

Syllabus: Injury Prevention



SYLLABUS

- ≡ Objectives
- ≡ Skills
- ≡ Bibliography
- ≡ Criteria for participation and approval

TEMARY

- ≡ Module 1. Basic concepts in epidemiology and injury prevention
- ≡ Module 2. Muscle injury prevention
- ≡ Module 3. Prevention of joint injuries
- ≡ Module 4. Integrative reading

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

Become familiar with injury prevention in today's world of sports

Specific objectives

1

Understand the process of injury prevention as well as the stages required for its effectiveness.

2

Gain knowledge about the most frequent injuries and their risk factors.

3

Become familiar with the different effective strategies for injury prevention in team sports.

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

The ability to develop efficient prevention strategies based on a process grounded in scientific evidence

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Bibliography

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Izquierdo Redín, M. (2008). Biomecánica y bases neuromusculares de la actividad física y el deporte [Biomechanics and the Neuro-Muscular Basis of Physical Activity and Sports]. Editorial Panamericana.

Mark, A. (1999). Entrenamiento muscular excéntrico [Eccentric Muscle Training]. Editorial Paidotribo.

Pfeiffer, R; Mangus, B. (2007). Las lesiones deportivas [Sports Injuries]. Editorial Paidotribo.

Prentice, W. (2001) Técnicas de Rehabilitación en Medicina deportiva, 2da Edición [Rehabilitation Techniques in Sports Medicine, 2nd Edition]. Paidotribo, 2001.

Romero Rodríguez D., Tous Fajardo, J. (2011). Prevención de lesiones en el deporte [Injury Prevention in Sports]. Ed. Médica Panamericana.

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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.

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Module 1. Basic concepts in epidemiology and injury prevention

Unit 1.1 Basic concepts in injury prevention

1.1.1 Current prevention models

1.1.2 Important definitions in sports epidemiology

1.1.3 Intrinsic and extrinsic risk factors

1.1.4 Aspects to consider in the application and management of a prevention program within a team

Unit 1.2 Epidemiology in team sports

1.2.1 Epidemiology and risk factors in soccer

1.2.2 Epidemiology and risk factors in basketball

1.2.3 Epidemiology and risk factors in volleyball

1.2.4 Epidemiology and risk factors in rugby

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Module 2. Muscle injury prevention

Unit 2.1 Prevention of the most frequent muscle injuries

2.1.1 Biomechanical characteristics of the hamstrings

2.1.2 Injury mechanism

2.1.3 Intrinsic risk factors for hamstring injuries

2.1.4 Extrinsic risk factors for hamstring injuries

Unit 2.2 The preventive approach to muscle injury prevention

2.2.1 Eccentric training in muscle injury prevention

2.2.2 The Importance of core stability in the muscle injury prevention

2.2.3 Flexibility as a preventive measure

2.2.4 Tools for detecting players with risk of muscle injury

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Module 3. Prevention of joint injuries

Unit 3.1 Prevention of the most frequent lower limb joint injuries ACL (Anterior Cruciate Ligament) injury

3.1.1 Injury mechanism

3.1.2 Intrinsic risk factors

3.1.3 Extrinsic risk factors

3.1.4 Models for the preventive approach to ACL injuries

Unit 3.2 Prevention of the most frequent upper limb joint injuries (shoulder injuries)

3.2.1 Epidemiology of shoulder injuries in sports and the most frequent injury mechanism

3.2.2 Intrinsic and extrinsic risk factors

3.2.3 Identifying at-risk athletes

3.2.4 Model for the preventive approach to shoulder injuries

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Module 4. Integrative reading

Integrative reading

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