Professional Master's Degree

Prevention, Rehabilitation and Readjustment in Sports Injuries

Endorsed by the NBA

tech technological university

tech technological university

Professional Master's Degree

Prevention, Rehabilitation and Readjustment in Sports Injuries

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Technological University**
- Dedication: **8h/week**
- Schedule: **at your own pace**
- Exams: **online**

Website: **www.techtitute.com/in/physiotherapy/professional-master-degree/master-prevention-rehabilitation-readjustment-sports-injuries**

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01

Introduction

Doing high-intensity sports can cause serious injuries. Recovering from them requires physiotherapy intervention, which will allow the person to readjust in a safe and effective manner. This TECH program was created to specialize professionals in a highly demanded field, so they can add value to their daily practice.

Physiotherapy is extremely useful to achieve rehabilitate and readjust injured athletes. If you want to specialize in this field, do not miss the opportunity to study with us"

Recovering elite athletes or individuals involved in high-level sports activities from an injury is a fundamental task for physiotherapists working in the sports field. They face numerous injuries as part of everyday work, so professionals must be constantly up to date to achieve effective recoveries. TECH has designed this Professional Master's Degree in Prevention, Rehabilitation and Readjustment in Sports Injuries with the aim of educating all those who wish to increase their knowledge of rehabilitation work with athletes, a program created by experts who have years of experience in the field.

This program has a series of qualities that offers a wealth of knowledge to future students. Our students will learn about nutritional aspects, such as the importance of phytochemical intake to improve health conditions, as well as biological recovery and, above all, the importance of water and hydration as a fundamental part during the entire recovery process.

Moreover, 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 rather important to guarantee professional success.

In short, at TECH we have set out to create contents of the highest teaching and educational quality that will turn our students into successful professionals, following the highest quality standards in teaching at an international level. This Professional Master's Degree is full of rich content that will help them reach the elite of rehabilitation medicine at the sports level.

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

- 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
- 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

Delve into the study of this high-level Professional Master's Degree and improve your skills in the recovery of sports injuries"

This Professional Master's Degree is the best investment you can make when selecting a refresher program for two reasons: in addition to updating your knowledge of sports physiotherapy, you will obtain a qualification from TECH Technological University"

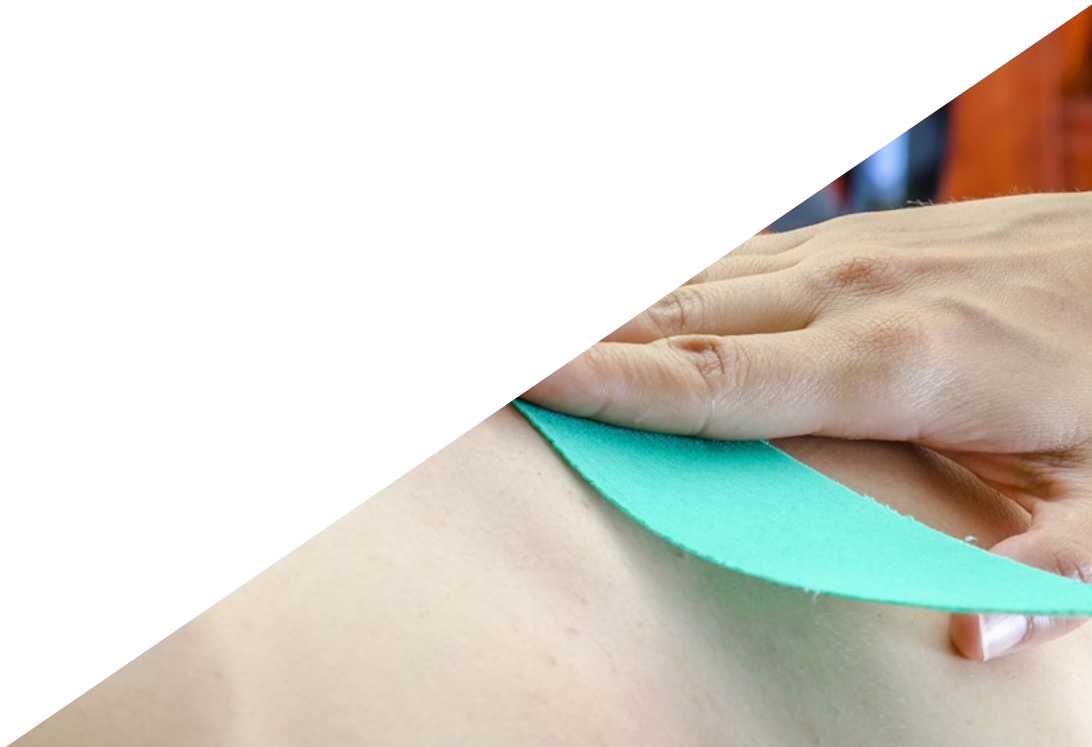
This Professional Master's Degree offers training in simulated environments which provides an immersive learning experience designed to train for real-life situations.

