

# Syllabus

## **MODULE 1: The role of the team sports physician**

Unit 1: Qualities and responsibilities of the team sports physician

Unit 2: Examinations, assessments, and monitoring

## **MODULE 2: Data management and methodology**

Unit 1: Data handling

Unit 2: The importance of statistics in sports research and medicine

## **MODULE 3: Sports injuries in other populations**

Unit 1: Pediatric sports injuries

Unit 2: Women's sports

## **MODULE 4: Workload monitoring**

Unit 1: Training methodology

Unit 2: Benefits of Training monitoring

# 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

- Handle and manage data obtained by assessing and monitoring team performance and injuries, in comparison with data originating in science and training.

## Specific Objectives

- Become familiar with the role of the team sports physician, as well as the key assessments to carry out on athletes prior to their involvement in athletic activities.
- Learn about the management of medical data
- Understand the main features of sports injuries among children, adolescents and women.
- Learn about the primary adaptations and responses to athletic training

# Skills

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

## General Skills

- 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.
- 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.
- 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 handle and manage data obtained by assessing and monitoring team performance and injuries, in comparison with data originating in science and training.