

Postgraduate Diploma

Sports Physiotherapy: Prevention,
Re-education and Therapeutic
Exercise in Recovery

Endorsed by the NBA



tech global
university





Postgraduate Diploma

Sports Physiotherapy: Prevention, Re-education and Therapeutic Exercise in Recovery

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

Website: www.techitute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-sports-physiotherapy-prevention-re-education-therapeutic-exercise-recovery



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01

Introduction

An essential development pathway for physiotherapists' work is the preventive side of their profession. Educational work in the area of sports development can prevent or reduce the occurrence of injuries of varying severity. Effective postural re-education and therapeutic recovery exercises are fundamentals that every professional should master, which you will be able to acquire in this high-quality comprehensive program.





“

Acquire the skills required to work in the preventive area in Sports Physiotherapy, with the latest and most innovative theoretical and practical developments”

Today's society attaches great importance to the benefits of physical exercise and sports, increasing the number of practitioners with a series of risks, due to the intrinsic nature of the exercises and sports modalities themselves. For this reason, it is essential to know, identify and assess the predisposing factors and the most common types of injuries, in order to establish and design safe and effective interventions, both for the prevention of injuries and for their better treatment.

GPR® is a physiotherapy method based on muscle-tendon stretching, by means of eccentric isotonic contraction in static muscles and concentric isotonic contraction in dynamic muscles.

It is based on a new notion of postural gymnastics that, based on anatomical-physiological and biomechanical principles, covers the whole person.

All aggression is compensated to suppress pain. Treatment should go back from the consequence (symptom) to the cause of the injury and suppress them together.

Treatment involves simultaneous correction of the stiffness of the neuro-muscular coordination chains, acting as a threefold method of assessment, diagnosis and therapy.

This module contemplates movement as a continuous tool of the physiotherapist in its assessing, therapeutic and preventive role, both in its active and passive application.

Based on the current concept of Therapeutic Exercise as a programmed and planned execution of body movements, postures and physical activities with the objectives of providing the athlete with the ability to correct or prevent alterations, increase functionality or restore normality to a dysfunction, this final module becomes a key and differentiating element of this Postgraduate Diploma.

The student will obtain the best tools to cover the assistance spectrum, which will include four fundamental stages: assessment, treatment, prevention and education.

This **Postgraduate Diploma in Sport Physiotherapy: Prevention, Re-education and Therapeutic Exercise in Recovery** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The latest technology in online teaching software
- ♦ A highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ♦ Practical cases presented by practising experts
- ♦ State-of-the-art interactive video systems
- ♦ Teaching supported by telepractice
- ♦ Continuous updating and recycling systems
- ♦ Autonomous learning: full compatibility with other occupations
- ♦ Practical exercises for self-assessment and learning verification
- ♦ Support groups and educational synergies: questions to the expert, debate and knowledge forums
- ♦ Communication with the teacher and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection
- ♦ Supplementary documentation databases are permanently available, even after the course



A complete and specific program that will allow you to advance in your profession with the backing of the latest scientific evidence"

“*Get up to date in all the latest developments in the field of physiotherapy by completing the most effective Postgraduate Diploma available on the market in this field*”

Our teaching staff is made up of working professionals. In this way, we ensure that we provide you with the update and learning objective we are aiming for. A multidisciplinary team of specialized and experienced physicians in different environments, who will develop the theoretical knowledge in an efficient way, but, above all, will put at the service of the course the practical knowledge derived from their own experience: one of the differential qualities of this program.

This mastery of the subject is complemented by the effectiveness of the methodological design of this Postgraduate Diploma. Developed by a multidisciplinary team of *e-learning* experts, it integrates the latest advances in educational technology. In this way, you will be able to study with a range of comfortable and versatile multimedia tools that will give you the operability you need for your education.

The design of this program is based on Problem-Based Learning: an approach that conceives learning as a highly practical process. To achieve this remotely, we will use telepractice learning: with the help of an innovative interactive video system, and *learning from an expert*, you will be able to acquire the knowledge as if you were actually dealing with the scenario you are learning about. A concept that will allow you to integrate and fix learning in a more realistic and permanent way.

A complete program created for physiotherapy professionals, which will allow you to combine your learnin with other occupations and access from anywhere with total flexibility.

Cutting-edge program created to propel you toward greater competitiveness in the job market.



