

Postgraduate Certificate

Nursing Interventions in Sports Physical Activity

Endorsed by the NBA



tech global
university



Postgraduate Certificate Nursing Interventions in Sports Physical Activity

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Global University
- » Accreditation: 10 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/postgraduate-certificate/nursing-interventions-sports-physical-activity

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01

Introduction

Nursing professionals can be key agents in the monitoring of athletes to improve and maintain their physical capacity and health. This program is designed to provide nursing professionals, in a practical way, to update their knowledge to perform the appropriate nursing interventions in each case, both in the amateur and professional athlete, to improve their performance and maintain their health.



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The quality of nursing care to the athlete is conditioned by the updating of the knowledge of the professionals who take care of the athlete. Nursing can help the athlete, both amateur and high performance, with the realization of nursing interventions to health problems that may arise in sport”

Physical activity and sports practice are directly associated and related to the health of the population, being unquestionable the existing scientific evidence in relation to the benefits of these and their impact on the individual and collective health of the population.

In addition to providing current scientific knowledge that demonstrates the beneficial effects of exercise and the mechanisms by which it enhances health, this University Course in Nursing Interventions in Sports Physical Activity aims to be a training tool for Graduates in Nursing in relation to the comprehensive care of the user who practices some type of physical-sports activity, both for healthy purposes and in competition, and aims to promote the use of physical activity for the prevention of diseases in healthy people and develop the usefulness of such activity as an adjunct in the treatment and rehabilitation of certain diseases and injuries.

This **Postgraduate Certificate in Nursing Interventions in Sports Physical Activity** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ Clinical cases presented by experts. The graphical, schematic, and highly practical content is designed to provide scientific and healthcare information on the medical disciplines essential for professional practice
- ♦ Latest diagnostic and therapeutic developments in the care of the athlete
- ♦ Nursing interventions in the different phases of physical activity performed by both amateur and professional athletes
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Includes theoretical lectures, questions to the expert, discussion forums on controversial issues and individual reflection papers
- ♦ Content that is accessible from any fixed or portable device with an internet connection



Through this Postgraduate Certificate, you will be able to update your knowledge"

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This Postgraduate Certificate could be the best investment you can make when selecting an update program for two reasons: in addition to updating your knowledge in Nursing Interventions in Sports Physical Activity, you will earn a diploma for the Postgraduate Certificate from TECH Global University”

This Postgraduate Certificate offers specialization in simulated environments, which provides an immersive learning experience designed to prepare you for real-life situations.

It includes clinical cases to bring the development of the program as close as possible to the reality of sports nursing care.

It includes in its teaching staff leading nursing professionals, who bring to this program their work experience, as well as other professionals specialized in the different areas of care for athletes.

Thanks to its multimedia content, developed with the latest educational technology, professionals will benefit from situated and contextual learning—simulated environments designed to provide immersive learning experiences that prepare them for real-life situations.

The design of the program is based on Problem-Based Learning, by means of which the nursing professional must try to solve the different professional practice situations that arise throughout the program. For this reason, they will be assisted by an innovative interactive video system created by renowned and experienced experts in the field of sports nursing with extensive teaching experience.



02 Objectives

This program is aimed at reviewing the main aspects of sports nursing, based on scientific evidence and the experience of renowned professionals, with a special focus on nursing interventions in sports physical activity.





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This program will give you a sense of confidence when taking decisions and providing care, which will help you grow both personally and professionally”



General Objective

- ♦ Update nursing professionals' knowledge about physical activity and sport, obtaining complementary tools and techniques that facilitate the prevention and treatment of possible injuries that may occur during the practice of physical activity or sport, in collaboration with the other members of the multidisciplinary team that must attend this professional intervention both in a preventive and therapeutic way





