

Postgraduate Diploma Pathology in Sport Nursing

Endorsed by the NBA





Postgraduate Certificate Pathology in Sport Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 8h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/in/nursing/postgraduate-diploma/postgraduate-diploma-pathology-sport-nursing

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01

Introduction

Knowledge of new techniques, indications and their implementation in the diagnostic process and prevention of sports injuries of the shoulder, elbow, wrist, etc., is essential for any nurse who wishes to address the sports field. This 100% online program presents the latest advances and tools in the different areas in which Sports Nursing influences pathologies. Thus, the nursing staff will observe in depth health problems such as high blood pressure, obesity or osteoporosis, making it essential for the therapist to be constantly up-to-date. Thanks to this high-level degree, the professional will deepen in this branch of medicine, through the theoretical and practical acquisition of knowledge, as closely linked to current events as possible.



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Acquire the most specific techniques on nursing interventions in medical-surgical pathology in sports"

Increasingly, there are more and more patients who practice any type of sport to take care of their pathologies, relying on Sports Nursing. Through this Postgraduate Diploma, the nursing staff will be able to know the most recent advantages of physical exercise and sport in the treatment of some health problems, as well as the necessary care in those alterations as a consequence of physical exercise and sport. For this purpose, psychology and sports psychopathology are studied in depth from an innovative point of view innovative vision.

The professional will be up-to-date in the different techniques that act on sports injuries. The program includes practical activities to facilitate Nurse' acquisition and mastery of the theory learned, supporting and complementing the innovative knowledge acquired. The syllabus is presented in an attractive and dynamic way, including multimedia content, in order to put the intellect updated.

The great advantage of this Postgraduate Diploma is its 100% online teaching format. Nursing Staff. will be in charge of choosing the time and place that best suits their availability, schedules and interests. Through a study method of proven efficiency, students will be able to acquire new specific techniques in the areas of Sports Medicine.

This **Postgraduate Diploma in Pathology in Sports Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Sports Nursing
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



An innovative learning that offers you the best deepening in this area, with the convenience of a study totally adaptable to your needs"

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TECH offers you a great opportunity to get up-to-date in life support, mobilization, immobilization, manual and wound management techniques”

The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its 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 an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. This will be done with the help of an innovative system of interactive videos made by renowned experts.

Deepen your knowledge in an efficient way, with a real qualification objective, with this unique Postgraduate Diploma in the online teaching market.

A unique opportunity to be up-to-date, with clinical and research experience, in the psychology of athletes, coaches and technical staff.



02 Objectives

The design of the program of this Postgraduate Diploma aims to update the nursing staff in the competences required in relation to Sports Nursing, and its application in the different pathologies. The knowledge poured in the development of the points of the study plan will update the professional from a global perspective, with full deepening for the achievement of the proposed objectives.





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The knowledge acquired in the development of the points of the syllabus will update the professional from a global perspective, with full deepening for the achievement of the proposed objectives”



General Objectives

- ♦ Review the main fundamentals of sports nutrition and anatomo-physiology of physical activity
- ♦ Study the current legislation regarding sports activities and nursing
- ♦ 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
- ♦ Develop the concept of sports nutrition in High Performance Sports contexts



You will have unlimited access from anywhere at any time thanks to the most powerful digital platform and the most developed interactive systems available today”





Specific Objectives

Module 1. Sports Pathology

- ◆ Expand on advances in the classification of sports injuries and predisposing factors to them
- ◆ Evaluate the role of the nurse in the injured athlete, with the main advances in life support techniques, immobilization and wound treatment
- ◆ Delve into the pertinent diagnostic tests in physical sports injuries and the intervention of the nurse in them
- ◆ Update knowledge regarding the main common sports injuries and pathologies

Module 2. Health Problems in Sports

- ◆ Study nurse intervention in issues such as diabetes, obesity and asthma in exercise
- ◆ Develop knowledge of postural hygiene and medical-surgical pathology in sports
- ◆ Know the nursing intervention in dermatological, ophthalmological and ENT pathologies in sports
- ◆ Deepen in the incidence of heart disease and arterial hypertension in physical activity and sports