02 Objectives

This comprehensive program has been created from start to finish, to serve as a tool for personal and professional growth for physiotherapists. Its objective is to take you through a course that will allow you to acquire the most up-to-date knowledge and techniques for the most advanced and competitive practice in this field.



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Evidence-based medicine is a hallmark of success for any intervention. That is why our programs are created under that premise with the aim of providing exceptional training"



General Objectives

- ♦ Understand the pathomechanical principles that support the most frequent sports injuries by region or sport
- ♦ Develop the therapeutic options from the fundamentals of Evidence-Based Physiotherapy for a better understanding of the injuries and their approach.
- ♦ Possess knowledge of advanced exploration of the locomotor system and the alterations that can be found in it
- ♦ Know the fundamentals of modern approaches to pain management, tissue repair and normal movement disorders, necessary for correct sporting gestures
- ♦ Elaborate a physiotherapy diagnosis according to internationally recognized standards and scientific validation tools
- ♦ Manage skills in functional assessment from interviews, observation, measurement and planning in physiotherapy actions.
- ♦ Execute, direct and coordinate the physiotherapy intervention plan, taking into account the principles of patient individuality, using the therapeutic tools of physiotherapy, that is, the different methods, procedures, actions and techniques, to treat the alterations caused by sports injuries, relating the current pathophysiological knowledge with the physiotherapy treatment
- ♦ Assess the evolution of the results obtained with the treatment, in relation to the objectives set and the established outcome criteria and if appropriate, redesign the objectives and adapt the intervention or treatment plan





Specific Objectives

Module 1. Injury Prevention

- ♦ Assess the functional status of athletes
- ♦ Determine the physiotherapy diagnosis in the sports field
- ♦ Correctly apply the different prevention methods and techniques that can be used in the athlete
- ♦ Integrate the physiotherapeutic intervention process in the prevention and rehabilitation of injuries

Module 2. Global Postural Re-Education and Injuries

- ♦ Learn a global, causal and individualized method of assessment, diagnosis and treatment
- ♦ Innovate biomechanical and pathophysiological notions of the patient
- ♦ Provide a structured method of manual therapy that allows both morphological and symptomatic pathologies to be addressed

Module 3. Therapeutic Exercise in Athlete Recovery

- ♦ Acquire in-depth knowledge of the theoretical and practical foundations that support the use of therapeutic exercise as a preventive tool
- ♦ Integrate the basic concepts that explain tendon and muscle injuries, with regards to active tissue regeneration
- ♦ Develop skills for the planning and control of functional improvement programs through exercise and mobilization.
- ♦ Improve decision-making skills in the athlete's progression through the different phases of treatment

03

Course Management

For our course to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.





“

With the expertise of industry professionals who will teach you based on the reality of the sector in a contextual and realistic learning"

Management



Dr. Martínez Gómez, Rafael

- ♦ CEO and founder of RehabMG
- ♦ PhD in Physical Activity and Sport Science
- ♦ Master's Degree in Sports Biomechanics and Physiotherapy
- ♦ Graduate in Physiotherapy.

Professors

Mr. Fernández Bartolomé, Álvaro

- ♦ Physiotherapist at the RehabMG Clinic.
- ♦ Therapeutic Personal
- ♦ Graduate in Physiotherapy.
- ♦ Graduate in Physical Activity and Sports Science

Mr. Mainzer Zamora, Alejandro

- ♦ Physical Trainer
- ♦ Master in Performance Analysis in Football
- ♦ Graduate in Physiotherapy, Francisco de Vitoria University
- ♦ Graduate in INEF. Physical Activity and Sports Science



04

Structure and Content

The contents of this program have been developed by the different teachers of this course, with a clear purpose: to ensure that our students acquire each and every one of the skills necessary to become true experts in this field.

A complete and well-structured program that will take you to the highest standards of quality and success.