This 100% online Professional Master's Degree will allow you to combine your studies with your professional work, while increasing your knowledge in the field.

The teaching staff includes professionals in sports physiotherapy who bring to this program the experience of their work, as well as recognized specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide our students with situated and contextual learning, that is, a simulated environment of immersive specialization programmed for learning in real situations.

The design of this program focuses on Problem-Based Learning, whereby students must try to solve the different professional practice situations that arise throughout the program. To that end, they will be assisted by an innovative, interactive video system developed by renowned and extensively experienced experts in prevention, rehabilitation and readjustment in sports injuries.



02

Objectives

The main objective of this program is the development of theoretical and practical learning, so our students can rigorously master the practical aspects of physical rehabilitation aimed at sports readjustment.

Our goal is to achieve academic excellence and help you achieve professional success. What are you waiting to 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 conditions to detect aspects that hinder recovery or favor relapses
- Design both specific readjustment and recovery work, as well as individualized comprehensive work
- Acquire specialization in the most common locomotor pathologies in the population as a whole
- Plan prevention, readjustment and functional rehabilitation programs
- Delve into the features of the most common injuries in athletes today
- 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 or user's injury
- Acquire skills and abilities in readjustment, prevention and recovery of sports injuries
- 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 comprehensive work with the objective of achieving a greater and more efficient recovery
- Use coaching techniques to address general psychological aspects of the athlete or injured subject that favor an effective approach from personal training work
- Understand marketing as a key tool for success in personal training in the field of functional readjustment, prevention and recovery

Specific Objectives

- Integrate the concepts of training in cardiovascular balance, strength, plyometrics, speed, agility, etc. as a key tool for staff in injury prevention and readjustment
- Design individualized training programs tailored to the subject's features to achieve better results
- Identify the risk factors involved in doing sports or physical exercise
- Use different types of materials to plan different types of exercises in a customized training program
- Learn Pilates exercises with different types of machines designed to be fundamental in preventive work
- Learn to use stretching and postural re-education as essential methods to prevent locomotor system injuries and alterations
- Manage anatomical concepts: axes, planes and anatomical positions
- Distinguish all the components that make up the locomotor system
- Understand the comprehensive active and passive functional locomotor system processes
- Use movement biomechanics as a key tool in prevention and rehabilitation processes
- Clarify the importance of the nutritional, biochemical, genetic and quality of life assessment from beginning to end
- Evaluate the different parameters related to physical fitness: strength, speed, flexibility, endurance, etc.
- Detect anomalies that hinder or prevent the recovery/rehabilitation process
- Determine the etiological nature of the most common injuries in sports
- Identify the main causes of injury in sports

- Distinguish the different types of injuries: tendon, muscle, bone, ligament and joint injuries
- Establish exercise and physical activity as a strategy for health improvement
- Classify different types of exercises according to each personalized training plan
- Distinguish different types of specific physical exercises according to the muscles or muscle groups to be rehabilitated
- Manage the different techniques used to treat injuries in sports
- Employ proprioceptive re-education in all rehabilitation and recovery processes to lower the chances of injury recurrence
- Plan and design specific programs and protocols with preventive effects
- Manage different types of sports and essential sports practices as adjuvants during the process of functional rehabilitation and recovery
- Analyze the severity of ligament diseases and their assessment for a better and more efficient rehabilitation
- Focus on the analysis of joint pathologies given their high incidence in sports
- Examine the most common spine pathologies
- Assess pain as an element to be taken into account in the diagnosis of a greater or lesser degree of injury
- Analyze the different possibilities offered by functional training and advanced rehabilitation
- Apply the Pilates method as a comprehensive system to rehabilitate the locomotor system in functional recoveries
- Plan specific Pilates exercises and programs for the different areas of the locomotor system with and without equipment
- Approach the concept of integral nutrition as a key element in the process of functional readjustment and 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
- Acquire and understand the different healthy habits and lifestyles, as well as their implementation options
- Apply motivational strategies to achieve better results in the process of functional sports rehabilitation and recovery
- Plan and design spaces that favor improved development of the specific personal training work to be performed
- Understand the relationship with the client and the feedback given are fundamental to the personal training process

