

Master's Degree

Sports Injury Prevention and Rehabilitation

Accreditation/Membership





Master's Degree Sports Injury Prevention and Rehabilitation

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/master-degree/master-sports-injury-prevention-rehabilitation

Index

01

Introduction to the Program

p. 4

02

Why Study at TECH?

p. 8

03

Syllabus

p. 12

04

Teaching Objectives

p. 18

05

Career Opportunities

p. 24

06

Study Methodology

p. 28

07

Teaching Staff

p. 38

08

Certificate

p. 46

01

Introduction to the Program

Sports Injury Prevention and Rehabilitation is a fundamental field within sports, as the high physical demands increase the risk of musculoskeletal injuries, affecting both performance and long-term health. According to a report from the National Institutes of Health in the United States, around 30% of athletes suffer at least one injury each year. In this context, TECH has developed this academic opportunity with the goal of equipping professionals with advanced tools to minimize the impact of these conditions. Through a 100% online methodology and updated educational materials, flexible training will be promoted, enabling the integration of new strategies into clinical and sports practice.



“

An exhaustive and 100% online program, exclusive to TECH, with an international perspective supported by our affiliation with The Chartered Association of Sport and Exercise Sciences”

Optimizing athletic performance and reducing the risk of injuries are fundamental aspects in the field of training. Today, the combination of Prevention and Rehabilitation strategies is essential to ensure the continuity of sports practice without interruptions due to musculoskeletal conditions. Through approaches based on movement science and biomechanics, it is possible to minimize the incidence of injuries and promote more efficient recovery.

Therefore, this Master's Degree in Sports Injury Prevention and Rehabilitation will provide professionals with specialized knowledge to design plans tailored to various sports disciplines. In fact, with updated content and a practical approach, advanced strategies in exercise prescription, performance optimization, and functional recovery will be facilitated. Additionally, competencies in identifying risk factors and applying innovative methodologies for injury prevention will be strengthened, contributing to the improvement of quality in sports practice.

Subsequently, with a 100% online methodology, this university program will allow access to content at any time of the day and from any device with an internet connection. Thanks to the Relearning method, dynamic training will be promoted based on the strategic repetition of key concepts, facilitating the assimilation and practical application of knowledge. Furthermore, an International Guest Director will deliver 10 exclusive and innovative Masterclasses.

Additionally, through membership in **The Chartered Association of Sport and Exercise Sciences (CASES)**, students will have access to exclusive educational resources, discounts on events and specialized publications, and practical benefits such as professional insurance. Students will also be able to integrate into an active community, participate in committees, and obtain accreditations that boost their development, visibility, and professional projection in the field of sports and exercise science.

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

- ♦ The development of practical cases presented by experts in Sports Injury Prevention and Rehabilitation
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Special emphasis on innovative methodologies in the sports field
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



Thanks to the guidance of a prestigious international guest and exclusive Masterclasses, you will establish yourself as a leader in reducing the risk of injury in training"

“

You will enhance your competencies in fitness assessment for a comprehensive evaluation of physical performance”

The teaching staff includes professionals from the field of Sports Injury Prevention and Rehabilitation, who bring their work experience to this program, along with recognized specialists from leading societies and prestigious universities.

The 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 learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will optimize your knowledge in various methodologies to improve physical condition, applying the best evidence-based strategies.

You will delve into the most effective approaches to correct deficient movement patterns, preventing injuries.



02

Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.



“

*Study at the world's largest online university
and guarantee your professional success.
The future starts at TECH”*

The world's best online university, according to FORBES

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.



The most complete syllabuses on the university scene

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills. and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

A unique learning method

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

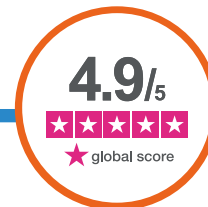
Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



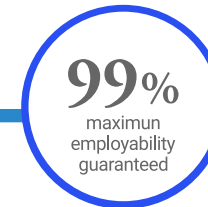
Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



03 Syllabus

This academic pathway focuses on Sports Injury Prevention and Rehabilitation, providing fundamental tools to address common injuries in athletes. In fact, understanding these disorders enables professionals to develop preventive strategies, reducing their incidence during training. Additionally, there will be a deep dive into the use of specific exercises for rehabilitation, facilitating the creation of personalized recovery plans that optimize healing. Moreover, nutrition for functional recovery will be addressed as a crucial complement, improving recovery time and enhancing performance, thereby strengthening professional competence in this area.