Module 3. Sports Psychology

- ◆ Addressing the psychological foundations of physical exercise and sports
- ◆ Delve into the neurological basis of movement
- ◆ Analyze the psychopathology of physical exercise and sport
- ◆ Develop nurse intervention in training and competition

03

Structure and Content

This Postgraduate Diploma is a complete review of the newest, most effective and specific techniques used in Sports Nursing. With a multidisciplinary vision, and a complete update that includes the advances in this field of action, it will allow the nursing staff to intervene as an expert before any injuries. And health problems.





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With a multidisciplinary vision, and a complete update that includes the advances in this field of action, it will allow the nursing staff to get up-to-date to intervene as a specialist in the face of different injuries and health problems”

Module 1. Sports Pathology

- 1.1. Epidemiology of Pathology in AFD
- 1.2. Sports Injury Concept and Classification
- 1.3. Predisposing Factors to Sports Injuries
- 1.4. Prevention of Sports Injury Nursing Interventions
- 1.5. Initial Evaluation of the Injured User Nursing Interventions
- 1.6. Nursing Interventions for the Injured Athlete. Life Support, Mobilization, Immobilization, Manual and Wound Management Techniques
- 1.7. Diagnostic Tests in Physical Sports Injuries X-Rays, Ultrasound, MRI
- 1.8. Recovery of Physical Sports Injuries. Nursing Interventions
- 1.9. Shoulder Injuries in Sports
- 1.10. Upper Arm Injuries
- 1.11. Elbow Injuries in Sports
- 1.12. Forearm, Wrist and Hand Injuries in Sports
- 1.13. Head and Facial Injuries in Sports
- 1.14. Throat, Chest and Abdominal Injuries in Sports
- 1.15. Back/Spine Injuries in Sport

Module 2. Health Problems in Sports

- 2.1. Arterial Hypertension, Hyperlipidemia and Exercise
- 2.2. Diabetes and Exercise
- 2.3. Obesity, Weight Control and Exercise
- 2.4. Cardiopathies and Exercise Cardiovascular Rehabilitation
- 2.5. Asthma, Physical Exercise and Sport
- 2.6. OCFA and Physical Exercise Rehabilitation in Respiratory Patients
- 2.7. Exercise in Hematologic and Infectious Disorders
- 2.8. Osteoarthritis, Osteoporosis in Relation to Exercise and Sports
- 2.9. Low Back Pain and Exercise Postural hygiene Nursing Interventions
- 2.10. Dermatologic, Ophthalmologic and ENT Pathologies in Sport
- 2.11. Nursing Interventions in Medical-Surgical Pathology in Sport
- 2.12. Hygiene and Personal Hygiene in Sports Nursing Interventions





Module 3. Sports Psychology

- 3.1. Fundamentals of Physical Exercise and Sports Psychology
- 3.2. Psychology of Athletes, Coaches and Technical Staff Nursing Interventions
- 3.3. Motivation of the Physical Exercise Practitioner Nursing Interventions
- 3.4. Psychology and Sports Injuries
- 3.5. Psychopathology of Physical Exercise and Sport Nursing Interventions
- 3.6. Basic Neurological Basis
- 3.7. Neurological Foundations of Movement
- 3.8. Motor Skills and Learning
- 3.9. Models of Psychological Intervention
- 3.10. From Demand to Intervention Intervention in Training and Competition

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Keeping up to date on new methods of nursing care in sports practice will be the key to offering the best effective sessions to your patients”

04

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.



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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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing practice.

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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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



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 suggesting that observing third-party experts can be useful.

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.



05 Certificate

The Postgraduate Diploma in Pathology in Sports Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”

This **Postgraduate Diploma in Pathology in Sports Nursing** 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 **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery*.

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

Program: **Postgraduate Diploma in Pathology in Sports Nursing**

Official No. of Hours: **450 h.**

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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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