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

03

Skills

After passing the assessments for this Professional Master's Degree in Prevention, Rehabilitation and Readjustment in Sports Injuries, our students will have acquired the skills to provide 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

- Plan and implement rehabilitation programs aimed at sports readjustment and functional recovery

Increase your competences thanks to our high-quality specialization and give your career a boost”

Specific Skills

- Know the specifics of personal training adapted to each person, and design individualized and specific programs tailored the needs of athletes
- Plan the specific exercises for each training, applying machines for functional training or pilates method techniques
- Gain in-depth knowledge of the locomotor system
- Gain an in-depth understanding of the biomechanics of movement and apply it to rehabilitation processes
- 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 to rehabilitate musculoskeletal system injuries
- Provide nutritional diets adapted to the needs of each athlete and taking into account their type of injury
- Apply coaching techniques to personal training and apply motivation to improve results in athlete recovery

04

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 do this, they have created this Professional Master's Degree with recent updates in the field that will allow you to prepare yourself and increase your skills in this sector.

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

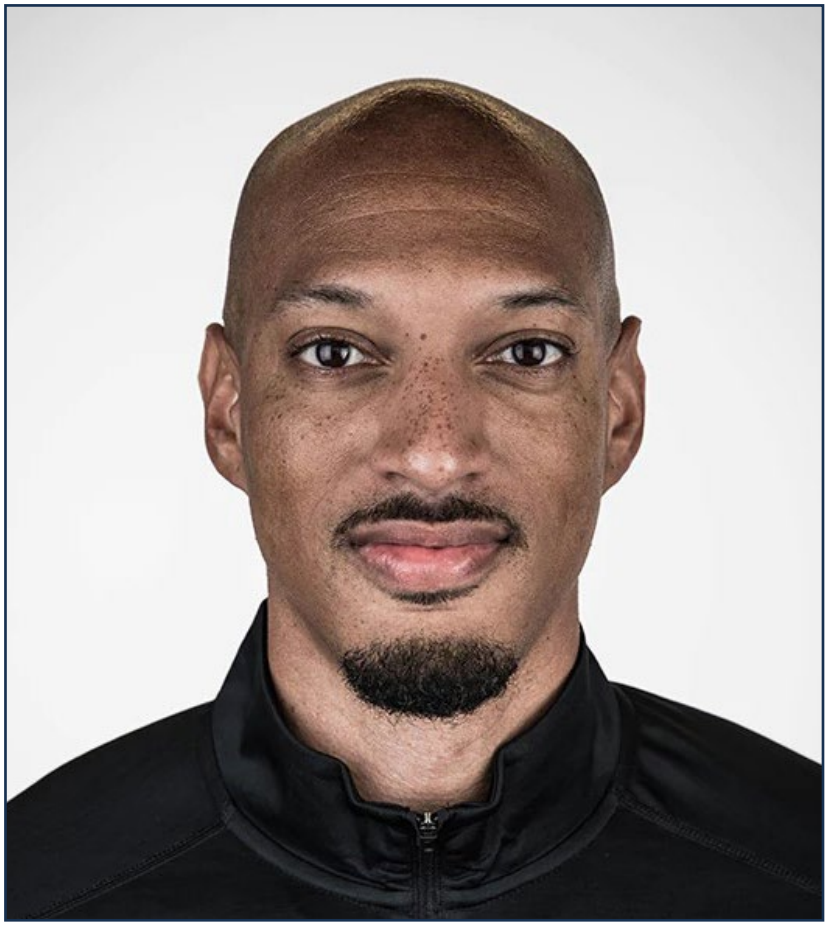
International Guest Director

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

- Sports Performance Specialist at the Portland Trail Blazers - Oregon, U.S.A.
- 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 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 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.

