Program. Professional Diploma in Training for Team Sports

BARÇA INNOVATION HUB
Universitas

SYLLABUS

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TOPICS

- Course contents

Proposal justification

This program allows participants to delve deeper into essential concepts related to sports medicine, with a focus on team sports. It provides key knowledge on strength development, workload management, sports nutrition, and the psychological aspects of the athlete.

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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

Handle and manage data from evaluations and monitoring of performance and team injuries, compared to data from science and training.

Get to know the fundamental characteristics for both prevention strategies and injury rehabilitation, as well as the different injury mechanisms in team sports.

Handle pathologies and specific injuries corresponding to each sport.

Master complementary topics inherent to sports medicine.

Apply the appropriate methodology to the design of the post-injury rehabilitation process in situations where strength development plays a significant role.

Analyze workload monitoring data to orientate the training process towards preventing injuries and consequently successfully optimize sports performance.

Optimize acute recovery and training adaptation with nutrition.

Acquire specific strategies for resolving specific situations that arise in the athletic environment on a regular basis.

Target audience

The program is aimed at strength and conditioning coaches, physiotherapists, rehabilitation specialists,

physicians, and nutritionists.

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Criteria for participation and approval

Participation criteria

During the 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

To pass each course, students are required to complete the activity proposed in the course and pass the final exam.

The student must achieve a final score of 70% or higher. This grade will be the average of the activity and the final exam.

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Course contents

Course 1: Team Sports Physician and Data Management

Module 1: Role of the team sports physician
Module 2: Data management and methodology
Module 3: Sports injuries in other populations
Module 4: Monitoring workload

Course 2: Injuries and Team Sports

Module 1: Prevention of and readaptation from injuries
Module 2: Muscle injury and tendinitis management
Module 3: Management of joint and bone injury
Module 4: Decision-making and returning to competition

Course 3: Team Sports Pathology

Module 1: Management of medical pathology I
Module 2: Management of medical pathology II

Module 3: Sports Specific pathologies
Module 4: Special sports and competitions

Course 4: Inherent Aspect of the Team Sports Physician

Module 1: Diagnostics imaging: Ultrasound as the team sports physician's basic tool
Module 2: Nutrition and ergogenic aids
Module 3: The fight against doping
Module 4: Communication, leadership and group management

Course 5: Strength and muscle power as a key feature of rehabilitation from sports injuries

Module 1: Analysis of injury in sports: injury mechanisms and associated risk factors
Module 2: Sports injuries and their relationship with the quality of strength
Module 3: Strength manifestations and muscle power in the post-injury rehabilitation process
Module 4: New paradigms in strength training: muscle building through vascular occlusion

Course 6: A Best Practice Approach to Workload Monitoring

Module 1: Why do injuries occur?
Module 2: Fitness-fatigue model
Module 3: Acute:chronic workload ratio and injury
Module 4: Recent controversies, and practical applications of the data

Course 7: Nutrition, Recovery and Training Adaptations

Module 1: Exercise and fatigue
Module 2: Recovery and adaptation
Module 3: Optimizing recovery and adaptation
Module 4: Recovery from injury

Course 8: Daily Situations in Sport

Module 1: Managing Injured Players
Module 2: Possibilities for a Dual Career
Module 3: Difficulty Management I
Module 4: Difficulty Management II

CONTINUE