

Syllabus: Inherent aspects of the team doctor



SYLLABUS

- ≡ Objectives
- ≡ Skills
- ≡ Criteria for participation and approval

MODULES

- ≡ Module 1. Diagnostic imaging in sports medicine
- ≡ Module 2. Nutrition and ergogenic aids
- ≡ Module 3. The fight against doping
- ≡ Module 4. Communication, leadership and group management

Objectives

By establishing objectives, we give ourselves a clear idea of what we want to achieve once the teaching and learning process of this course has finished. But our aims are even more specific: we also want to establish what you will need to accomplish in order for this new knowledge to contribute to your educational goals.

To achieve these objectives, you must complete the entire process laid out in the different stages of the course.

Thus, if you work in the way suggested, you will be well-positioned to meet the following objectives:

General objective

Become knowledgeable about medical issues that are inherent to managing athletes' health, whether specific or general in nature.

Specific objectives

- Learn the fundamentals of diagnostic imaging and its application for sports injuries and the recovery process.
- Become familiar with the key aspects of sports nutrition and supplementation with ergogenic aids.
- Learn the fundamental concepts about doping, anti-doping, and their effects on athletic performance.
- Acquire knowledge about managing people and medical information for improved workgroup communication.

CONTINUE

Skills

The skills we hope you will develop throughout this course are:

General skills

- 1** **Group and collaborative work:** the ability to work with colleagues in order to accomplish shared goals and to achieve the synergy typical of a high performance group.
- 2** **The capacity of analysis/reflection:** the capacity to methodically examine the different aspects of a certain reality or situation and to carry out an assessment of that situation.
- 3** **Creativity and innovative, knowledge-based solutions:** the capacity to find alternative solutions to existing problems based on formal knowledge.

Specific skill

- Develop the ability to manage different issues inherent to athletes' health, some specific to sports medicine and others of a complementary nature.

CONTINUE

Criteria for participation and approval

Participation criteria

During the month of course, the student is expected to:

- Browse the multimedia contents of each of the modules that make up the course.
- Solve the evaluations assigned in each module.
- Carry out the proposed activities, whether group or individual.
- Take the final exam.

Approval criteria

For the approval of the course, the student is required to complete the (4) proposed activities in the course and pass the final exam. The student must obtain a final score of 70% or more. This grade will be the average between the activities and the final exam.

CONTINUE

Module 1. Diagnostic imaging in sports medicine

1.1 Using ultrasounds and magnetic resonance imaging of muscle injuries for sports physicians

CONTINUE

Module 2. Nutrition and ergogenic aids

2.1 Introduction

2.2 Hydration and Performance. Methods for evaluating dehydration and hydration strategies before, during and after training

[CONTINUE](#)

Module 3. The fight against doping

3.1 The history of doping and its regulations

CONTINUE

Module 4. Communication, leadership and group management

4.1 Managing medical information

4.2 Communication

4.3 Managing people and situations

CONTINUE