

Advanced Master's Degree Sports Medicine and Psychology

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university



Advanced Master's Degree Sports Medicine and Psychology

- » Modality: online
- » Duration: 2 years
- » Certificate: TECH Global University
- » Accreditation: 120 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/us/medicine/advanced-master-degree/advanced-master-degree-sports-medicine-psychology

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01

Introduction

The importance of professional and amateur sports in recent years, especially those related to sports modalities other than the traditional ones, has led specialties such as sports medicine to make considerable progress in the treatment of new injuries or specific prevention techniques for each one. Moreover, within this sector, the psychological role of the doctor takes special relevance in the positive development of the patient, so professionals must also handle the most relevant and innovative aspects of this science in order to offer a more complete and effective service. For this reason, and in order to delve into the aspects of both specialties, TECH has developed this complete 100% online program that will provide graduates with an updated vision of medicine and sports psychology. A program designed by experts with which to improve their skills in the specific intervention according to the characteristics of each clinical case.





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TECH presents this complete program that brings together the most relevant and innovative aspects of sports medicine and sports psychology in a single and comprehensive 100% online program”

Soccer has always been the king of sports, especially in the West and South America. Not only is it played professionally by tens of thousands of people, but it also dominates the amateur statistics. However, in recent years there has been a change in the sports culture that has led to the growth of modalities such as swimming, athletics, cycling, racquet sports, dance, basketball, triathlon and a long etcetera. Due to this, the appearance of new injuries and common physical-muscular affections derived from these practices, as well as the advances in prevention and rehabilitation treatments has grown exponentially, even creating specific management protocols for each case.

Within these specifications, the development of sports psychology applied to medicine and the important role of the specialist in the physical and mental intervention of the patient stand out. Within these specifications, the development of sports psychology applied to medicine and the important role of the specialist in the physical and mental intervention of the patient stand out.

For this reason, TECH has developed this comprehensive program in Sports Medicine and Psychology, a multidisciplinary program that delves in an exhaustive way in the medical and psychological management of the athlete. It is a program designed by experts in both sciences that will provide graduates, on the one hand, with a broad and updated vision of sports injuries and their assessment, medical recommendations in specific situations such as pregnancy or when suffering from some type of disease such as cancer, osteoporosis or those derived from cardiovascular pathologies, and the therapeutic management of patients with disabilities or those requiring a practice adapted to their physical conditions. On the other hand, it will deal comprehensively with sports psychology and its application to medical intervention, with special emphasis on the most effective techniques and the tools recommended for each case.

This is a unique opportunity to broaden their knowledge and hone their medical skills and abilities in the clinical management of sports patients in a 100% online way, without schedules or face-to-face classes. In addition, they will have hundreds of hours of the best theoretical, practical and additional material to deepen each section of the syllabus and make this program a unique and highly beneficial academic experience for their medical practice.

In addition, the program includes 10 Masterclasses given by a renowned international figure, with experience in various sports disciplines and recognized for his contribution to the field of concussions and Physical Medicine and Rehabilitation. Specialists will be able to delve into the most advanced clinical practice, with an international approach and application in each of the 10 master classes.

This **Advanced Master's Degree in Sports Medicine and Psychology** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of case studies presented by experts in sports medicine and psychology
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where the self-assessment process can be carried out to improve learning
- ◆ Special emphasis is placed on innovative methodologies in the medical and psychological management of sports patients
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



Get up to date by relying on a world-renowned figure, with experience in the management of top-level athletes”

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Having a broad and updated knowledge of the therapeutic management of sports injuries will help you to establish new protocols for action and to learn about the latest technologies applied to their treatment”

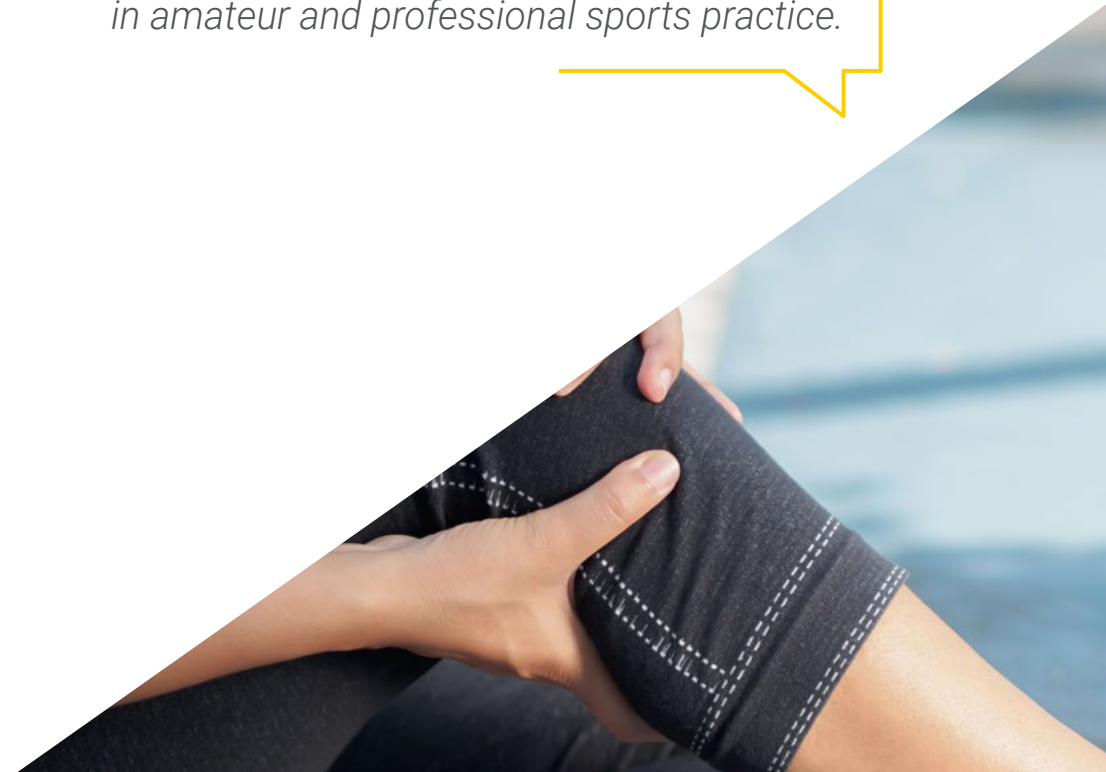
The teaching staff includes professionals belonging to the fields of medicine and sports psychology, who contribute their work experience to this program, as well as renowned specialists from reference societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby students must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will have access to the best content on regenerative medicine applied to sports and the clinical, therapeutic and administrative considerations to be taken into account in each specific case.