“

You will have access to a Virtual Campus enriched with high-quality multimedia material to deepen your knowledge of specific exercises for rehabilitation”

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 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. The Science of Human Motion
- 4.3. Applied Biomechanics
- 4.4. Initial Patient Consultation
- 4.5. Functional Movement Assessment
 - 4.5.1. Motion Detection, Testing and Assessment
 - 4.5.2. Functional Movement Screen (FMS)
 - 4.5.3. Selective Assessment of Functional Movement
 - 4.5.4. Specific Functional Performance Tests
- 4.6. Nutritional Assessment, Genetic Evaluation, Biochemistry and Quality of Life

- 4.7. Biomechanics
 - 4.7.1. Biomechanical Fundamentals
 - 4.7.2. Biomechanics of Human Movement
 - 4.7.3. Muscular Control of Movement
 - 4.7.4. Biomechanics of Resistance Exercise
- 4.8. Evaluation of Physical Fitness
- 4.9. Risk Detection and Stratification

Module 5. Common 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 Sport
 - 5.7.1. Relevant Aspects of 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 Rehabilitation 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. Work 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 Reeducation
 - 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. Common Pathologies of the Locomotor System

- 7.1. Cervicalgia, Dorsalgia and Lumbago
- 7.2. Scoliosis
- 7.3. Herniated Disc
- 7.4. Shoulder Tendinitis
- 7.5. Epicondylitis
 - 7.5.1. Epidemiology
 - 7.5.2. Pathology
 - 7.5.3. Clinical Features
 - 7.5.4. Diagnosis
 - 7.5.5. Treatment
- 7.6. Hip Osteoarthritis
- 7.7. Gonarthrosis
- 7.8. Plantar Fasciitis
 - 7.8.1. Conceptualization
 - 7.8.2. Risk Factors
 - 7.8.3. Symptoms
 - 7.8.4. Treatment
- 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 in Rehabilitation
- 8.3. Principles of Pilates

- 8.4. The Integration of Pilates in Rehabilitation
- 8.5. Methodology and Equipment Necessary for Effective Practice
- 8.6. Cervical and Thoracic Spine
- 8.7. Lumbar Spine
- 8.8. Shoulder and Hip
- 8.9. Knee
- 8.10. Foot and Ankle

Module 9. Nutrition for Rehabilitation and Functional Recovery

- 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. Saturated
 - 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
 - 9.6.1. Macrominerals
 - 9.6.2. Microminerals
- 9.7. Fiber
- 9.8. Water
- 9.9. Phytochemicals
 - 9.9.1. Phenols
 - 9.9.2. Thiols
 - 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. Establishing Healthy Habits
 - 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



You will evaluate the impact of nutrition on functional recovery, identifying key nutritional needs"

04

Teaching Objectives

This university program is designed to train professionals to comprehensively address sports health, improving their skills in identifying and treating injuries in athletes. It will also focus on developing effective rehabilitation techniques, optimizing recovery after injuries. Additionally, it will provide competencies in implementing nutritional strategies that promote functional regeneration. As a result, graduates will be prepared to apply innovative approaches to enhance physical performance and prevent injuries, standing out for their ability to design personalized intervention plans.



TRAINER

“

You will have access to practical cases and the latest updates in sports health, all within a flexible format that adapts to you”



General Objectives

- ♦ Develop advanced skills in personal training adapted to various sports needs
- ♦ Implement preventive strategies to reduce the risk of injuries in sports practice
- ♦ Understand the structure and function of the musculoskeletal system to optimize physical performance
- ♦ Evaluate physical condition through fitness, functional, and biomechanical assessments
- ♦ Identify and treat common injuries in athletes for effective recovery
- ♦ Design specific exercises for the rehabilitation of sports injuries
- ♦ Recognize and address common musculoskeletal pathologies in the sports context
- ♦ Apply nutritional principles focused on rehabilitation and functional recovery