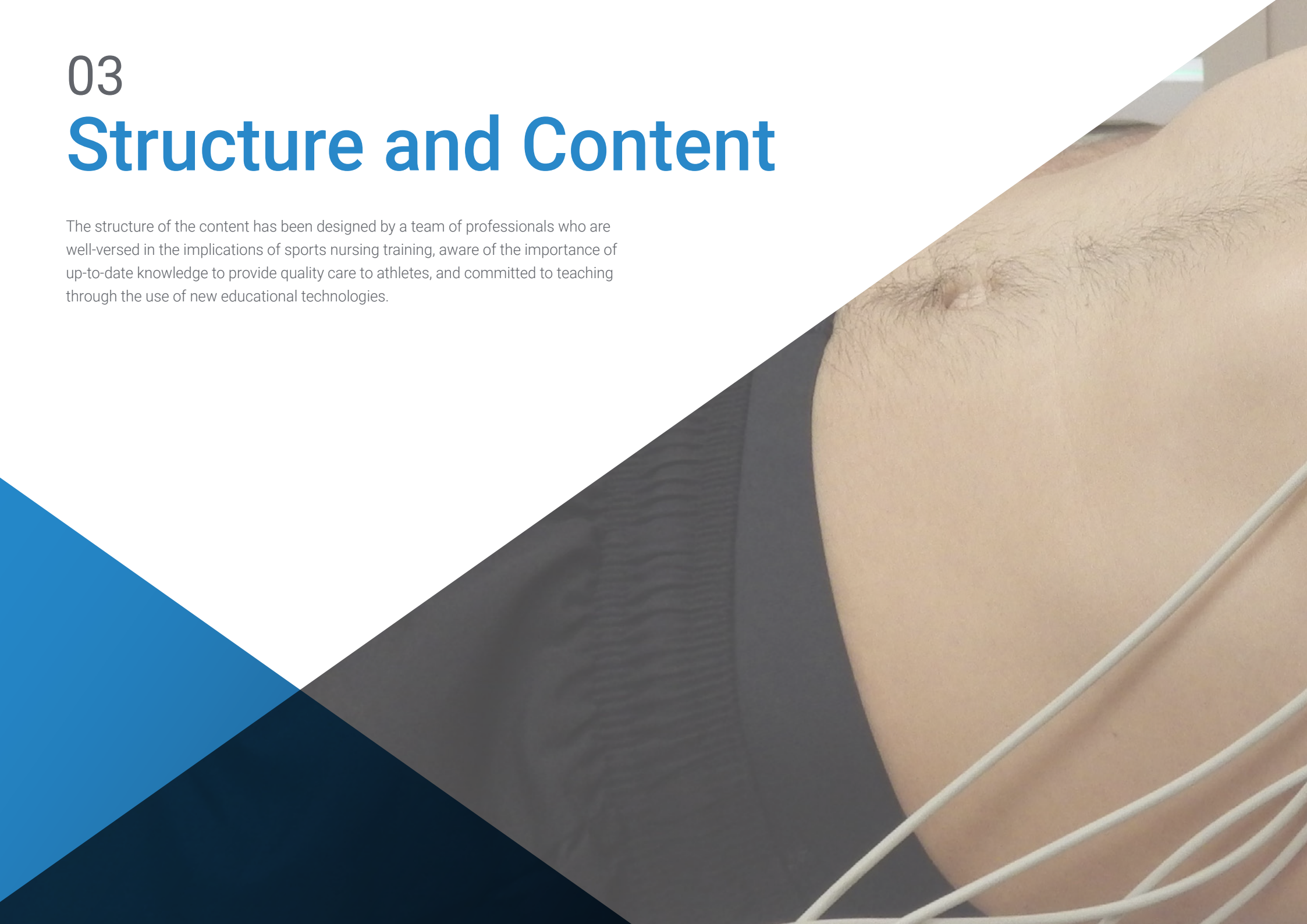
Specific Objectives

- ♦ Develop and implement professional interventions in the field of physical activity and sports
- ♦ Promote participation in health education programs for users at different stages of their lives
- ♦ Integrate new work environments for the nursing professional by applying specific tools from the sports discipline, and seek new ways to involve nursing professionals in sports, whether competitive or recreational, to promote and maintain health
- ♦ Analyze training principles and planning
- ♦ Delve into the benefits and risks of sports physical activity
- ♦ Explain the methodology necessary to assess the fitness of a user for inclusion in a physical exercise program
- ♦ Describe, characterize and point out the differences and similarities of cardiovascular training, resistance training, strength training and mobility, flexibility and coordination training
- ♦ Describe the characteristics of resistance training
- ♦ Explain the design of healthy physical exercise programs for special populations