Thanks to this program, you will be able to keep up to date with the medical recommendations related to pregnancy, puerperium and lactation in amateur and professional sports practice.



02 Objectives

Due to the development of sports medicine and psychology in recent years, TECH has considered it necessary to design a course that allows graduates to satisfy their academic concerns, as well as to expand and update their knowledge with the course of a single, but very complete program. It is for this reason that the objective of this Advanced Master's Degree is to provide them with all the tools that will help them get up to date in terms of treatments and clinical approaches to sports patients, both professionals and amateurs, as well as to perfect their medical skills to ensure an intervention based on the latest scientific evidence in the sector.



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TECH's objective with this Advanced Master's Degree is for you to broaden your knowledge in the therapeutic management of sports injuries and learn in detail the latest advances in manual therapy, nerve blocks and bandages”



General Objectives

- ◆ Study the different injuries that can occur in different sports
- ◆ Know the most frequent upper limb pathologies in athletes
- ◆ Explore the radiological findings for upper limb pathologies
- ◆ Know the most frequent lower limb injuries in athletes, their etiology and injury mechanisms
- ◆ Learn how to perform correct clinical assessments
- ◆ Know the most effective diagnostic methods and treatment options
- ◆ Know different situations in which exercise and sport have differential aspects from the general population
- ◆ Know the benefits and risks of sport in certain diseases
- ◆ Explore the different therapeutic modalities to prevent and treat sports injuries, their indications and benefits
- ◆ Acquire more specific and current knowledge in the field of sports nutrition and dietetics for specific cases of sports activity and sports nutritional supplementation
- ◆ Gain in-depth knowledge of the meaning of doping, its origins, doping substances and their consequences on health, detection techniques, legal bases of regulation and the methods to fight against it, as well as its prevention strategies
- ◆ Approach the most successful leadership styles in the sporting arena
- ◆ Study high performance team management at the psychological and motivational level
- ◆ Examine the basic pillars on which Sports Psychology is based
- ◆ Analyze the possible applications of the most common techniques and methodologies in sports Coaching
- ◆ Learn the most frequently used psychological techniques in the field of sports
- ◆ Know the figure of the leader in individual and team sports
- ◆ Understand the importance of personal branding for professional development
- ◆ Update the management of the different digital tools to disseminate the personal brand
- ◆ Study in depth the cultural transformation of sports organizations
- ◆ Study the different interdisciplinary tools of the sports psychologist and coach
- ◆ Delve into the work of the psychologist as a facilitator in the context of sport



With the specialization of this program, you will also acquire a specific and current vision of nutrition, dietetics and sports supplementation for specific cases”



Specific Objectives

Module 1. Sports Injuries

- ◆ Know how to differentiate types of sports injuries, a key aspect for an accurate diagnosis and therapeutic approach
- ◆ Determine the causes of sports injuries and their possible production mechanisms
- ◆ Manage the different phases in sports injuries
- ◆ Learn what a sports injury prevention program consists
- ◆ Know the physiology of the different systems involved in physical exercise and their relevance in sports injuries
- ◆ Gain a deep understanding of the lactate metabolism, and the new approaches to interpreting its functions

Module 2. Athlete Assessment

- ◆ Know the clinical and functional tests to be performed on athletes
- ◆ Explore the mechanisms of strength, speed, power and physical condition production in athletes and their performance
- ◆ Know the main imaging tests that can be performed on athletes
- ◆ Explore the main specific functional tests to rule out pathologies in athletes and to adapt the types of training

Module 3. Injuries and Sport

- ◆ Know the epidemiological data of different injuries according to sport and their relevance in daily practice
- ◆ Perform correct explorations for musculoskeletal pathologies in the different sports covered in the topics
- ◆ Know the most prevalent and most severe injuries and establish recovery times
- ◆ Learn how to request the correct imaging tests for each type of injury
- ◆ Explore how to identify when to resume sport activity
- ◆ Delve into the basics of optimal physical training
- ◆ Update on the effects of hormones on athletes' return to sporting activity
- ◆ Learn how to carry out nutritional interventions on athletes

Module 4. Upper Limb Sports Injuries

- ◆ Adapt sports activity to upper limb injuries
- ◆ Adapt exercise for athlete recovery from upper limb injuries

Module 5. Lower Limb Sports Injuries

- ◆ Know how to perform the most useful physical examination maneuvers
- ◆ Explore radiological findings for lower limb pathologies
- ◆ Know how to establish injury prognosis
- ◆ Know how to adapt sport activity to lower limb injuries
- ◆ Know how to adapt exercise for athlete recovery from lower limb injuries

Module 6. Spinal Sports Injuries

- ◆ Know spinal injury biomechanics in athletes Injury-inducing movements: How to train the athlete to avoid them and, according to the location and characteristics of the pain, which segment or structure to think about at the time of diagnosis
- ◆ Distinguish which sports can produce a negative evolution of vertebral deformities and which combinations deformity/ specific sport present a greater tendency toward spinal injuries or pain
- ◆ Investigate what real benefit can be expected from new therapeutic alternatives that promise rapid recovery from injuries or the disappearance of spinal pain where classical treatments have failed

Module 7. Sport in Specific Situations

- ◆ Know the indications and contraindications of exercise in these specific populations
- ◆ Explore the medical treatments commonly used in specific pathologies
- ◆ Know when to refer athletes to a medical specialist
- ◆ Explore specific training programs

Module 8. Therapeutic Management of Sports Injuries

- ◆ Know the indications and contraindications of the different therapeutic options studied
- ◆ Explore the expected effects of each one of them as well as possible complications
- ◆ Enter the world of new technologies in the field of sports
- ◆ Know how to handle the high demands of professional or high-performance sports

Module 9. Doping and Nutrition in Sport

- ◆ Apply the knowledge acquired in multiple work areas such as: medical assistance, anti-doping institutions, clubs, associations, sports federations, sports medicine centers, lawyers who work with athletes and pharmacists who work with the public

Module 10. Adapted Sports and Disability

- ◆ Know the indications and contraindications of exercise in these athletes
- ◆ Know the specific needs for sports performance in athletes with disabilities
- ◆ Delve into the knowledge of sports performance in people with disabilities

Module 11. Basic Fundamentals of Sports Psychology

- ◆ Investigate the main roles of the sports psychologist and coach
- ◆ Know the psychological functions involved in sports refereeing
- ◆ Study the psychological process from the demand to the intervention itself
- ◆ Analyze the existing social protection and coordination structures in Sports Psychology

Module 12. Leadership and Management of High Performance Teams

- ◆ Study the most effective management models in high performance sports
- ◆ Learn how to apply effective leadership in the sports environment