“

A highly comprehensive syllabus that will take you, gradually, through each and every one of the key aspects that the Sports Physiotherapy professional needs to learn. With an added bonus: the commitment to excellence that characterizes us"

Module 1. Injury Prevention

- 1.1. Lifestyle and Motor Habits as Risk Factors
 - 1.1.1. Natural and Cultural Motricity
 - 1.1.2. Current Motor Habits and Diseases of Civilization
 - 1.1.3. Triad of Modernity
- 1.2. Primary, Secondary and Tertiary Prevention
 - 1.2.1. Risk Factor Approach Scheme
 - 1.2.2. Concept of Dysfunction
 - 1.2.3. Basic Principles of Prevention for Movement Assessment and Prescription
- 1.3. Perceptual-Motor Skills as a Basis for Intelligent and Healthy Movement
- 1.4. Methodology and Objectives in the Preventive Approach
- 1.5. Postural System and Interpretation of Different Authors
- 1.6. Fascial System
 - 1.6.1. Functions of Connective Tissue and Fascia
 - 1.6.2. Concept of Static Chains and Diaphragms
 - 1.6.3. Fascial System Dysfunction and Common Symptoms
 - 1.6.4. Healthy Fascias and Training
- 1.7. Static, Dynamic and Functional Postural Assessment
 - 1.7.1. Early Detection
 - 1.7.2. Postural Dysfunctions as Risk Factors
- 1.8. Breathing and its Role in Posture and Stability
- 1.9. Proprioception and Prevention
- 1.10. Active Prevention

Module 2. Global Postural Re-Education and Injuries

- 2.1. Risk Factors and Their Role in Posture
 - 2.1.1. Intrinsic Factors
 - 2.1.2. Extrinsic Factors
- 2.2. Athlete Assessment
 - 2.2.1. Static Assessment
 - 2.2.2. Dynamic Assessment

- 2.3. Assessment of Injury Movement
- 2.4. Treatment of Dysfunctions through the GPR Concept
- 2.5. Concepts on Neuropedagogy
- 2.6. Learning Phases
- 2.7. Squat Movement Integration

Module 3. Therapeutic Exercise in Athlete Recovery

- 3.1. Criteria for RTP Following Injury
 - 3.1.1. Biological Criteria
 - 3.1.2. Functional Criteria
 - 3.1.3. Psychological Criteria
 - 3.1.4. Sports
- 3.2. Strength Training Objectives
 - 3.2.1. Preventive/Compensatory Training
 - 3.2.2. Sports Functional Recovery
- 3.3. General Applied Principles
 - 3.3.1. Specificity
 - 3.3.2. Individuality
 - 3.3.3. Variation or Novel Stimulus
 - 3.3.4. Progressive Loading
 - 3.3.5. Adaptation or Preparation of Structures
- 3.4. Neuromuscular Manifestations in Strength Training
 - 3.4.1. Power
 - 3.4.2. Fast/Explosive Training
 - 3.4.3. Maximum Strength Training
 - 3.4.4. Resistance Training
 - 3.4.5. Hypertrophy
- 3.5. Therapeutic Exercise Parameters
 - 3.5.1. Intensity
 - 3.5.2. Volume
 - 3.5.3. Weight
 - 3.5.4. Repetitions
 - 3.5.5. Sets
 - 3.5.6. Rest



- 3.6. Methods and Systems
 - 3.6.1. Concentric
 - 3.6.2. Eccentric
 - 3.6.3. Ballistic
 - 3.6.4. Isoinertials
 - 3.6.5. Isometric
- 3.7. Planning and Periodization
 - 3.7.1. Types of Planning
 - 3.7.1.1. Undulating/Linear
 - 3.7.2. Work Units
 - 3.7.2.1. Macrocycle
 - 3.7.2.2. Mesocycle
 - 3.7.2.3. Microcycle
 - 3.7.2.4. Session
- 3.8. Dosage and Calculation of the Therapeutic Exercise Load
 - 3.8.1. Steps
 - 3.8.2. Rubber Bands
 - 3.8.3. Weights/Dumbbells/Bars/Discs
 - 3.8.4. Machines
 - 3.8.5. Body Weight
 - 3.8.6. Suspension Work
 - 3.8.7. Fitball
- 3.9. Design and Selection of Therapeutic Exercise
 - 3.9.1. Characteristics of Physical Activity/Sport
 - 3.9.1.1. Physical
 - 3.9.1.2. Physiology
 - 3.9.1.3. Techniques/Tactics
 - 3.9.1.4. Psychological Techniques/Tactics
 - 3.9.1.5. Biomechanical Techniques/Tactics
 - 3.9.2. Methods
 - 3.9.2.1. Exercises
 - 3.9.2.2. Circuits
 - 3.9.2.3. Programs/Routines
- 3.10. Assessment and Control through Functional Tests

05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



“

TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”

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 assess 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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

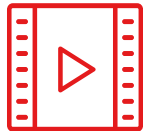
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