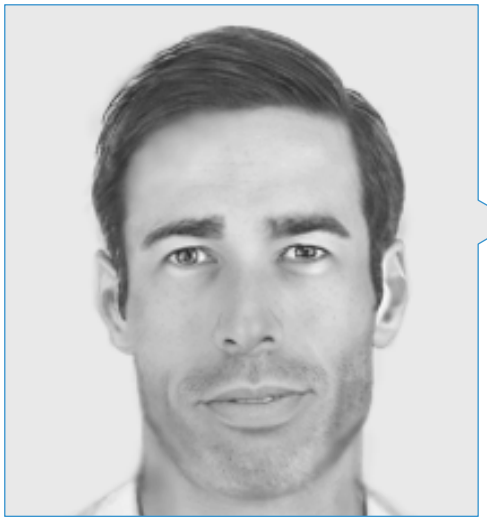
In the academic field, his interest has focused on the field of kinesiology, exercise science and high performance sport. All of this has led him to excel prolifically in the NBA, working day-to-day with some of the top basketball players and coaching staffs from around the world.

D. Covington, Isaiah

- Boston Celtics Performance Coach - Massachusetts, U.S.A.
- 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 best professionals in the world"

Director



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 content has been designed and structured by a team of professionals who are familiar with the implications of specialization in daily practice, aware of the current relevance of quality education in the field of sports rehabilitation, and who are committed to quality teaching through new educational technologies.

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

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 Global Stretching and Global Postural Re-education
2.6. Fitball
2.7. TRX
2.8. Body Pump
2.9. Medicine Balls 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. Human Movement Science
4.3. Applied Biomechanics:
4.4. Initial Customer Inquiry
4.5. Physical Fitness Testing Protocols and Standards
4.6. Functional Movement Assessment
  4.6.1. Motion Detection, Testing and Evaluation
  4.6.2. Functional Movement Screen (FMS)
  4.6.3. Selective Assessment of Functional Movement
  4.6.4. Specific Functional Performance Tests
4.7. Nutritional Assessment, Genetic Evaluation, Biochemistry and Quality of Life.
4.8. Biomechanics
  4.8.1. Biomechanical Fundamentals
  4.8.2. Biomechanics of Human Movement
  4.8.3. Muscular Control of Movement
  4.8.4. Biomechanics of Resistance Exercise
4.9. Evaluation of Physical Fitness
4.10. 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 Sports
  5.7.1. Aspects Relevant to 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 Lumbalgia
7.2. Scoliosis
7.3. Herniated Disc
7.4. Shoulder Tendinitis
7.5. Epicondylitis
  7.5.1. Epidemiology
  7.5.2. Pathologic Anatomy
  7.5.3. Clinical Symptoms
  7.5.4. Diagnosis
  7.5.5. Treatment
7.6. Hip Osteoarthritis
7.7. Gonarthrosis
7.8. Plantar Fascitis
  7.8.1. Conceptualization
  7.8.2. Risk Factors
  7.8.3. Symptoms
  7.8.4. Minimally
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 for Rehabilitation
8.3. Principles of Pilates
8.4. 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
  9.6.9. 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 Personal Trainer Business

10.1. The Beginning of the Personal Trainer
10.2. Coaching for the Personal Trainer
10.3. The Personal Trainer as an Exercise Promoter 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
10.10. Legal Aspects of Personal Training

A unique, key, and decisive program to boost your professional development"

