



Syllabus: Team Sports Physician and Data Management



SYLLABUS

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

TOPICS

- ☰ Module 1. Qualities and responsibilities of the team sports physician
- ☰ Module 2. Data management
- ☰ Module 3. Sports injuries in other populations
- ☰ Module 4. Workload 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

1

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.

2

Learn about the management of medical data.

3

Understand the main features of sports injuries among children, adolescents and women.

4

Learn about the primary adaptations and responses to athletic training.

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 skills

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.

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. Qualities and responsibilities of the team sports physician

Unit 1.1 Qualities and responsibilities of the team sports physician

Unit 1.2 Examinations, assessments, and monitoring

CONTINUE

Module 2. Data management

Unit 2.1 Background

Unit 2.2 Developments in sports and technology, and new data

CONTINUE

Module 3. Sports injuries in other populations

Unit 3.1 Injuries associated with sports practice in pediatrics

Unit 3.2 Women's sports

CONTINUE

Module 4. Workload monitoring

Unit 4.1 Training theory. Adaptation mechanisms

Unit 4.2 Training load: internal load-external load