Module 13. Coaching Applications in the World of Sports

- ◆ Know the basic process of individual coaching
- ◆ Analyze the methodology of a sports Coaching process
- ◆ Learn to design an effective work plan

Module 14. Psychological Techniques applied to Sports

- ◆ Further understand inclusive and specific sports.
- ◆ Unraveling the decision making process in sports
- ◆ Be familiar with the comprehensive target and competition plans
- ◆ Study in depth the techniques to generate confidence and emotional self-control

Module 15. Leadership applied to Individual and Collective Sports

- ◆ Know the differences between a sports psychologist and a coach
- ◆ Delve into the concept of psychological training
- ◆ Learn to generate a team mentality
- ◆ Know how to promote self-leadership
- ◆ Study in depth the methods for dealing with defeat

Module 16. Support Tools for the Sports Psychologist and Coach

- ◆ Delve into the psychological training of specific sports
- ◆ Learn to optimize the learning process of the athlete, looking for consistency in performance
- ◆ Address injuries and rehabilitation of the professional athlete

Module 17. Personal Branding and Management of Digital Tools

- ◆ Learning the basic fundamentals and positioning of a personal brand
- ◆ Further develop the management and handling of social networks to achieve professional objectives
- ◆ Know the proper use of social networks by the athlete
- ◆ Study persuasion and influence techniques applicable to different blog, podcast or videoblogging platforms
- ◆ Study the psychological pyramid of sports performance

Module 18. Cultural Transformation in Sports Organizations

- ◆ Covering Team Management as a Sports Coach
- ◆ Analyze the values that drive sports organizations
- ◆ Know the design of intervention plans that are carried out in teams and organizations

Module 19. The psychologist and the coach as facilitators

- ◆ Study in depth the training of sports coaches from a psychological point of view
- ◆ Know the process of workshop design and research applied to Sports Psychology

Module 20. e-Sports

- ◆ Study in Depth What e-Sports is all about
- ◆ Understand the current importance of the video game industry and its psychological impact
- ◆ Gain in-depth knowledge of the different roles of psychologists in the video game industry.
- ◆ Understand the future prospects of the world of E-sports
- ◆ Study in depth the means of prevention of psychological pathologies such as depression in the video game industry

03 Skills

Medical professionals who specialize in the sports sector already know in detail the most relevant aspects of their profession. For this reason, TECH has designed this program so that they can expand and update their knowledge, while perfecting the skills required by the day-to-day running of their practice, basing their diagnoses and treatments on the latest developments in the therapeutic management of sports injuries. In this way, they will be able to learn about the advances in the specialty, both from the point of view of the physical and psychological approach, and they will be able to offer their patients a personalized and specific treatment based on the latest scientific evidence in medicine and psychology.





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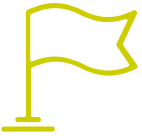
You will delve into the latest studies on weightlifting and bodybuilding spine injuries, the latest therapeutic recommendations, and the appropriate treatments for spinal recovery”



General Skills

- ◆ Know the differences between physical activity, exercise and sport
- ◆ Learn the most relevant general aspects of sports injuries
- ◆ Consider and know the physiological aspects related to sports injuries
- ◆ Know how to assess the physical condition of an athlete
- ◆ Know the clinical and functional tests to be performed on athletes
- ◆ Know the main imaging tests that can be performed on athletes
- ◆ Explore the main specific functional tests to rule out pathologies in athletes and to adapt the types of training
- ◆ Lead high performance teams in different sports environments, including e-sports
- ◆ Master sports psychology, both in its basic and more advanced stages
- ◆ Knowing which psychological strategies to use in each situation
- ◆ Leading both teams and individuals, clearly differentiating strategies in individual and team sports
- ◆ Develop a strong and prominent personal brand in the sports arena of your choice
- ◆ Understand the cultural particularities that concern sports organizations
- ◆ Employ the different support tools specific to sports Coaching





Specific Skills

- ◆ Explore the mechanisms of strength, speed, power and physical condition production in athletes and their performance
- ◆ Provide the necessary tools to understand the epidemiology, biomechanics and pathophysiology of the most prevalent injuries in different sports at the upper and lower limb levels, as well as spine injuries, based on the most relevant studies, including the latest publications
- ◆ Gather study resources for an understanding of the therapeutics for the different injuries and the recovery process for these injuries
- ◆ Explore the key points in rehabilitation processes to be able to carry out correct daily clinical practice
- ◆ Know how to make a diagnosis and choose the appropriate treatment for the most frequent spine pathologies in athletes: spondylolysis, discogenic pain, traumatic injuries (fractures, dislocations, sprains, etc.)
- ◆ Delve into the main consequences of the most potentially injurious sports at the spinal level, and what training modifications or specific exercise guidance can prevent or minimize such pathologies. Among them we will talk specifically about weightlifting and bodybuilding
- ◆ Identify why the athlete's spine hurts, what are the causes or mechanisms that have generated such pain and the diagnostic methods that can be used to reach conclusions
- ◆ Know which treatments, within the therapeutic arsenal available, have proven benefits for athletes and when to use them
- ◆ Present the specific elements of sport for people with disabilities such as its different modalities, its organizational elements, sport classifications, the most common injuries, the elements associated with Doping, the most current lines of research and the personal experience of an elite athlete
- ◆ Advise athletes whatever their sporting discipline, both in the field of competition and at the amateur level
- ◆ Distinguish the strategies to follow according to the level of sport, whether it is high performance, advanced or basic sport
- ◆ Psychological intervention in risk situations of the athlete
- ◆ Acquire and develop a working methodology for sports Coaching
- ◆ Promote confidence and emotional self-control in the athlete
- ◆ Apply Live Training to sports Coaching
- ◆ Effectively diagnose the psychological state of sports teams or organizations
- ◆ Address retirement in professional sports in an integrated and agile manner
- ◆ Apply mindfulness and neuroscience to the perception and performance of the sports person
- ◆ Design workshops and intervention sessions in different sports settings

04

Course Management

In order to bring to this program a plus of academic excellence, TECH has selected for the direction and teaching of this Advanced Master's Degree a team specialized in the clinical management, both medical and psychological, of sports patients from various modalities. This is a team of experts in the sector with a broad professional background, ready to help graduates in their search for perfection and therapeutic actuality, who will also be at their disposal to facilitate this academic experience based on their own experience.





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The experience of the teaching team will serve as a guide and will help you to learn about the evolution of the specialty, as well as a different vision of the techniques and treatments that have had the best results in their careers”

International Guest Director

As Chairman of the department of **Physical Medicine and Rehabilitation** at the Mayo Clinic in Arizona, Dr. Arthur De Luigi is one of the leading exponents in the field of **Sports Medicine**. In fact, he is the director of this specialty at the same clinic, also dedicating himself to the areas of pain medicine, brain injury medicine and musculoskeletal ultrasound.