06

Methodology

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

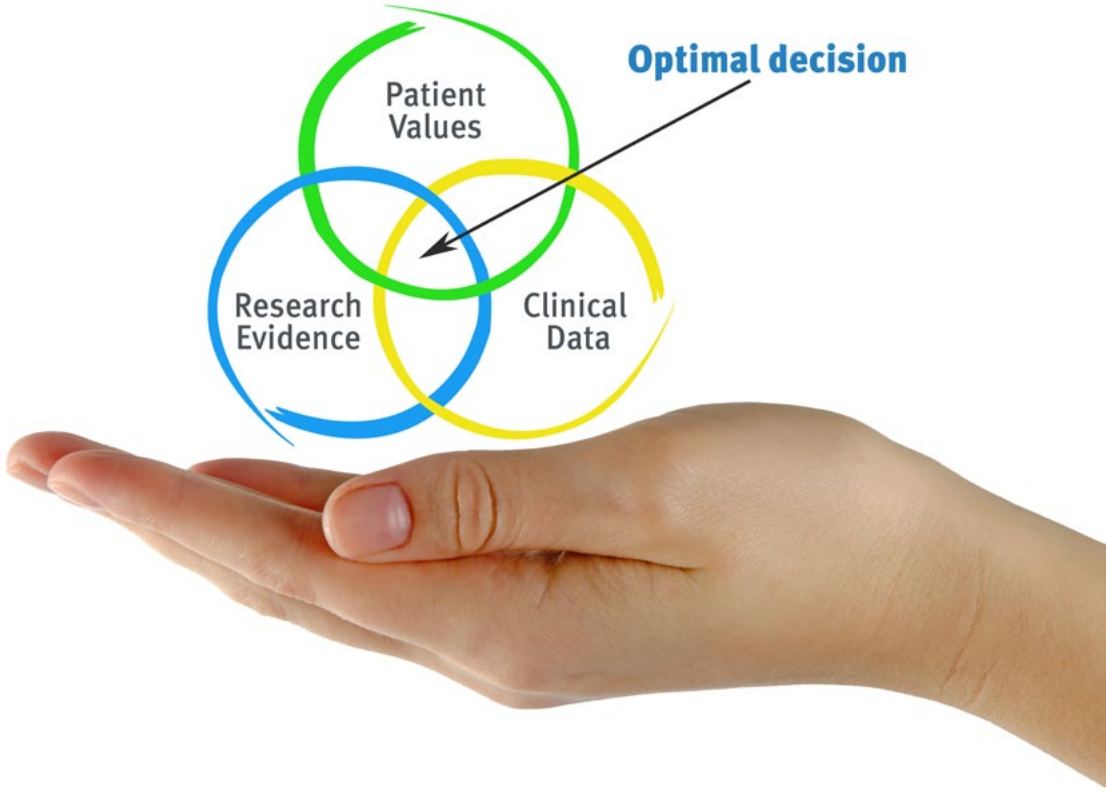
This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.

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. 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.

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:

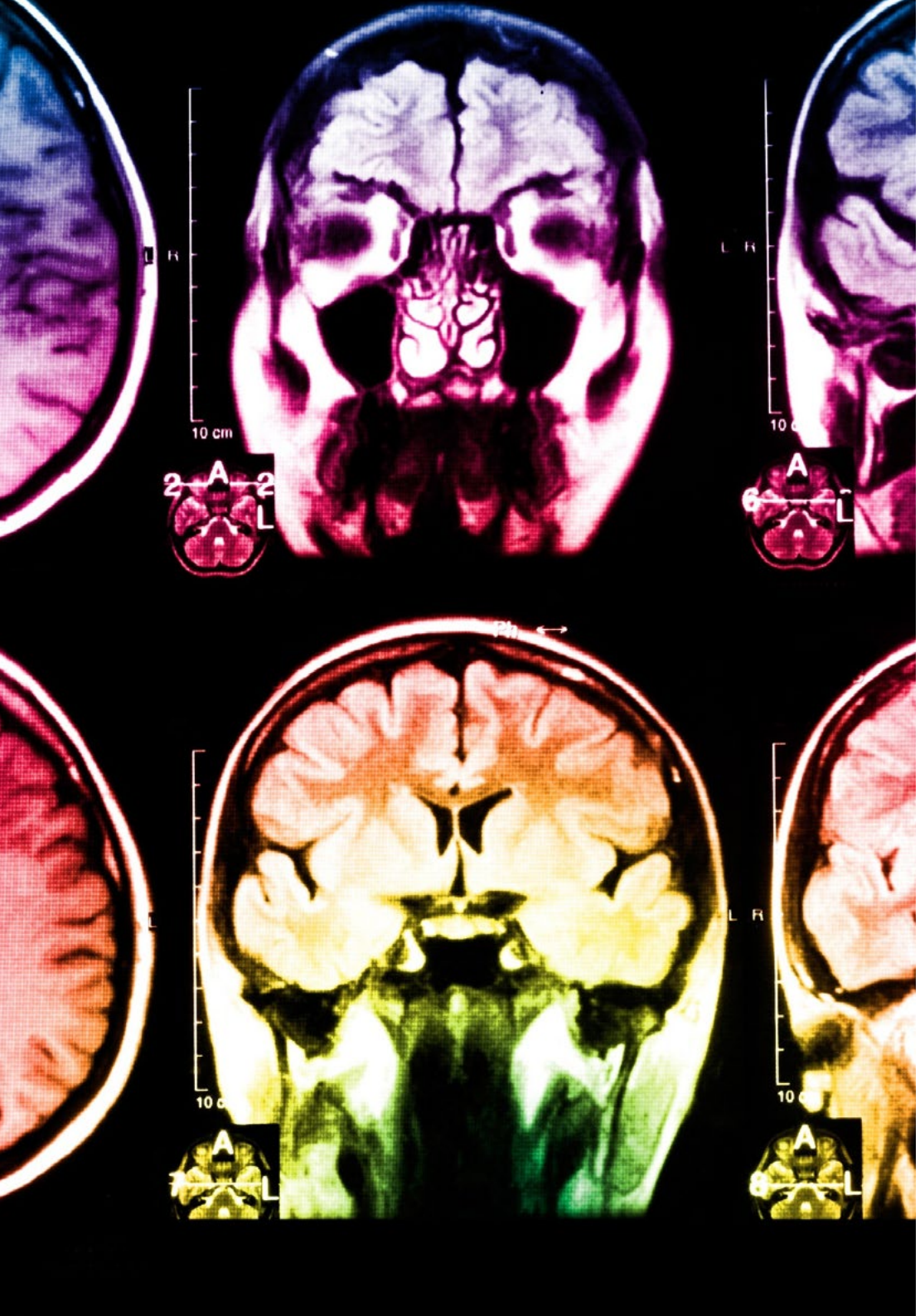
1. Physiotherapists/kinesiologists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the physiotherapist/kinesiologist to better integrate 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 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.

Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. 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.

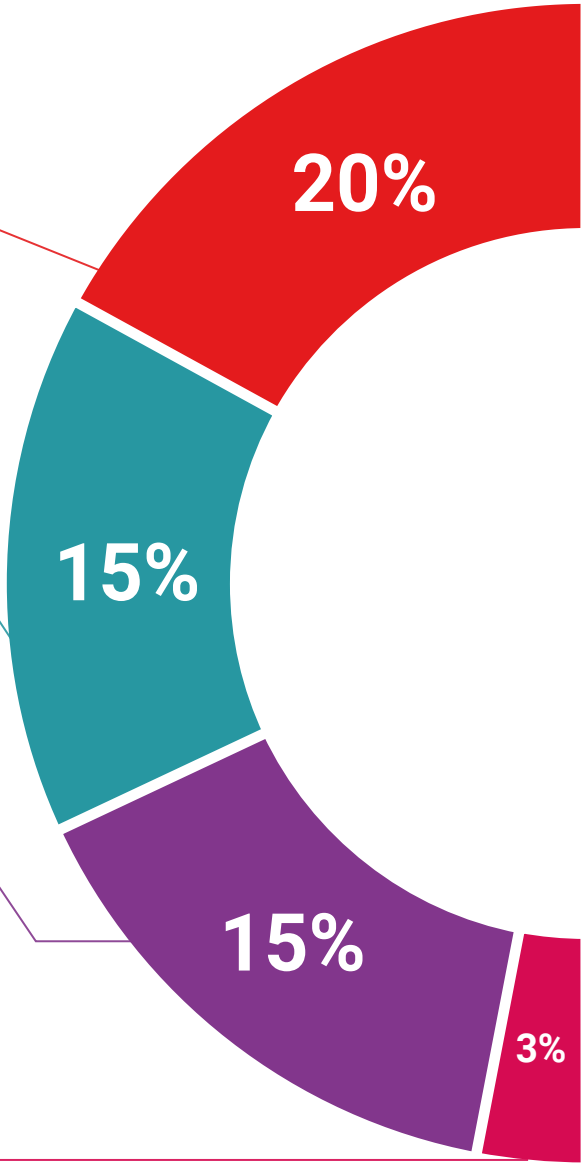
Interactive Summaries

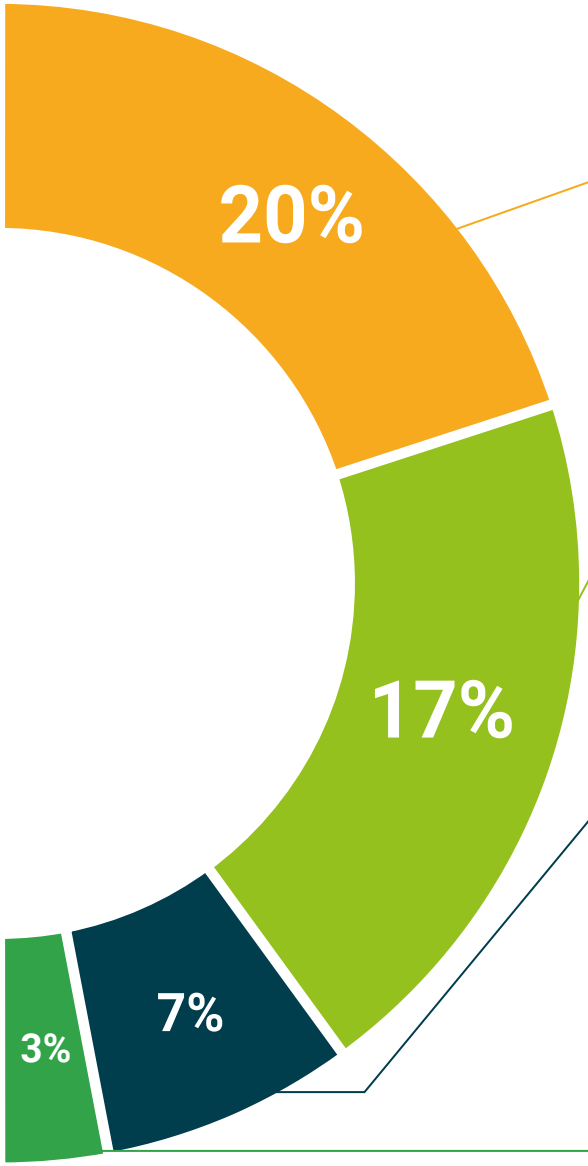
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system 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 Prevention, Rehabilitation and Readjustment in Sports Injuries 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 qualification without having to travel or fill out laborious paperwork"

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

After passing the assessments, the student will receive their corresponding **Professional Master's Degree** diploma 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 Prevention, Rehabilitation and Readjustment in 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

