurse in the assessment of energy expenditure and sports nutrition
- ♦ Master the most recent study advances on carbohydrates, fats, proteins, and physical exercise
- ♦ Study the role of the nurse in Doping and Anti-Doping Controls
- ♦ Expand on the importance of nutrition in the recovery of sports injuries
- ♦ Identify the pertinent diagnostic tests in physical and sports injuries, and the intervention of the nurse in them
- ♦ Update knowledge on the incidence of heart disease and arterial hypertension in physical activity and sports
- ♦ Addressing the psychological foundations of physical exercise and sports
- ♦ Differentiate movements in one dimension and one plane, as well as kinematics of rotations
- ♦ Analyze biomechanics applied to High Performance Sports in practical cases
- ♦ Distinguish the nurse's intervention in competitive season and transition periods
- ♦ Examine energy metabolism within the athlete's physical effort
- ♦ Highlighting the role of the sports nurse in injuries and eating disorders

04

Educational Plan

This Internship Program is composed of an in person and intensive internship, of 120 hours of duration. This period of preparation consists of immersive days from Monday to Friday, up to 3 weeks. Throughout this time, each nurse will be in direct contact with real patients who require personalized attention as a result of their intensive sports activity.

Students will learn the relevant procedures of their professional area in conjunction with the best experts in the sector, from a demanding hospital institution. In addition, your educational progress will be supervised by an assistant tutor of high prestige and distinguished by the best working skills. In this way, each graduate will have contact with a technical and clinical environment of the highest hierarchy and will develop, on site, the most required skills in their field.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees who facilitate teamwork and multidisciplinary integration as transversal competencies for the practice of nursing (learning to be and learning to relate).





The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
New generation diagnostic methods for Sports Nursing	Collaborate in the diagnosis of lesions in very early stages, by using Gammagraphy methods
	Evaluate the state of muscular injuries and other soft tissues such as tendons or ligaments through ultrasound
	Collect the results of digitized biomechanical studies to address the state of health of the foot in particular and the locomotor system in general
	Suggest the use of R200 Radiofrequency equipment to enhance the antalgic, anti-inflammatory, anti-edematous, and healing action in the recovery process of athletes
Exercise for the Re-adaptation of Sports Injuries in Nursing	Design exercises aimed at reinforcing the injured area and avoiding a possible relapse
	Plan training focused on improving muscle health for athletes
	Test the development of specific physical exercises for each muscle group, with the objective of favoring the re-adaptation to the sports practice
Assessment of the nutritional status and diet of the athlete from the Nursing perspective	Participate in the analysis of bioenergetics and nutrition
	Review the patient's nutritional status at different age stages
	Monitor the patient's daily dietary intake and suggest necessary adjustments to the specialists
	Verify physiological and metabolic adaptation to different types of exercise
Treatments of sports injuries from the Nursing perspective	Provide support in the treatment and exploration of upper limb muscle injuries
	Report to the physician the evolution of lesions by comparing different tracking methods
	Transfer conclusions and results to the specialist after the functional evaluation of the knee, through the neuroorthopedic approach
	Handle pelvic osteopathic techniques

05

Where Can I Do the Internship Program?

TECH's maxim is to offer a quality education affordable to the majority of people. For this reason, it has decided to broaden the academic horizons of its students through this Internship Program. To this end, each graduate will be placed for 3 weeks in a prestigious internship center in the field of Sports Nursing. In addition, they will have the opportunity to select the instance that best suits their geographic location and improvement interests.

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This Internship Program is everything you need to achieve excellence in Sports Nursing. Don't miss this unique opportunity and apply now"





The student will be able to do this program at the following centers:



Nursing

Policlínico HM Matogrande

Country

Spain

City

La Coruña

Management: R. Enrique Mariñas Romero, 32G, 2º,
15009, A Coruña

Network of private clinics, hospitals and specialized centers
distributed throughout Spain.

Related internship programs:

- Nursing in Pulmonology Services
- Sports Physiotherapy



Nursing

Policlínico HM Moraleja

Country

Spain

City

Madrid

Management: P.º de Alcobendas, 10, 28109,
Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers
distributed throughout Spain.

Related internship programs:

- Gynecological Care for Midwives
- Advanced Operating Room Nursing

06

General Conditions

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

1. TUTOR: During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

07 Certificate

This **Internship Program in Sports Nursing** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery*.

The certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Sports Nursing**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**





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