Internationally, he is recognized as a leading figure in Adaptive Sports Medicine, serving as the **director and lead physician** for both the U.S. Paralympic Alpine Ski Team and the U.S. Para-Snowboard Team. In this role, he has served as a physician on the U.S. Olympic Committee, performing his work at the Colorado Olympic Training Center.

In fact, his involvement in sports is considerable, as he has treated players in **basketball, american football, soccer, golf, baseball, hockey** and other sports. Thus, he is the medical director of the Washington Wizards and Washington Mystics teams, being part of the medical staff of Phoenix Rising FC, Arizona Coyotes, Washington Nationals and DC United. He has also served as co-medical director of the Phoenix Open and chief medical advisor for the American 7 Football League.

In addition, he has had a prominent role on concussion task forces and research groups, including the NBA's own. His experience also extends to the U.S. Army, having held the rank of major and participated as a medic in Operation Iraqi Freedom. For this, he received numerous awards, including the Bronze Star and the Superior Unit Decoration.



Dr. Arthur, De Luigi

- ♦ Director of Sports Medicine at Mayo Clinic, Phoenix, United States
- ♦ Chairman of the Department of Physical Medicine and Rehabilitation at Mayo Clinic - Scottsdale/Phoenix, Arizona
- ♦ Phoenix Rising FC Team Physician
- ♦ Arizona Coyotes Team Physician
- ♦ Medical Director at Kilogear Cut
- ♦ Special Olympics Arizona Medical Director
- ♦ Co-Medical Director, Waste Management Phoenix Open
- ♦ Chief Medical Advisor for the American 7 Football League
- ♦ Professor of Rehabilitation Medicine at Georgetown University
- ♦ Director of Electrodiagnostic, Physical Medicine and Rehabilitation at Blanchfield Army Community Hospital, Fort Campbell
- ♦ Director of Research at Fort Belvoir Community Hospital
- ♦ Director of Sports Medicine at MedStar Montgomery Medical Center
- ♦ Team Physician, Washington Mystics
- ♦ Chief Medical Officer, Washington Wizards
- ♦ Doctor of Osteopathic Medicine from Lake Erie College of Osteopathic Medicine
- ♦ U.S. Army Major
- ♦ Graduate in Biology and Chemistry from George Washington University
- ♦ Resident Manager at Walter Reed Army Medical Center
- ♦ Master of Science in Health Management from Lake Erie College of Osteopathic Medicine
- ♦ Superior Unit Decoration from the U.S. Army
- ♦ Bronze Star awarded by the U.S. Army

Management



Dr. Alonso Álvarez, Belén

- ♦ Head of the Physical Medicine and Rehabilitation Sections, Ramón y Cajal Hospital
- ♦ Coordinator of the Facial Paralysis Functional Unit at Ramón y Cajal Hospital
- ♦ Coordinator of the School of Breast Cancer Patients at Ramón y Cajal Hospital
- ♦ Clinical Professor for the course Rehabilitation UAH in the Department of Medical Specialties
- ♦ Professor for the course Locomotor System at the European University
- ♦ Accredited by the School of Ultrasound Spanish Society of Rehabilitation and Physical Medicine for the use of ultrasound as a diagnostic and therapeutic means in Rehabilitation
- ♦ Degree in Medicine and Surgery from the Autonomous University Madrid
- ♦ Master's Degree in Bodily Injury Assessment from Universidad Autónoma Madrid
- ♦ Master's Degree in Strategic Management of Scientific Societies from ESADE Business School
- ♦ PhD in Medicine and Surgery from the Complutense University Madrid (Outstanding Cum Laude award)
- ♦ Recipient of several awards in scientific activities



Dr. Palomino Aguado, Blanca

- ◆ Head of the Physical Medicine and Rehabilitation Service at the Ramón y Cajal University Hospital
- ◆ Associate Professor at the University of Alcalá of Radiology and Physical Medicine in the Department of Medical Specialties
- ◆ Doctor in Medicine with outstanding Cum Laude by the Complutense University of Madrid
- ◆ Graduate in Medicine and Surgery from the University of Navarra
- ◆ Master's Degree in Bodily Injury Assessment from Universidad Autónoma Madrid
- ◆ Master's Degree in Strategic Management of Scientific Societies from ESADE Business School
- ◆ Master's Degree and University Expert in Clinical Management from the Carlos III Health Institute and the National University of Distance Education

Professors

Dr. Eliassi Antuña, Keyvan

- ◆ Traumatologist at CEMTRO Clinic
- ◆ Degree in Medicine from the Complutense University of Madrid
- ◆ Medical Specialist in Physical Education and Sports Medicine from the Complutense University of Madrid
- ◆ Master's Degree in Sports Traumatology from Universidad Católica San Antonio de Murcia
- ◆ Postgraduate Diploma in Musculoskeletal Ultrasound from Francisco de Victor University

Dr. Arauz de Robles, Santiago

- ◆ Head of the Shoulder Unit at Clínica CEMTRO
- ◆ Chief of the Traumatologic Emergency Service at CEMTRO Clinic
- ◆ Consultant and Instructor of Shoulder and Knee Surgery for Arthrex, DePuy Synthes, Tornier/Stryker and Smith & Nephew
- ◆ Degree in Medicine from the Autonomous University Madrid
- ◆ Member of: Spanish Society of Orthopedic Surgery and Traumatology, Spanish Society of Sports Traumatology, Spanish Association of Arthroscopy, International Cartilage Regeneration & Joint Preservation Society and Spanish Society of Shoulder and Elbow Surgery

Dr. Ruiz Ibán, Miguel Ángel

- ◆ Specialist in Traumatology and Orthopedic Surgery at the Ramón y Cajal University Hospital
- ◆ Specialist in Traumatology and Orthopedic Surgery at the Fisiocor Clinic
- ◆ Specialist in Shoulder and Elbow Surgery at the University Hospital HM Sanchinarro
- ◆ Specialist in Traumatology and Orthopedic Surgery at the Mares Clinic
- ◆ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ◆ Doctor of Medicine and Surgery from the University of Alcalá.
- ◆ Master's Degree in Clinical Management in Specialized Care at the European Institute of Health and Welfare

Dr. Maldonado Viloría, Adrián José

- ◆ Specialist in Physical Medicine and Rehabilitation
- ◆ FEA in Physical Medicine and Rehabilitation at the Gregorio Marañón General University Hospital
- ◆ Specialist in Physical and Rehabilitation Medicine at Ramón y Cajal University Hospital
- ◆ Physician at Policlínica Táchira