Specific Objectives

Module 1. Personal Training

- Develop personal training programs focused on improving flexibility, endurance, and cardiorespiratory capacity
- Apply scientific principles in the design of exercises to strengthen the core, optimizing stability and movement efficiency
- Implement plyometric and speed training programs to enhance agility and functional power
- Design integrated training programs, combining different modalities to maximize physical performance in various areas

Module 2. Preventive Work for Sports Practice

- Identify risk factors in sports and apply preventive exercises
- Use tools such as Mat, Reformer, and Cadillac to prevent injuries
- Apply global stretching techniques and postural re-education to improve flexibility
- Design preventive programs using equipment like TRX, Fitball, and Kettlebells

Module 3. Structure of the Locomotor System

- Understand the basic anatomy of the musculoskeletal system, including anatomical position, axes, and planes
- Analyze the structure and function of bones, joints, tendons, and ligaments in the musculoskeletal system
- Explore the neural control of skeletal muscles and their relationship with muscle contraction
- Examine different types of muscle contraction and their implications in muscle bioenergetics

Module 4. Fitness, Functional, and Biomechanical Assessment

- Apply principles of anatomy and biomechanics to evaluate human movement
- Conduct physical fitness tests and functional movement assessments
- Implement the Functional Movement Screen (FMS) to evaluate performance
- Assess the physical, nutritional condition, and risks of the client

Module 5. Common Injuries in Athletes

- Identify and treat common shoulder, elbow, and upper joint injuries in athletes
- Diagnose and address common injuries to the spine, neck, and lower back related to sports practice
- Evaluate and manage hip, pelvis, knee, and ankle injuries, focusing on their functional recovery
- Recognize and treat injuries to the head, face, throat, and abdominal areas, applying specific interventions according to severity

Module 6. Exercise for the Rehabilitation of Sports Injuries

- Apply biological and pedagogical principles in designing exercises for injury rehabilitation
- Use specific techniques for treating and rehabilitating sports injuries
- Develop protocols tailored to each phase of the recovery process
- Implement preventive exercises to avoid future injuries and improve physical performance
- Integrate proprioceptive re-education into the functional recovery of athletes
- Design exercise programs based on the needs of each muscle group during recovery

Module 7. Common Pathologies of the Locomotor System

- ♦ Diagnose and treat common pathologies such as cervicalgia, dorsalgia, and lumbalgia
- ♦ Evaluate and address musculoskeletal disorders such as scoliosis and herniated discs
- ♦ Identify and apply effective treatments for conditions such as epicondylitis and shoulder tendonitis
- ♦ Develop rehabilitation strategies for conditions like hip osteoarthritis, gonarthrosis, and plantar fasciitis

Module 8. Exercise for Functional Recovery

- ♦ Implement principles of functional rehabilitation and proprioception in the recovery process of injuries
- ♦ Apply advanced rehabilitation techniques through Pilates, focusing on the restoration of neuromuscular function
- ♦ Integrate Pilates in the recovery of cervical, lumbar, shoulder, and hip pathologies
- ♦ Develop specific therapeutic exercise programs to improve motor control and mobility in the ankle and knee

Module 9. Nutrition for Rehabilitation and Functional Recovery

- ♦ Assess the importance of comprehensive nutrition in the prevention and recovery of sports injuries
- ♦ Determine the role of carbohydrates, proteins, and fats in optimizing functional recovery
- ♦ Analyze the effects of vitamins, minerals, and fiber on physical performance improvement and muscle regeneration
- ♦ Apply the use of phytochemicals and dietary supplements in post-injury functional recovery





Module 10. Coaching and Personal Trainer Business

- ♦ Develop coaching skills for personal trainers, focusing on motivation and behavioral change management
- ♦ Understand the effects of physical exercise on performance and health, both physically and mentally
- ♦ Apply motivational tools such as motivational interviewing and appreciative inquiry in working with clients
- ♦ Manage the legal and ethical aspects of personal training, ensuring proper client relations and regulatory compliance

“Strengthen your mastery of advanced techniques in rehabilitation and key therapeutic treatments”

05

Career Opportunities

The tools provided by this Master's Degree will open up various career opportunities in the field of functional rehabilitation. In fact, the knowledge acquired will equip students to take on key roles in health institutions, sports clinics, and rehabilitation centers. Additionally, mastery of advanced therapeutic treatment techniques will create opportunities in various sectors and specialized consultancies. Subsequently, professionals will be able to take on roles of responsibility and leadership, optimizing processes and working in multidisciplinary teams to address the most complex challenges in the sector.



