Syllabus

MODULE 1: Injury Prevention and Rehabilitation

- Unit 1: Injury Prevention
- Unit 2: Injury Rehabilitation

MODULE 2: Management of Muscle Injury and Tendinopathy

- Unit 1: Muscle Injury in Sports
- Unit 2: Tendon Injury in Sports

MODULE 3: Management of Joint and Bone Injury

- Unit 1: Joint Pathology
- Unit 2: Bone Injury

MODULE 4: Decision-making and Return to Play

- Unit 1: Return to Training and to Play
- Unit 2: Team Travel Planning Strategies

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:

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

Specific Objectives:

- Acquire knowledge about the two fundamental injury processes in which the physician participates-prevention and rehabilitation.
- Learn the main mechanisms and characteristics of muscle and tendon injuries, and their impact in sports.
- Learn the main mechanisms and characteristics of bone and joint injuries, and their impact in sports.
- Be familiar with the processes related to return to play.
- Be familiar with the factors to take into account when organizing team trips in which jet lag can affect the athlete.

Competencies

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 use acquired knowledge when participating in injury processes in team sports.