Dr. Gómez Gómez, Ana Gloria

- ◆ Specialist in Physical and Rehabilitation Medicine at Ramón y Cajal University Hospital
- ◆ Degree in Medicine and Surgery
- ◆ Master's Degree in Disability and Bodily Injury Assessment at UNIVERNET, SERMEF and IMSERSO





Dr. Mur Molina, Blanca

- ◆ Attending Physician at the Physical and Rehabilitation Medicine Ward at Ramón y Cajal University Hospital
- ◆ Assistant Area Physician at the Jiménez Díaz Foundation University Hospital
- ◆ Degree in Medicine and Surgery

Dr. Aguirre Sánchez, Irene

- ◆ Specialized Physician of Physical Medicine and Rehabilitation at Rey Juan Carlos University Hospital of Madrid
- ◆ FEA of Physical Medicine and Rehabilitation at Nostra Senyora de Meritxell Hospital of Andorra
- ◆ FEA in the Department of Physical Medicine and Rehabilitation of Navarra Hospital
- ◆ Expert in Musculoskeletal Ultrasound Francisco de Vitoria University
- ◆ Postgraduate Diploma in Physical Exercise and Health from the Public University of Navarre.

Dr. Fernández López, Juan Marcelo

- ◆ Manager and Clinical and Sports Nutritionist at Nutrir
- ◆ Co-founder and Director of the Spanish Society for the Study-Advancement of Sports Nutrition and Dietetics
- ◆ Specialist in Clinical-Sports Nutrition, treating amateur, semi-professional and professional athletes
- ◆ Degree in Nutrition from the University of Córdoba.
- ◆ Master's Degree and PhD in Nutrition and Metabolism by the University of Cordoba

Dr. Sanz Heras, Diana

- ◆ Medical Specialist in Physical and Rehabilitation Medicine at Ramón y Cajal University Hospital
- ◆ Medical Specialist of Physical Medicine and Rehabilitation at Rey Juan Carlos University Hospital
- ◆ Medical Specialist in Physical and Rehabilitation Medicine at the Ávila Health Care Center Complex
- ◆ Specialized Physician in Physical Medicine and Rehabilitation at the Spine Clinic
- ◆ Specialist in Physical Medicine and Rehabilitation at Jiménez Díaz Foundation University Hospital
- ◆ Degree in Medicine from the University of Alcalá
- ◆ MIR Specialty in Physical Medicine and Rehabilitation at the Gregorio Marañón General University Hospital
- ◆ Master's Degree in Musculoskeletal Ultrasound and Echoguided Interventional Procedures Ultrasound at the CEU San Pablo University
- ◆ Associate Professor at Isabel I University

Dr. Martínez Rodríguez, María Elena

- ◆ Rehabilitation Physician at the Ramón y Cajal University Hospital
- ◆ Coordinator of the Osteoporosis Rehabilitation Working Group
- ◆ Medicine and Surgery Doctor from the University of Alcalá
- ◆ Member of: Member of the Spanish Society of Geriatric Rehabilitation, Spanish Society of Rehabilitation and Physical Medicine and Spanish Society of Bone and Mineral Metabolism Research

Dr. Santos Oliete, María

- ◆ Specialist of the Physical Medicine and Rehabilitation Service at the Ramón y Cajal University Hospital
- ◆ Head of the Rehabilitation Service at SEAR Clinic
- ◆ Physician in charge of the Early Intervention team at the Base Center of the Community of Madrid
- ◆ Degree in Medicine from the Complutense University of Madrid
- ◆ Specialty in Physical Medicine and Rehabilitation by the Ramón y Cajal University Hospital
- ◆ Master's Degree in Disability and Bodily Injury Assessment from Coruña University

Dr. Albaladejo Juárez, Olga

- ◆ Psychologist and Coach specialized in Psycho-oncology and Health Psychology in her own practice
- ◆ Collaborating psychologist and coach specialized in Health Psychology at MZK Medical
- ◆ Psychologist specializing in oncology patients collaborating at the Hospital Doctor Santiago Ramón y Cajal
- ◆ Founding partner and director of Salmah
- ◆ Writer and regular contributor to various magazines and media for the dissemination of healthy lifestyle habits
- ◆ Graduate in Clinical and Organizational Psychology at the Complutense University of Madrid
- ◆ Master's Degree in Psycho-Oncology and Palliative Care at the Complutense University of

Madrid

Dr. Miranda Bautista, Santiago Fidel

- ◆ Specialist in Physical Medicine and Rehabilitation
- ◆ Private Practice Physician at BIClinic
- ◆ Specialist Physician of the Locomotor Unit at the Ramón y Cajal University Hospital
- ◆ University Expert in Musculoskeletal Ultrasound by the University of La Rioja
- ◆ Degree in Medicine and Surgery from the University of Salamanca

Dr. Martín Cid, Teresa Yelitza

- ◆ Specialist from the Locomotor Unit of the Rehabilitation Service at Ramón y Cajal University Hospital
- ◆ Specialist in the Rehabilitation and Sports Medicine Service at Quirónsalud Madrid University Hospital Pozuelo de Alarcón, Madrid
- ◆ Degree in Medicine from the Autonomous University Madrid
- ◆ Specialty in Physical Medicine and Rehabilitation at the Complutense University of Madrid
- ◆ Master's Degree in Sports Medicine by the School of Health and Social Services of the Canary Islands
- ◆ Master's Degree in Disability and Bodily Injury Assessment from Coruña University

Dr. Pérez Expósito, Roque Emilio

- ◆ Specialist in Orthopedic Surgery and Traumatology at Ramón y Cajal University Hospital
- ◆ Specialist in Orthopedic Surgery and Traumatology at La Antigua Clinic
- ◆ Degree in Medicine from the University of Navarra
- ◆ Master's Degree in Orthopedic Surgery and Traumatology by the CEU Cardenal Herrera University
- ◆ Master's Degree in Clinical Management, Medical and Health Care Management, CEU Cardenal Herrera University

Dr. Acosta Batlle, José

- ◆ Radiodiagnostic Specialist at the Ramón y Cajal University Hospital
- ◆ Radiodiagnostic Specialist at the Central Radiodiagnostic Unit, Príncipe de Asturias University Hospital, ASEPEYO Hospital, Nuestra Señora del Prado University Hospital and Severo Ochoa University Hospital

Dr. Domínguez Ibáñez, Silvia

- ◆ Specialist in Physical and Rehabilitation Medicine at Ramón y Cajal University Hospital
- ◆ Specialist in Physical Medicine and Rehabilitation from the Jiménez Díaz Foundation
- ◆ Degree in Medicine from the University of Alcalá
- ◆ Master's Degree in Disability and Bodily Injury Assessment for Social Protection