03

Structure and Content

The structure of the content has been designed by a team of professionals who are well-versed in the implications of sports nursing training, aware of the importance of up-to-date knowledge to provide quality care to athletes, and committed to teaching through the use of new educational technologies.



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This Postgraduate Certificate in Nursing Interventions in Sports Physical Activity contains the most complete and up-to-date scientific program on the market”

- 1.1. Principles and Planning of Training
- 1.2. Benefits and Risks of Physical-Sports Activity
- 1.3. Fitness Testing for Inclusion in a Physical Exercise Program. Nursing Interventions
- 1.4. Cardiovascular Training. Nursing Interventions
- 1.5. Endurance Training. Nursing Interventions
- 1.6. Strength Training. Nursing Interventions
- 1.7. Mobility, Flexibility and Coordination Training. Nursing Interventions
- 1.8. Physical-Sports Activity in Special Populations. Nursing Interventions





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A unique, essential and decisive learning experience to boost your professional development”

04 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.



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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.

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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

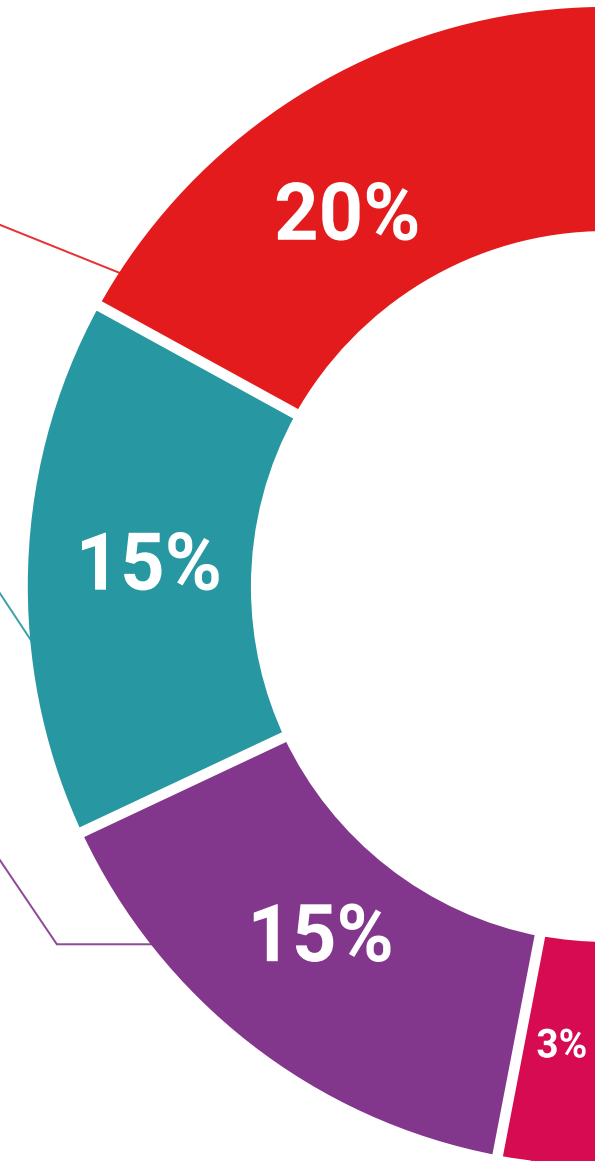
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