“

You will work in high-specialization rehabilitation centers, perfecting advanced techniques in functional recovery processes”

Graduate Profile

The graduate will be a highly skilled professional in the application of advanced therapeutic techniques for functional rehabilitation. Thanks to their mastery of innovative approaches, they will be prepared to design and implement personalized recovery plans in specialized centers. Moreover, they will develop skills in the comprehensive management of patients, improving their ability to work in an interdisciplinary manner and adapt to dynamic environments. They will also be able to lead multidisciplinary teams, implementing effective rehabilitation strategies and contributing to the evolution of practices and protocols in the field of functional health.

You will make a decisive contribution to the innovation of techniques and the updating of protocols in the field of functional health.

- ♦ **Critical Thinking:** Analyze situations from multiple perspectives, evaluate the validity of information, and make well-founded decision, essential for optimizing strategies in functional rehabilitation
- ♦ **Teamwork:** Collaborate with professionals from various health fields, promoting interdisciplinary approaches that enhance patient recovery and optimize therapeutic protocols
- ♦ **Adaptability:** Respond effectively to new challenges, adjusting techniques and methodologies according to the individual needs of each clinical case and advances in the field
- ♦ **Effective Communication:** Strengthen relationships with patients and teams to achieve better outcomes



After completing the university program, you will be able to apply your knowledge and skills in the following positions:

1. **Functional Rehabilitation Manager:** Responsible for applying advanced strategies for the recovery of musculoskeletal injuries and pathologies, optimizing functionality and the quality of life of patients.
2. **Sports Rehabilitation Program Coordinator:** Designer of personalized recovery plans for athletes, ensuring their safe return to physical activity with minimal risk of relapse.
3. **Physiotherapist in Rehabilitation Centers:** Responsible for implementing specialized therapeutic treatments to restore mobility, reduce pain, and improve the functional capacity of each patient.
4. **Injury Prevention Consultant:** Advisor to sports and health professionals on implementing effective protocols to minimize the risk of injuries and optimize physical performance.
5. **Personal Trainer Specialized in Functional Recovery:** Responsible for designing training plans tailored to the needs of individuals undergoing rehabilitation, promoting their safe and effective progression.
6. **Researcher in Rehabilitation and Exercise Science:** Manager of the development of new evidence-based approaches and techniques to improve functional rehabilitation processes.
7. **Director of Rehabilitation and Functional Rehabilitation Centers:** Leader of multidisciplinary teams, coordinating innovative strategies to ensure excellence in patient recovery.
8. **Proprioceptive Re-education Manager:** Responsible for implementing advanced techniques to improve neuromuscular control and joint stability in patients with motor impairments.
9. **Functional Recovery Protocol Designer:** Responsible for designing evidence-based strategies to optimize recovery from different pathologies, adapting procedures to each clinical case.



You will stand out as a specialist in Functional Rehabilitation with a university degree that integrates innovation, precision, and excellence”

