



# Syllabus: Injuries and team sports



## SYLLABUS

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## TOPICS

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- ≡ Module 1. Prevention and Rehabilitation from Injuries
- ≡ Module 2. Muscle Injuries and Tendinopathies in Sport
- ≡ Module 3. Joint pathology and osseous injury
- ≡ Module 4. Return to training sessions and competitions. Strategies for planning the team's trips

# Objectives

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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

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Develop knowledge about how to approach and manage injuries in team sports.

## Specific objectives

1

Acquire knowledge about the two fundamental injury processes in which the physician participates—prevention and rehabilitation.

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2

Learn the main mechanisms and characteristics of muscle and tendon injuries, and their impact in sports.

3

Learn the main mechanisms and characteristics of bone and joint injuries, and their impact in sports.

4

Be familiar with the processes related to return to play.

5

Be familiar with the factors to take into account when organizing team trips in which jet lag can affect the athlete.

**CONTINUE**

# Skills

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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

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Develop the ability to use acquired knowledge when participating in injury processes in team sports.

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# Criteria for participation and approval

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## 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. Prevention and Rehabilitation from Injuries

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**Unit 1.1 Definition of Injury and Its Influence on Team Sports**

**Unit 1.2 Injury Readaptation. Readaptation Chapter (RDP)  
Readaptation (RDP) Chapter**

**CONTINUE**

# Module 2. Muscle Injuries and Tendinopathies in Sport

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**Unit 2.1 Muscle Injury in Sports**

**Unit 2.2 Tendinopathy in Sports**

**CONTINUE**

# Module 3. Joint pathology and osseous injury

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**Unit 3.1 Joint Pathology**

**Unit 3.2 Osseous injury**

**CONTINUE**

# **Module 4. Return to training sessions and competitions. Strategies for planning the team's trips**

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**Unit 4.1 Return to play: decisions to return athletes to competition.**

**Unit 4.2 Strategies for planning the team's trips.**