

Syllabus: Injuries are not dealt with...they are “managed”



SYLLABUS

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

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- ≡ Module 1. Muscle injuries
- ≡ Module 2. Management of the injured (diagnosis and prognosis)
- ≡ Module 3. Readaptation
- ≡ Module 4. Return to play

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

Learning to manage injuries through a correct integrated analysis in which qualitative and quantitative factors are associated, allowing an optimised process of readaptation in the athlete.

Specific objectives

- 1 Recording the components forming part of an injury, starting with the type and mechanism, including each ones diagnostic and prognosis .
- 2 Identifying the steps involved in the process of readaptation in order to get an optimised decision-making.
- 3 Understanding the player physical demands to identify the specific needs during the process of readaptation.

4

Designing field tasks according to the type of injury and depending on the athlete's specific demands.

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

Acquire the necessary knowledge regarding the components that make up an injury, allowing the individual needs of each athlete to be identified based on competitive demands for an optimal rehabilitation process.

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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. Muscle injuries

1.1.1 Epidemiology of types of injuries to be treated

1.1.2 Injury mechanisms

[CONTINUE](#)

Module 2. Management of the injured (diagnosis and prognosis)

2.1.1 Rectus femoris

2.1.2 Semimembranosus

2.1.3 Adductors

2.1.4 Soleus

[CONTINUE](#)

Module 3. Readaptation

3.1.1 Sport readaptation phases

3.1.2 The strength as essential quality

3.1.3 Resistance for strength training

3.1.4 Manifestations and actions of strength in football

3.1.5 Biomechanical disadvantages and cognitive abilities in readaptation tasks

3.1.6 Circuit for strength training in the field

CONTINUE

Module 4. Return to play

4.1.1 Relapse minimisation (re-injury)

4.1.2 Guidance of training tasks

4.1.3 Load control in the return to play

4.1.4 Training programming in the return to play

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