Prevention, Rehabilitation and Readjustment in Sports Injuries

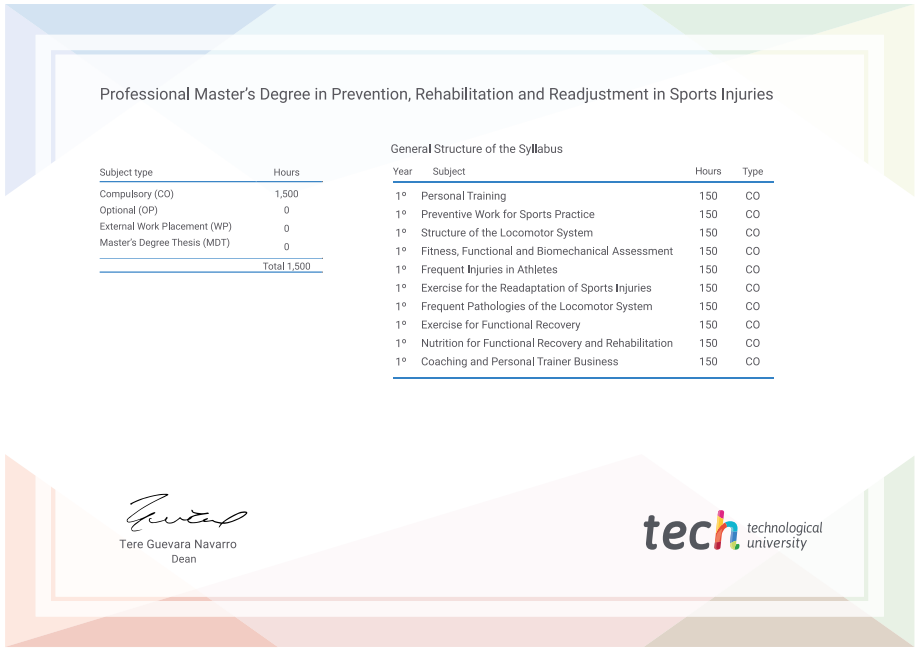
This is a qualification awarded by this University, equivalent to 1,500 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

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 Prevention, Rehabilitation and Readjustment in 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

Prevention, Rehabilitation and Readjustment in Sports Injuries

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Technological University**
- Dedication: **8h/week**
- Schedule: **at your own pace**
- Exams: **online**

Professional Master's Degree

Prevention, Rehabilitation and Readjustment in Sports Injuries

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