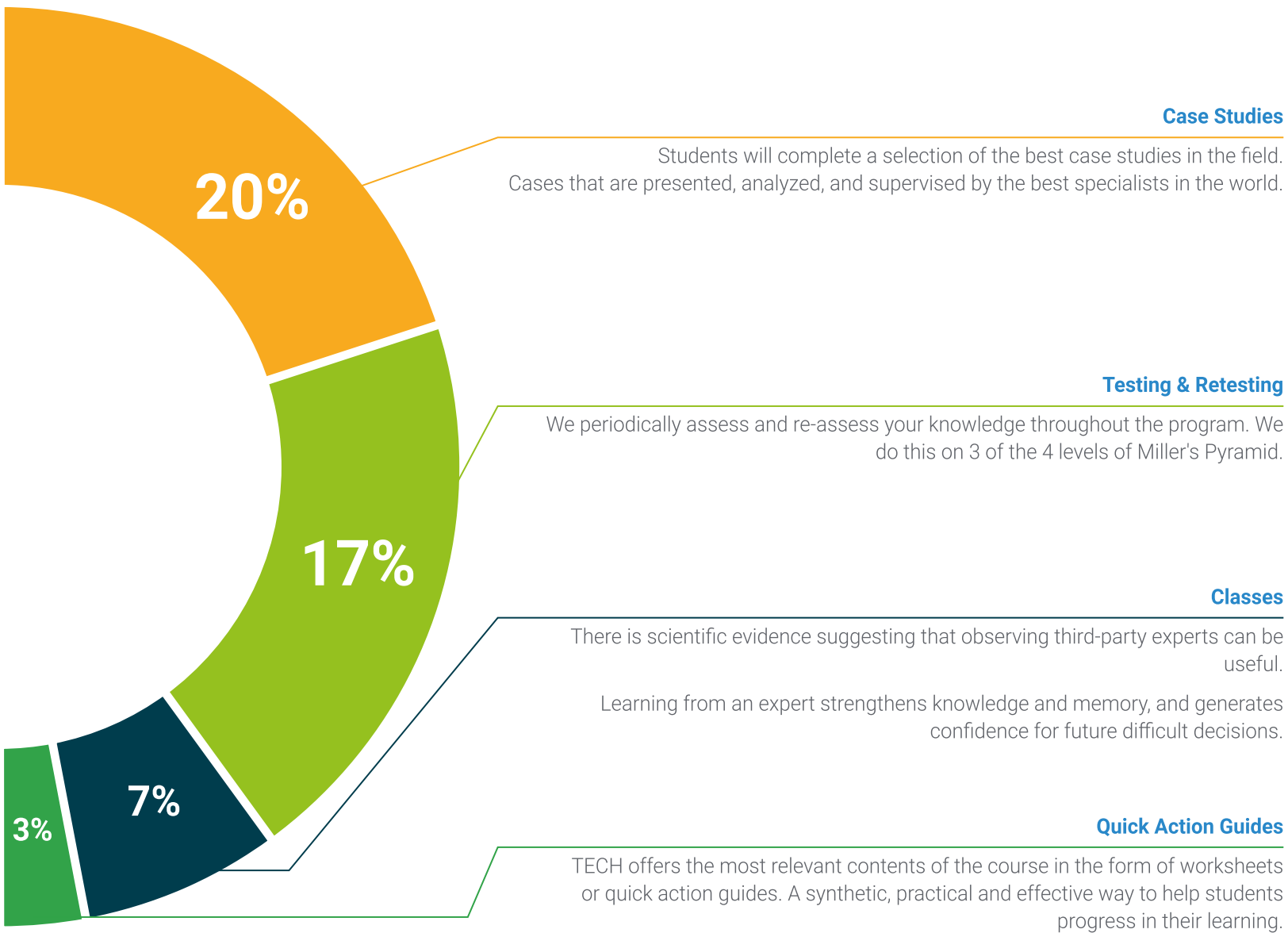
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

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





05 Certificate

The Postgraduate Certificate in Nursing Interventions in Sports Physical Activity guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Postgraduate Certificate 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 private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Nursing Interventions in Sports Physical Activity** 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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