

# Postgraduate Diploma Prevention of Injuries in Athletes

Endorsed by the NBA





## Postgraduate Diploma Prevention of Injuries in Athletes

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-prevention-injuries-athletes](http://www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-prevention-injuries-athletes)

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# 01

# Introduction

Sports physiotherapy requires a wide specialization of professionals to perform the most appropriate exercises for users who require some type of rehabilitation due to injury. Therefore, with this program we want to offer you the most complete information about personal training, as well as updated notions about coaching and business that will enable you to set up your own business.





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*Learn about the main personal training techniques for injury recovery that will allow you to improve the attention to the users of your practice”*

This Postgraduate Diploma in Injury Prevention in Athletes has been developed by a team of professionals with extensive experience in the field with the aim of training future sports rehabilitation physiotherapists, or those who wish to expand their knowledge in this field, with the latest information. To this end, the program has a rich content that will help you reach the elite of sports rehabilitation.

Preventive work is essential in sports practice due to the risk of injury associated with the volume of work, high intensity and unnatural technical sports movements. For this reason, this Postgraduate Diploma offers a multiple approach to the possibilities of working with different materials and techniques, allowing the physiotherapist to make a better choice of the necessary exercises to achieve the best results.

In addition, this training has a very diverse subject matter in relation to both coaching and the profession and business that can involve the professional dedication to personalized training for injury recovery. Therefore, during the training program, students will learn the most appropriate motivational techniques for their patients, as well as the key equipment they should have in their facilities to make their business a success.

In addition, as it is an online Postgraduate Diploma, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their work or personal life with their academic life.

This **Postgraduate Diploma in Prevention of Injuries in Athletes** 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 with which they are created contain information that is indispensable for professional practice
- ♦ Exercises where to carry out the self-evaluation process to improve learning
- ♦ The interactive learning system based on algorithms for decision making
- ♦ Special emphasis on innovative methodologies in personal training
- ♦ 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



*Enrich your resume with the most up-to-date injury prevention, put to the test in the world's best basketball league"*

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*This Postgraduate Diploma is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in sports rehabilitation, you will obtain a degree from TECH"*

The program's teaching staff includes professionals from the sector who contribute their work experience to this program, in addition to 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. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*This Postgraduate Diploma offers training in simulated environments, which provides an immersive learning experience designed to train for real-life situations.*

*This 100% online Postgraduate Diploma will allow you to balance your studies with your professional work while increasing your knowledge in this field.*



# 02 Objectives

The main objective of this program is the development of theoretical and practical learning, so that the Physiotherapist can master personal training in a practical and rigorous way.







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



## General Objectives

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- ♦ 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 favor relapses in the injury
- ♦ Design both specific readaptation and recovery work, as well as individualized integral 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
- ♦ Assess and monitor the evolutionary process of recovery and/or rehabilitation of an athlete's or user's injury
- ♦ Acquire skills and abilities in sports readaptation, prevention and recovery
- ♦ 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 better 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

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### Module 1. Personal Training

- ♦ Integrate the concepts of training in cardiovascular balance, strength, plyometrics, speed, agility, etc. as a key tool for staff in the prevention and readaptation of injuries
- ♦ 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. 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



03

# Course Management

Our teaching team, experts in sports rehabilitation, have a wide prestige in the profession and are professionals with years of teaching experience who have come together to help you give a boost to your profession. To this end, they have developed this Postgraduate Diploma with the latest developments in the field that will allow you to train and increase your skills in this sector.