06

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

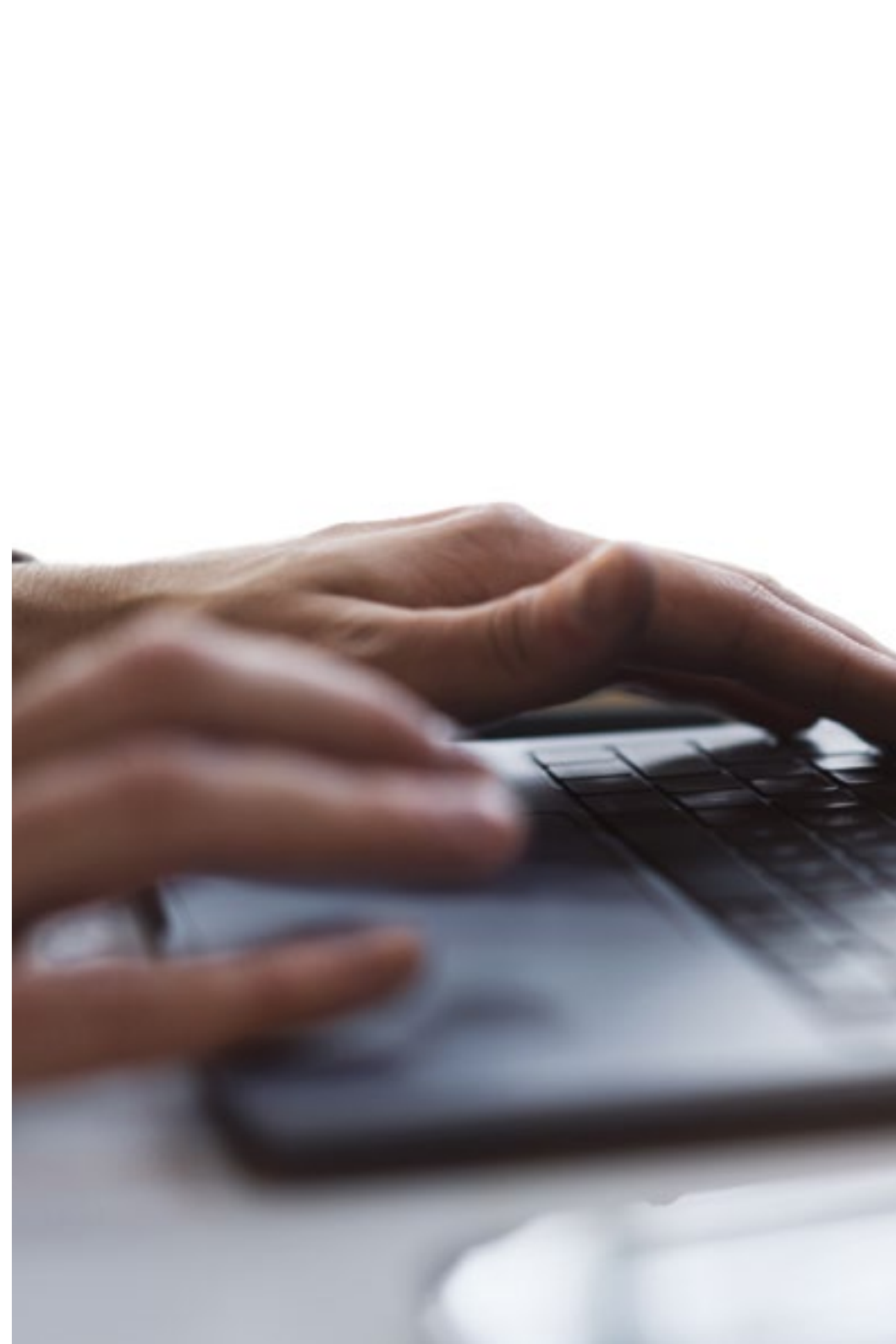
In TECH's study methodology, the student is the main protagonist.

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.

“

*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.

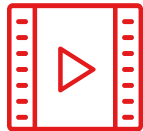
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

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

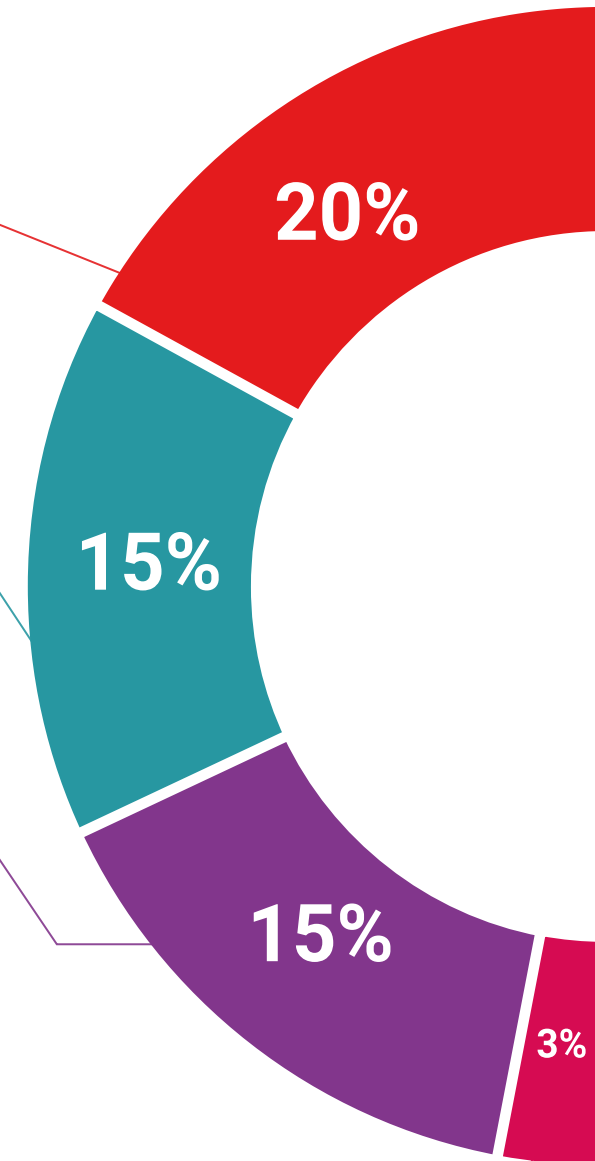
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