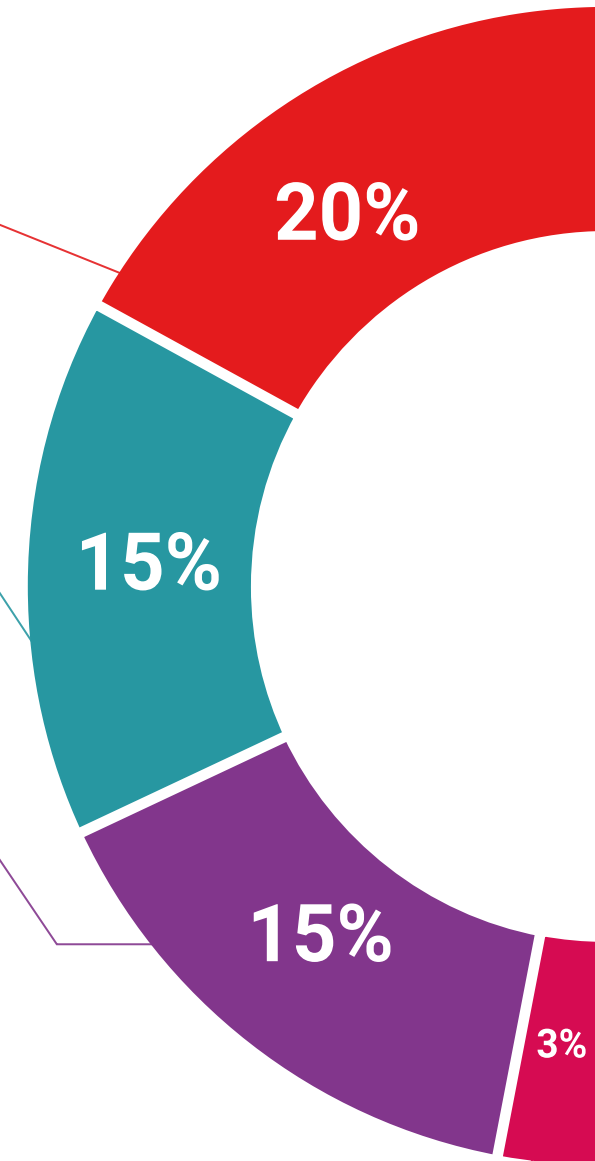
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

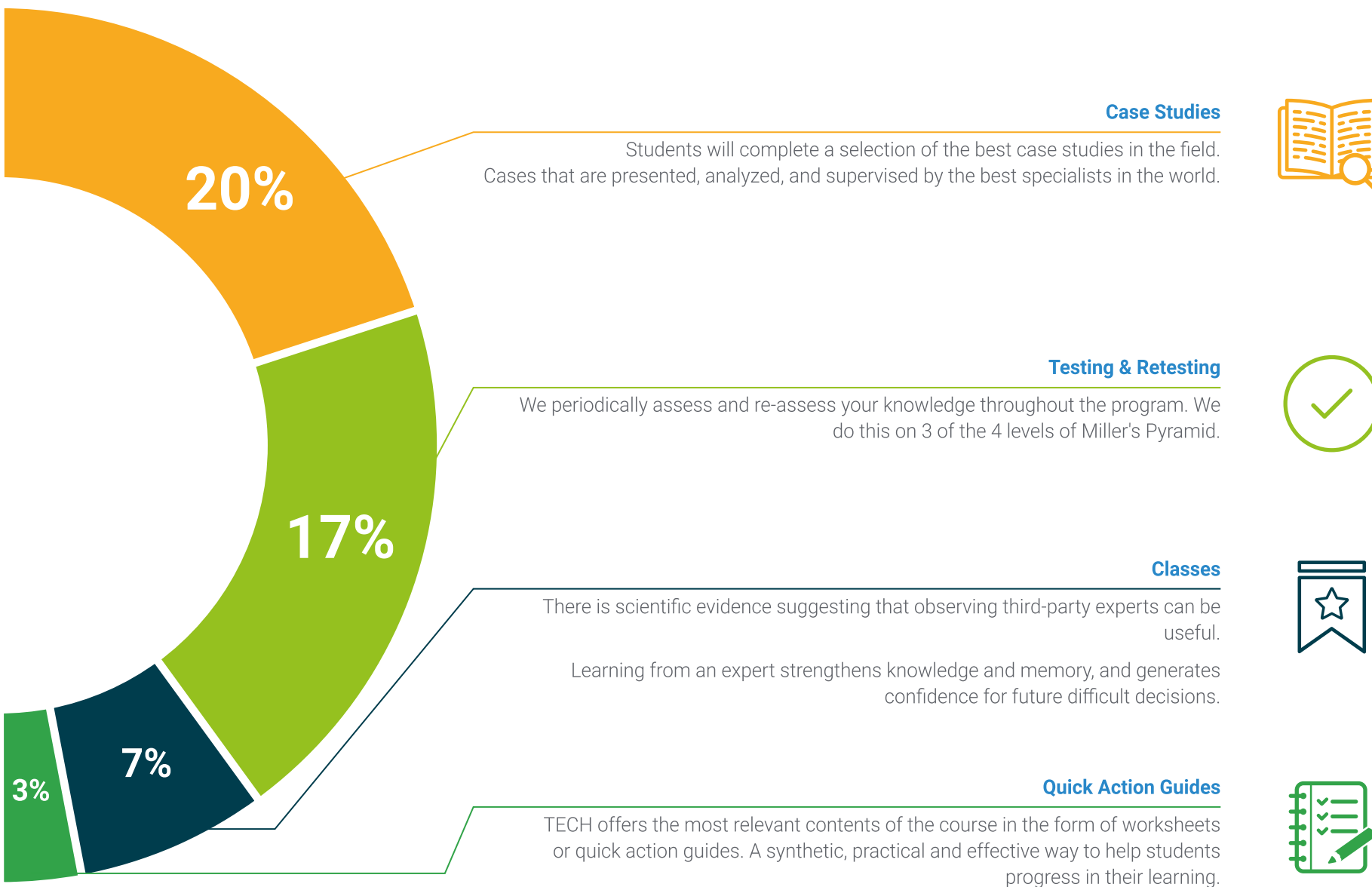
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