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*Learn from the best professionals and  
become a successful professional yourself”*

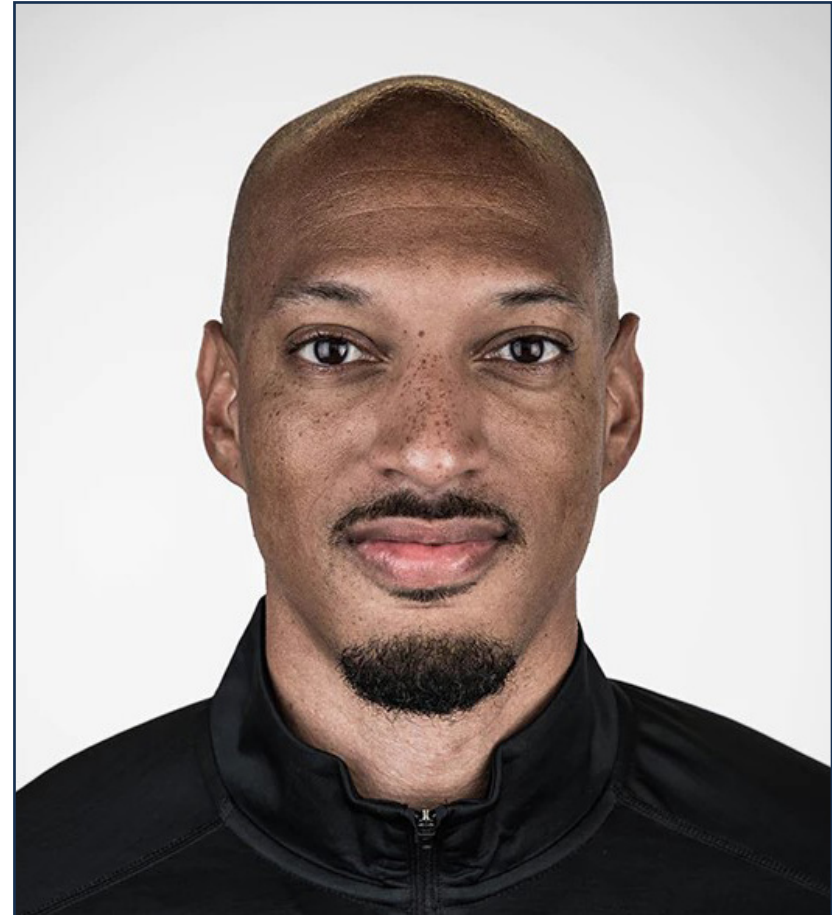
## International Guest Director

Charles Loftis, M.D., 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 program for the players. In fact, his experience in the field of sports performance began with the establishment of XCEL Performance and Fitness, of which he was founder and head coach. There, Dr. Charles Loftis worked with a wide range of athletes to develop strength and conditioning programs, as well as work on sports injury prevention and rehabilitation.

His academic background in the field of chemistry and biology provides him with 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.

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



## Dr. Charles Loftis

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- ♦ Sports Performance Specialist with the Portland Trail Blazers - Oregon, United States
- ♦ Head strength and conditioning coach for the Iowa Wolves
- ♦ Founder and head trainer at XCEL Performance and Fitness
- ♦ Head performance coach for the Oklahoma Christian University men's basketball team
- ♦ Physical Therapist at Mercy
- ♦ Dr. in Physical Therapy from Langston University
- ♦ B.Sc. in Chemistry and Biology from Langston University

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*Thanks to TECH you will  
be able to learn with the best  
professionals in the world”*

## 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 towards the NBA, one of the most important sports leagues in the world. He is the performance coach of the Bolton Celtics, one of the top teams in the Eastern Conference and one of the most promising teams in the United States.

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

In academia, his interests have been in the fields of kinesiology, exercise science and high performance sport. All of this has led him to excel prolifically in the NBA, working day in and day out with some of the most important basketball players and coaching staffs in the world.