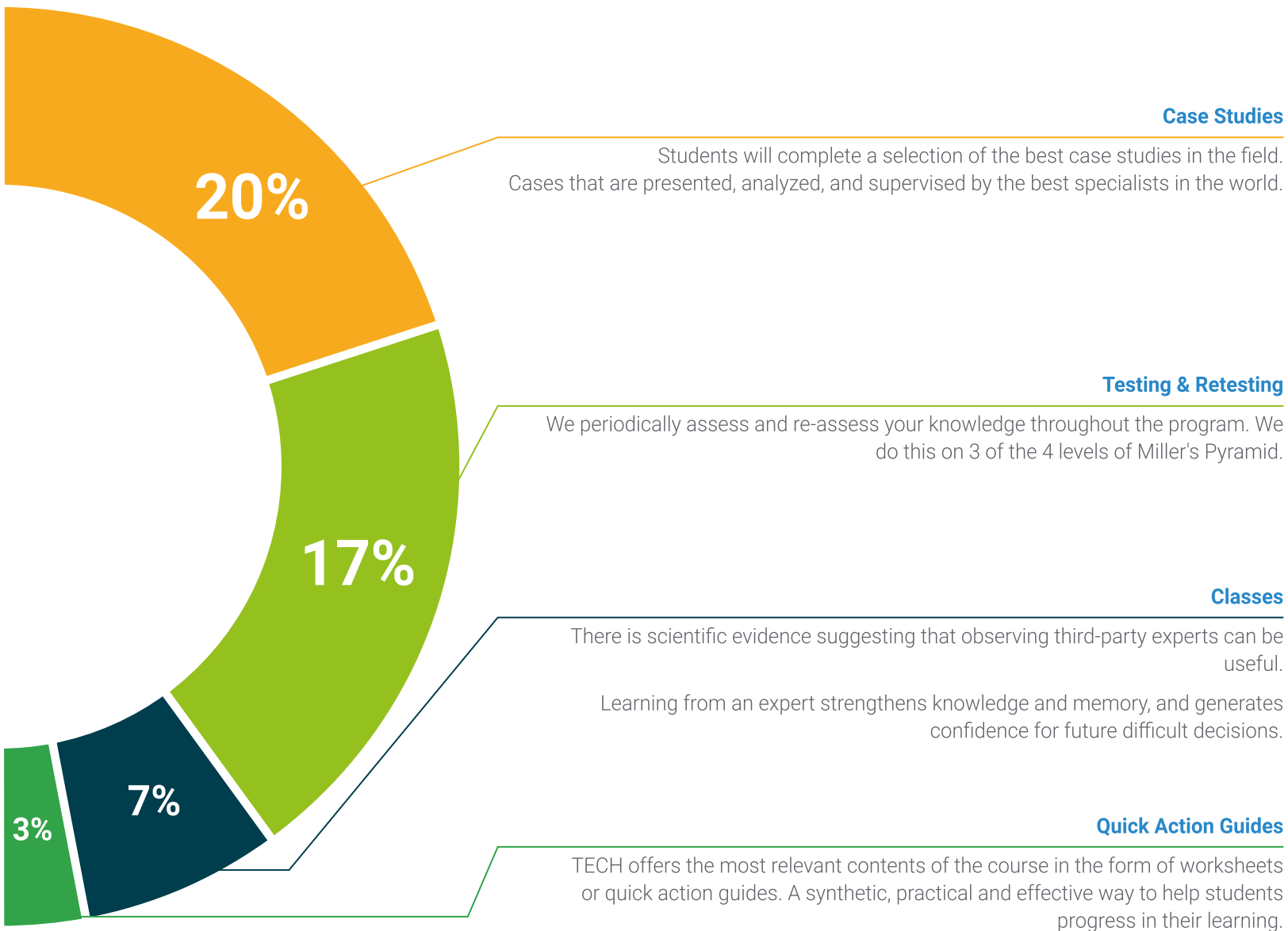
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