06 Certificate

This Postgraduate Diploma in Sports Physiotherapy: Prevention, Re-education and Therapeutic Exercise in Recovery guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Postgraduate Diploma issued by TECH Global University.



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Include in your qualifications a Postgraduate Diploma in Sports Physiotherapy: Prevention, Re-education and Therapeutic Exercise in Recovery: a highly valued addition to any medical practitioner"

This private qualification will allow you to obtain a diploma for the **Postgraduate Diploma in Sports Physiotherapy: Prevention, Re-education and Therapeutic Exercise in Recovery** 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.

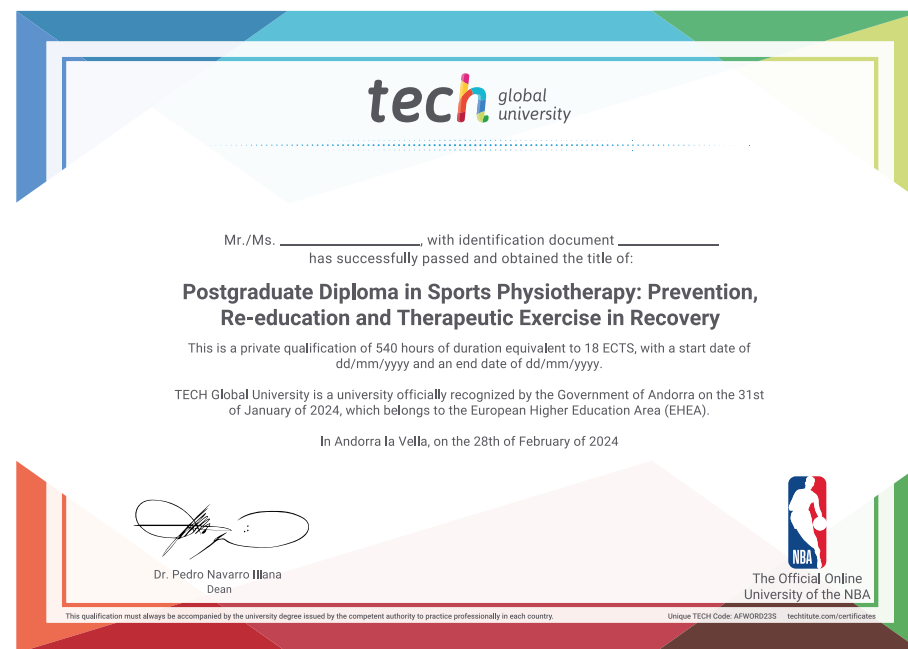
This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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