## Mr. Isaiah Covington

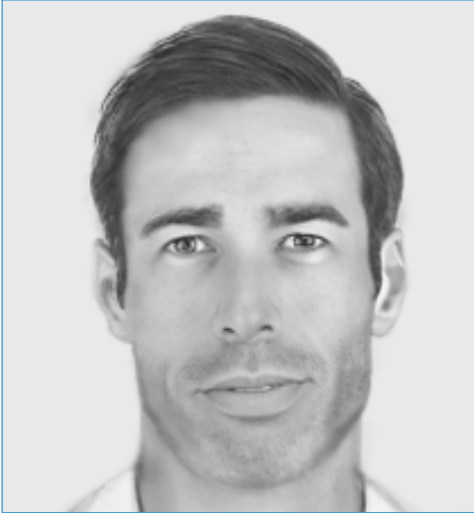
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- ♦ Boston Celtics Performance Coach - Massachusetts, U.S.A
- ♦ Golden State Warriors Performance Coach
- ♦ Santa Cruz Warriors Head Performance Coach
- ♦ Performance Coach at Pacers Sports & Entertainment
- ♦ B.S. in Kinesiology and Exercise Science from the University of Delaware
- ♦ Specialization in Training Management
- ♦ Master's Degree in Kinesiology and Exercise Science, Long Island University
- ♦ Master's Degree in High Performance Sport from the Catholic University of Australia

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*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"*

## Management



### Dr. Pedro José González Matarín

- ♦ Health Science Researcher and professor
- ♦ Technical researcher of Health Education in Murcia
- ♦ Teacher and researcher at the University of Almeria
- ♦ Teacher and researcher at the University of Almeria
- ♦ High Performance Coach
- ♦ Doctor in Health Sciences
- ♦ Graduate in Physical Education
- ♦ 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
- ♦ Member of SEEDO and AEEM



# 04

## Structure and Content

The content structure has been designed by a team of professionals knowledgeable about the implications of training in daily practice, aware of the relevance of the current relevance of quality specialization in the field of personal training; and committed to quality teaching through new educational technologies.



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*We have the most complete and up-to-date scientific program on 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. Training Concepts
- 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 Global Stretching and Global Postural Re-education
- 2.6. FITBALL
- 2.7. TRX
- 2.8. Body Pump
- 2.9. Medicine Ball y 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. Coaching and Personal Trainer Business

- 3.1. The Beginning of the Personal Trainer
- 3.2. Coaching for the Personal Trainer
- 3.3. Establishing Healthy Lifestyle Habits
  - 3.3.1. Basic Fundamentals of Physical Exercise
  - 3.3.2. Acute Exercise Responses
  - 3.3.3. Health Effects of Exercise
    - 3.3.3.1. Resistance
    - 3.3.3.2. Strength and Power
    - 3.3.3.3. Balance
  - 3.3.4. Health Effects of Exercise
    - 3.3.4.1. Physical Health
    - 3.3.4.2. Mental Health
- 3.4. Need for Behavioral Changes
- 3.5. The Personal Trainer and the Relationship with the Client
- 3.6. Motivational Tools
  - 3.6.1. Appreciative Exploration
  - 3.6.2. Motivational Interview
  - 3.6.3. Building Positive Experiences
- 3.7. Psychology for the Personal Trainer
- 3.8. Personal Trainer's Career Path
- 3.9. Design and Maintenance and Material Installations
- 3.10. Legal Aspects of Personal Training



# 05 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 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. Physiotherapists/kinesiologists 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 of professional physiotherapy 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. Physiotherapists/kinesiologists 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 physiotherapist/kinesiologist 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.



*The physiotherapist/kinesiologist 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 trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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.