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





07

Teaching Staff

The teaching team, a reference in personal training, brings together renowned professionals with a solid track record in both practice and teaching. Thanks to their experience, they have designed this Master's Degree with updated content that integrates the latest advancements in the field. Through an innovative and practical approach, they will provide key tools to enhance performance and successfully tackle the challenges of the profession. Additionally, they are supported by specialists who guide the application of new strategies, enabling the strengthening of skills and the projection of a career with greater opportunities.



“

With experts recognized for their extensive experience, this university program will guarantee an enriching education in Sports Injury Prevention and Rehabilitation”

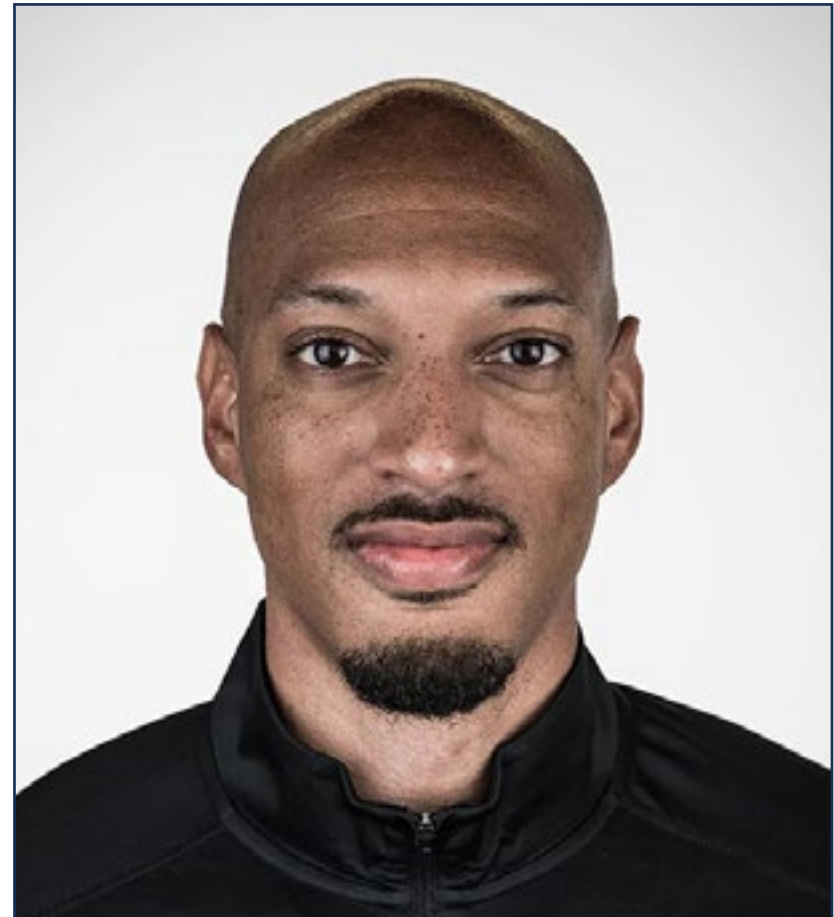
International Guest Director

Charles Loftis, Ph.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 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, as well as 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

- Physical Trainer at the Portland Trail Blazers, Portland, United States
- Head Strength and Conditioning Coach for the Iowa Wolves
- Founder and Head Coach at XCEL Performance and Fitness
- Head Performance Coach for Oklahoma Christian University men's basketball team
- Physical Therapist at Mercy
- Doctorate in Physical Therapy from Langston University
- Bachelor's Degree 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 a variety of 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 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. Key to this has been his past experience with other teams, such as the Golden State Warriors and the Santa Cruz Warriors. 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**. This has led him to excel prolifically in the NBA, working day-to-day with some of the most important basketball players and coaching staffs in the world.