Dr. Gil Agudo, Ángel Manuel

- ◆ Head of the Rehabilitation department at Paraplegics National Hospital Spain
- ◆ Director of the Biomechanics and Technical Aids Unit at Hospital Nacional de Paraplégicos
- ◆ Teacher in academic institutions
- ◆ Specialist in Physical and Rehabilitation Medicine at Ramón y Cajal University Hospital
- ◆ Degree in Medicine and Surgery from the Complutense University of Madrid
- ◆ Doctor of Medicine and Surgery, from the Complutense University of Madrid.
- ◆ President of the Medical Committee of the Spanish Federation of Sports for People with Physical Disabilities
- ◆ Member of: Research Unit associated to the Spanish National Research Council of the National Hospital of Paraplegics of the Cajal Institute and the Scientific Committee of the meeting of the Spanish Society of Paraplegia





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Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice”

05

Structure and Content

Following the guidelines of academic excellence that define this university, for this program, TECH has selected the most innovative and dynamic theoretical and practical material in the academic sector. Graduates who access this Advanced Master's Degree will have, not only with a syllabus developed on the basis of the most effective and efficient teaching methodology, but will also find in the Virtual Classroom clinical cases of real patients extracted from the consultations of the team of experts of this entity, so that they can improve their medical skills in a specific way. In addition, they will have hundreds of hours of additional material in audiovisual format, dynamic summaries of each unit, research articles and complementary readings to delve into each section and get a broader and more personalized vision of this Advanced Master's Degree.





“

Thanks to this program you will be able to develop a broad and updated knowledge about Live Training applied to Sports Coaching, as well as about the importance of experiential tools in each patient”

Module 1. Sports Injuries

- 1.1. Physical Activity
 - 1.1.1. Exercise
 - 1.1.2. Sports
- 1.2. Sports Injuries
 - 1.2.1. Relevance
 - 1.2.2. Etiology
 - 1.2.3. Sport Injuries Classification
- 1.3. Prevention and Sports Injury Phases
- 1.4. Sports Injury Mechanisms
- 1.5. Physiological Memory in the Musculoskeletal System
- 1.6. Physiological Memory in the Vascular System
- 1.7. Physiological Memory in the Cariorespiratory System
- 1.8. Physiological Memory in the Immune System
- 1.9. Lactate Metabolism
- 1.10. Physical Condition

Module 2. Athlete Assessment

- 2.1. Anthropometric Measurements
 - 2.1.1. Anthropometry and Kineanthropometry
 - 2.1.2. The Anthropometric Method and Implementation
 - 2.1.3. Anthropometric Measurements Proportionality Topic: Body Composition
- 2.2. Body Composition
 - 2.2.1. Body Composition Assessment Methods
 - 2.2.2. Body Composition Fractionation
 - 2.2.3. Body Composition, Nutrition and Physical Activity
 - 2.2.4. Somatotype
- 2.3. Clinical Assessment
- 2.4. Usefulness of the Electrocardiogram and Echocardiogram in Cardiological Assessment in Healthy Athletes



- 2.5. Usefulness of Stress Tests in Cardiological Assessments of Healthy Athletes
- 2.6. Usefulness of Stress Tests with Oxygen Consumption in Athletes
- 2.7. Ultrasound in Sports Injuries
- 2.8. Role of MRI in Sports Injuries
- 2.9. Role of CT in Sports Injuries
- 2.10. Useful Tools in Sports Psychology

Module 3. Injuries and Sport

- 3.1. Swimming
 - 3.1.1. Objectives
 - 3.1.2. Epidemiology and Etiology
 - 3.1.3. Most Common Injuries
 - 3.1.4. Prevention and Rehabilitation
 - 3.1.5. Conclusions
- 3.2. Cycling
 - 3.2.1. Objectives
 - 3.2.2. Epidemiology and Etiology
 - 3.2.3. Most Common Injuries
 - 3.2.4. Prevention and Rehabilitation
 - 3.2.5. Conclusions
- 3.3. Soccer
 - 3.3.1. Objectives
 - 3.3.2. Epidemiology and Etiology
 - 3.3.3. Most Common Injuries
 - 3.3.4. Prevention and Rehabilitation
 - 3.3.5. Conclusions
- 3.4. Running/Track and Field
 - 3.4.1. Objectives
 - 3.4.2. Epidemiology and Etiology
 - 3.4.3. Most Common Injuries
 - 3.4.4. Prevention and Rehabilitation
 - 3.4.5. Conclusions
- 3.5. Racket
 - 3.5.1. Objectives
 - 3.5.2. Epidemiology and Etiology
 - 3.5.3. Most Common Injuries
 - 3.5.4. Prevention and Rehabilitation
 - 3.5.5. Conclusions
- 3.6. Ski
 - 3.6.1. Objectives
 - 3.6.2. Epidemiology and Etiology
 - 3.6.3. Most Common Injuries
 - 3.6.4. Prevention and Rehabilitation
 - 3.6.5. Conclusions
- 3.7. Dance
 - 3.7.1. Objectives
 - 3.7.2. Epidemiology and Etiology
 - 3.7.3. Most Common Injuries
 - 3.7.4. Prevention and Rehabilitation
 - 3.7.5. Conclusions
- 3.8. Basketball
 - 3.8.1. Objectives
 - 3.8.2. Epidemiology and Etiology
 - 3.8.3. Most Common Injuries
 - 3.8.4. Prevention and Rehabilitation
 - 3.8.5. Conclusions
- 3.9. Other Sports: Hockey, Rugby and Triathlons
 - 3.9.1. Objectives
 - 3.9.2. Epidemiology and Etiology
 - 3.9.3. Most Common Injuries
 - 3.9.4. Prevention and Rehabilitation
 - 3.9.5. Conclusions
- 3.10. Return to Play

Module 4. Upper Limb Sports Injuries

- 4.1. Rotator Cuff Pathology
 - 4.1.1. Anatomy and Biomechanics
 - 4.1.2. Injury Mechanism and Classification
 - 4.1.3. Diagnosis
 - 4.1.4. Treatment Return to Play
- 4.2. Clavicle Fracture and Acromio-Clavicular Dislocation
 - 4.2.1. Anatomy and Biomechanics
 - 4.2.2. Injury Mechanism and Classification
 - 4.2.3. Diagnosis
 - 4.2.4. Treatment Return to Play
- 4.3. Shoulder Instability
 - 4.3.1. Anatomy and Biomechanics
 - 4.3.2. Injury Mechanism and Classification
 - 4.3.3. Diagnosis
 - 4.3.4. Treatment Return to Play
- 4.4. Proximal Humerus Limb Fracture
 - 4.4.1. Anatomy and Biomechanics
 - 4.4.2. Injury Mechanism and Classification
 - 4.4.3. Diagnosis
 - 4.4.4. Treatment Return to Play
- 4.5. Bicep Pathology
 - 4.5.1. Anatomy and Biomechanics
 - 4.5.2. Injury Mechanism and Classification
 - 4.5.3. Diagnosis
 - 4.5.4. Treatment Return to Play
- 4.6. Insertional Elbow Pathology: Epicondylitis and Epitrochleitis
 - 4.6.1. Anatomy and Biomechanics
 - 4.6.2. Injury Mechanism and Classification
 - 4.6.3. Diagnosis
 - 4.6.4. Treatment Return to Play

