

Syllabus: Assessment Methods in Sports Physiotherapy



In the world of sports physiotherapy, new processes and procedures are increasingly being implemented with the goal of improving the quality of recovery through evidence-based practice and active work. This has also generated a need that traditionally had less prominence in the field of physiotherapy: not only to regularly test but also to objectively quantify the results of the assessments (validated and referenced) that allow us to evaluate the recovery progress of athletes. Sports physiotherapy is closely tied to exercise as the most powerful therapeutic tool. It is essential to provide objective numerical data to complement all the subjective information we gather in the day-to-day recovery process using more passive techniques.

SYLLABUS


≡ Objectives

≡ Skills

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 **Criteria for participation and approval**

TOPICS

 **Module 1. Strength Monitoring Tests**

 **Module 2. ROM Monitoring Tests**

 **Module 3. Jump Capacity Monitoring Tests**

 **Module 4. Joint Stability and Core Monitoring Tests**

Objectives

General objective

To know and understand the fundamentals of a broad spectrum of assessments applicable to the processes of sports injury recover

Target Audience

Sports physiotherapists who work not only within a sports organization but also in private practice. It is also especially suitable for physiotherapists in a trauma environment

CONTINUE

Lesson 2 of 8

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.

Skills to Develop (You will be able to):

- 1** Be able to apply different strength tests, understand the results obtained, and their applicability.
- 2** Be able to apply different ROM tests, understand the results obtained, and their applicability.
- 3** Be able to apply different jump tests, understand the results obtained, and their applicability.
- 4** Be able to apply different stability and core tests, understand the results obtained, and their applicability.

Expert Instructor

Jordi Mesalles

Course

Assessment Methods in Sports Physiotherapy

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Bibliography

Corraze, J. (1987) Las bases neuropsicológicas del movimiento [The neuropsychological basis of movement]. Paidotribo, Barcelona.

Cratty, B. (1974). Motricidad y psiquismo [Motor function and the psyche]. Miñón, Madrid.

Le Boulch, J. (1975). Hacia una ciencia del movimiento humano [Towards a science of human movement]. Paidós, Buenos Aires.

Le Boulch, J. (1989). El deporte educativo; psicokinética y aprendizaje motor [Educational sports; the mind in movement and motor learning]. Paidós, Buenos Aires.

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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. Strength Monitoring Tests

Module 2. ROM Monitoring Tests

Module 3. Jump Capacity Monitoring Tests

Module 4. Joint Stability and Core Monitoring Tests