#### 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.



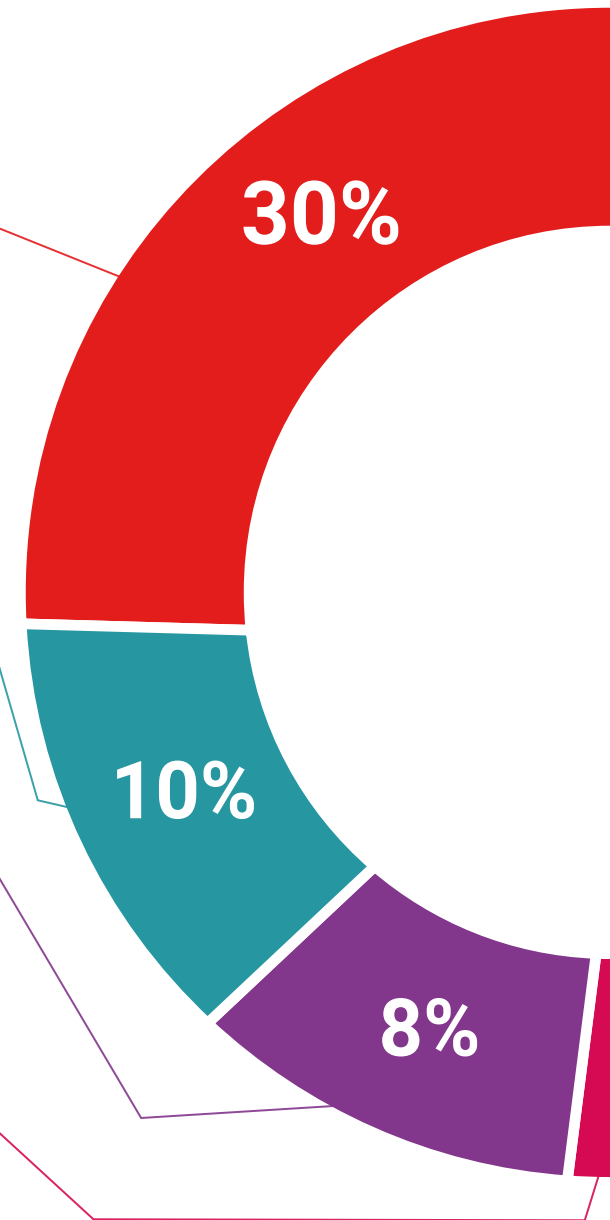
#### Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### 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".



#### 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.



# 06 Certificate

The Postgraduate Diploma in Prevention of Injuries in Athletes guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.





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

This program will allow you to obtain your **Postgraduate Diploma in Prevention of Injuries in Athletes** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra (**official bulletin**). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

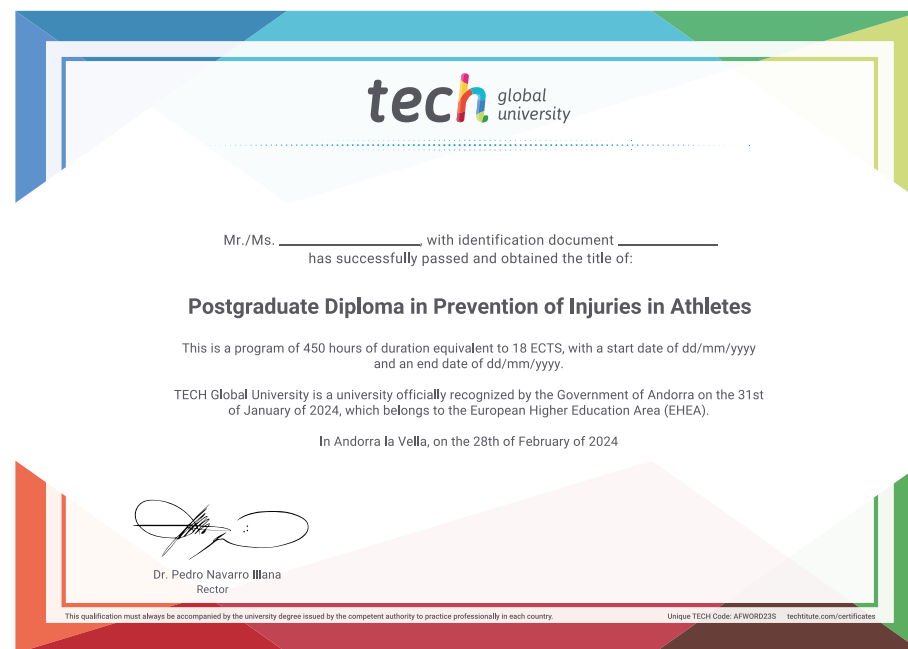
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Prevention of Injuries in Athletes**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



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



## Postgraduate Diploma Prevention of Injuries in Athletes

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