- 4.7. Traumatic Elbow Pathology
 - 4.7.1. Anatomy and Biomechanics
 - 4.7.2. Injury Mechanism and Classification
 - 4.7.3. Diagnosis
 - 4.7.4. Treatment Return to Play
- 4.8. Wrist Injuries: Fractures, Sprains and Dislocations
 - 4.8.1. Anatomy and Biomechanics
 - 4.8.2. Injury Mechanism and Classification
 - 4.8.3. Diagnosis
 - 4.8.4. Treatment Return to Play
- 4.9. Hand Injuries
 - 4.9.1. Anatomy and Biomechanics
 - 4.9.2. Injury Mechanism and Classification
 - 4.9.3. Diagnosis
 - 4.9.4. Treatment Return to Play
- 4.10. Upper Limb Neuropathies

Module 5. Lower Limb Sports Injuries

- 5.1. Hip Injuries
 - 5.1.1. Anatomy and Biomechanics
 - 5.1.2. Injury Mechanism and Classification
 - 5.1.3. Diagnosis
 - 5.1.4. Treatment Return to Play
- 5.2. Knee Extensor Apparatus Pathology
 - 5.2.1. Anatomy and Biomechanics
 - 5.2.2. Injury Mechanism and Classification
 - 5.2.3. Diagnosis
 - 5.2.4. Treatment Return to Play
- 5.3. Knee Tendinopathies
 - 5.3.1. Anatomy and Biomechanics
 - 5.3.2. Injury Mechanism and Classification
 - 5.3.3. Diagnosis
 - 5.3.4. Treatment Return to Play

- 5.4. Knee Ligament Injuries
 - 5.4.1. Anatomy and Biomechanics
 - 5.4.2. Injury Mechanism and Classification
 - 5.4.3. Diagnosis
 - 5.4.4. Postoperative Treatment and Rehabilitation
 - 5.4.5. Preventing Anterior Cruciate Ligament Tears
- 5.5. Meniscal Injuries
 - 5.5.1. Anatomy and Biomechanics
 - 5.5.2. Injury Mechanism and Classification
 - 5.5.3. Diagnosis
 - 5.5.4. Postoperative Treatment and Rehabilitation
 - 5.5.5. Preventing Meniscal Injuries
 - 5.5.6. Other Ligamentous Injuries in the Athlete's Knee
 - 5.5.7. Medial Collateral Ligament and Posteromedial Corner
 - 5.5.8. Posterior Cruciate Ligament
 - 5.5.9. External Collateral Ligament and Posteromedial Corner
 - 5.5.10. Multiligament Injuries and Knee Dislocations
- 5.6. Ligament Injuries and Ankle Instability
 - 5.6.1. Anatomy and Biomechanics
 - 5.6.2. Injury Mechanism and Classification
 - 5.6.3. Diagnosis
 - 5.6.4. Treatment Return to Play
- 5.7. Ankle Joint Pathology
 - 5.7.1. Anatomy and Biomechanics
 - 5.7.2. Injury Mechanism and Classification
 - 5.7.3. Diagnosis
 - 5.7.4. Treatment Return to Play
- 5.8. Foot Injuries
 - 5.8.1. Anatomy and Biomechanics
 - 5.8.2. Injury Mechanism and Classification
 - 5.8.3. Diagnosis
 - 5.8.4. Treatment Return to Play
- 5.9. Bruises and Muscle Tears
- 5.10. Lower Limb Neuropathies

Module 6. Spinal Sports Injuries

- 6.1. Spine Pathology and Injury Biomechanics in Sports
- 6.2. Cervical Pathology
 - 6.2.1. Anatomy and Biomechanics
 - 6.2.2. Injury Mechanism and Classification
 - 6.2.3. Diagnosis
 - 6.2.4. Treatment Return to Play
- 6.3. Spondylolysis-Spondylolisthesis
 - 6.3.1. Anatomy and Biomechanics
 - 6.3.2. Injury Mechanism and Classification
 - 6.3.3. Diagnosis
 - 6.3.4. Treatment Return to Play
- 6.4. Other Causes of Rachialgia
 - 6.4.1. Facet Pain
 - 6.4.2. Fractures
 - 6.4.3. Sprains
- 6.5. Disk Pathology
 - 6.5.1. Anatomy and Biomechanics
 - 6.5.2. Injury Mechanism and Classification
 - 6.5.3. Diagnosis
 - 6.5.4. Treatment Return to Play
- 6.6. Weightlifting and Bodybuilding
 - 6.6.1. Spine Injuries
- 6.7. Vertebral Deformities and Sport
- 6.8. Treating Vertebral Orthoses in Sport
- 6.9. Spine Interventional Procedures
- 6.10. The Spine in Athletes
 - 6.10.1. Diagnostic and Therapeutic Alternatives to Be Considered

Module 7. Sport in Specific Situations

- 7.1. Women and Sport
 - 7.1.1. Current Situation of Women in Sport
 - 7.1.2. Pregnancy and Sport
 - 7.1.3. Puerperium, Breastfeeding and Sport
 - 7.1.4. Conclusions
- 7.2. Cancer
 - 7.2.1. Sport Benefits in Cancer
 - 7.2.2. Physical Activity in Palliative Care
 - 7.2.3. Specific Intervention
 - 7.2.4. Conclusions
- 7.3. Respiratory Pathology
- 7.4. Osteoporosis
- 7.5. Fragility
- 7.6. Rheumatic Diseases
- 7.7. Diabetes
 - 7.7.1. Effects of Different Types of Exercise on Glycemic Control
 - 7.7.2. Medical Evaluation Prior to Exercise
 - 7.7.3. Diet Modifications
 - 7.7.4. Adjusting Drugs
 - 7.7.5. Training Guidelines
- 7.8. Covid-19
- 7.9. Cardiovascular Disease in Sport
- 7.10. Child Population