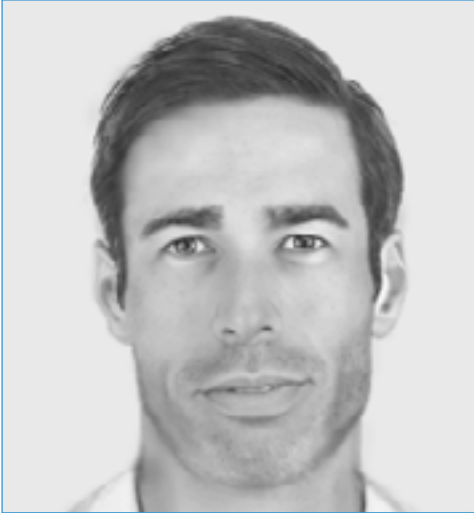
Mr. Covington, Isaiah

- Performance Coach and Fitness Trainer for the Boston Celtics, Boston, United States
- Performance Coach of the Golden State Warriors
- Head Performance Coach of the Santa Cruz Warriors
- Performance Coach at Pacers Sports & Entertainment
- Bachelor's Degree 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 the Australian Catholic University



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

Management



Dr. González Matarín, Pedro José

- ♦ Researcher and Chair in Health Sciences
- ♦ Technical researcher in Health Education in Murcia
- ♦ Professor and researcher at the University of Almeria
- ♦ Technician of the Active Program of the Health Department of Murcia
- ♦ High-Performance Coach
- ♦ Doctor in Health Sciences
- ♦ Degree 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's Degree in Dietetics and Diet Therapy
- ♦ Member of SEEDO and AEEM



08 Certificate

This Master's Degree in Sports Injury Prevention and Rehabilitation guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Master's Degree issued by TECH Global University.



“

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 **Master's Degree in Sports Injury Prevention and Rehabilitation** 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 private qualification from **TECH Global University** is a European continuing education and professional development program that guarantees the acquisition of competencies in its area of expertise, providing significant curricular value to the student who successfully completes the program.

TECH is a member of the distinguished professional organization **The Chartered Association of Sport and Exercise Sciences (CASES)**. This membership reaffirms its commitment to excellence in management and specialized training in the sports field.

Accreditation/Membership

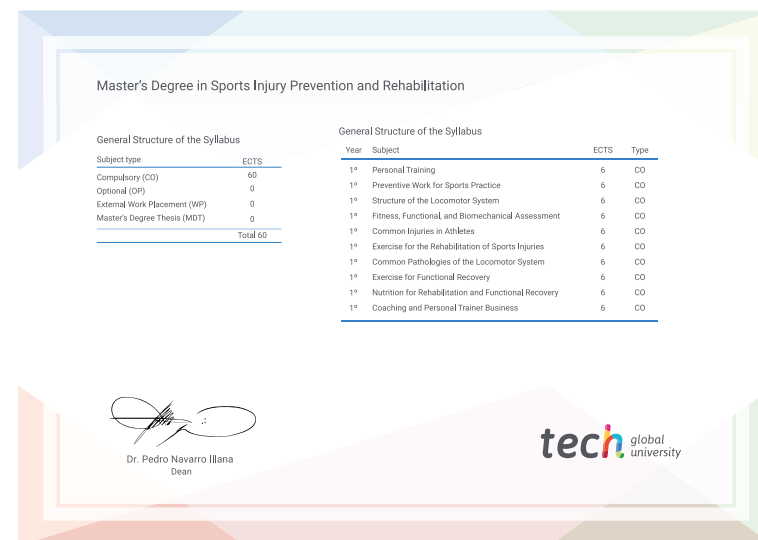


Title: **Master's Degree in Sports Injury Prevention and Rehabilitation**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**





Master's Degree
Sports Injury Prevention
and Rehabilitation

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Master's Degree

Sports Injury Prevention and Rehabilitation

Accreditation/Membership



tech global
university