Module 8. Therapeutic Management of Sports Injuries

- 8.1. Therapeutic Exercise
- 8.2. Physiotherapy
- 8.3. Bandages
- 8.4. Manual Therapy
- 8.5. Infiltrations
- 8.6. Nerve Blocks
- 8.7. Radiofrequency
- 8.8. Regenerative Medicine I
 - 8.8.1. Standards in Clinical Use
 - 8.8.2. Clinical and Administrative Considerations
- 8.9. Regenerative Medicine II
 - 8.9.1. PRP Therapies
 - 8.9.2. Stem Cell Therapies
 - 8.9.3. Amniotic and Other Products
 - 8.9.4. Rehabilitation after Regenerative Therapies
- 8.10. New Technologies

Module 9. Doping and Nutrition in Sport

- 9.1. Basic Nutrition
 - 9.1.1. Energy Systems
 - 9.1.2. Basic Nutrient Absorption and Utilization Processes
 - 9.1.3. Regulating Body Temperature during Exercise
 - 9.1.4. Nutritional Intervention
 - 9.1.5. Communication in Nutritional Monitoring
- 9.2. Methods to Determine Dietary Intake
 - 9.2.1. Dietetic Assessments for Athletes
 - 9.2.2. Dietary Surveys
 - 9.2.3. Determining Energy Expenditure and Energy Needs
 - 9.2.4. Dietary Intake and Sufficiency Indicators



- 9.3. Sport Dietetics
 - 9.3.1. Nutrient Recommendation
 - 9.3.2. Athlete Monitoring Tests and Assessments
 - 9.3.3. Fluid and Electrolyte Replenishment
- 9.4. Sports Nutrition and Special Nutritional Needs
 - 9.4.1. Nutrition in Popular Races
 - 9.4.2. Nutrition in Trail Running
 - 9.4.3. Nutrition in Team Sports
 - 9.4.4. Nutrition in Combat-Based Sports
- 9.5. Nutritional Supplements in Sport
 - 9.5.1. Classification of Nutritional Ergogenic Aids
 - 9.5.2. Main Nutritional Ergogenic Aids
 - 9.5.3. Supplement Nutrition Labeling
 - 9.5.4. Decisions in Prescribing Nutritional Dietary Supplements
- 9.6. Doping
- 9.7. Doping Substances and Laboratory Diagnostics
- 9.8. Genetic Doping and Unintentional Doping
- 9.9. Rules and Regulations
- 9.10. Sport and Doping
 - 9.10.1. Doping Prevention

Module 10. Adapted Sports and Disability

- 10.1. Disabled People
- 10.2. Disabled People and Doing Sport
 - 10.2.1. Specific Materials
- 10.3. Including People with Disabilities in Sports
 - 10.3.1. Good Practice Experience
- 10.4. Grassroots and Competitive Sports for People with Disabilities
- 10.5. The National and International Ecosystem of Sports for People with Disabilities
- 10.6. Classifications in Sports for People with Disabilities
- 10.7. Sports for People with Disabilities and Doping
- 10.8. Injuries in Disabled Athletes
- 10.9. Research in Sport for People with Disabilities
- 10.10. Paralympic Athlete's Personal Experience

Module 11. Basic Fundamentals of Sports Psychology

- 11.1. Introduction to Sports Psychology
- 11.2. Sociology of Sport and Classification
- 11.3. Basic Neurological Basis
- 11.4. Neurological Foundations of Movement
- 11.5. Motor Skills and Learning
- 11.6. Models of Psychological Criteria Intervention
- 11.7. From Demand to Intervention. Intervention in Training and Competition
- 11.8. Competitive Levels: High Performance Sport, Technical Sport and Base Sport
- 11.9. Effects and Usefulness of the Sports Psychologist
- 11.10. Current Sports Psychology

Module 12. Leadership and Management of High Performance Teams

- 12.1. Origin and History of Leadership Styles
- 12.2. Transformational and Transactional Leadership Style
- 12.3. Leadership Style and Followers
- 12.4. Bases of High-Performance Teams
- 12.5. Define the High Performance Challenge
- 12.6. Action Plan
- 12.7. Sustainability and Maintenance of High Performance
- 12.8. Types of Leadership and Coaches in the Sports Field
- 12.9. Athlete Risk Situations
- 12.10. Self-care of High-Performance Athletes and their "Caregivers"

Module 13. Coaching *Applications* in the World of Sports

- 13.1. The Origins and Background of Coaching
- 13.2. Current Schools and Trends
- 13.3. Work Models
- 13.4. Differences Between Coaching and Other Approaches
- 13.5. Coach Competencies and Code of Ethics
- 13.6. Coactive Coaching
- 13.7. Basic Process of Individual Coaching
- 13.8. Methodology of a Sports Coaching Process
- 13.9. Design of Work Plans and Systemic and Team Coaching
- 13.10. Evaluation Process of Coaching

Module 14. Psychological Techniques applied to Sports

- 14.1. Inclusive and Specific Sports
- 14.2. Decision-Making in Sport
- 14.3. Training the Trainer Technical Support
- 14.4. Establishment of Objectives and Comprehensive Competition Plans
- 14.5. Techniques to Promote Confidence and Emotional Self-Control
- 14.6. Effects of Generating Awareness of What Has Been Learned about Confidence, Self-Efficacy, and Performance
- 14.7. Self-Instructional Education
- 14.8. Mindfulness Applied to Sports
- 14.9. NLP applied to Sport
- 14.10. Motivation and Emotion

Module 15. Leadership Applied to Individual and Collective Sports

- 15.1. Sports Psychology vs *Coach*
- 15.2. Psychological Training
- 15.3. Psychological Determinants of Performance and Talent Management
- 15.4. Team Mentality and Basic Elements of Intervention
- 15.5. Communication Skills
- 15.6. Stress and Anxiety Intervention
- 15.7. Coping with Defeat/ Burnout Prevention
- 15.8. Experiential Tools: Live Training Applied to Sports Coaching
- 15.9. Extreme Sports: Talent, Mental Strength, and Ethics in Sports Development
- 15.10. Self-Leadership Self-Management
- 15.11. The Leader Coach and Team Management, Ethics and Coaching
- 15.12. Diagnostic Tools for Sports Teams and Organizations
- 15.13. Design of Intervention Plans for Teams and Organizational Development

Module 16. Support Tools for the Sports *Psychologist and Coach*

- 16.1. Values-Driven Sports Organizations Mission and Vision
- 16.2. Business Tools for Communication and Coordination
- 16.3. Corporate Strategy and Technology Strategy
- 16.4. Organizational Culture and Climate
- 16.5. Organizational Leadership
- 16.6. Executive Coaching Tools
- 16.7. Dynamics and Intervention Techniques in Sport Organization

Module 17. Personal Branding and Management of Digital Tools

- 17.1. Interdisciplinary Work (Physical Therapist, Physiotherapist, Nutritionist, Physician, etc.)
- 17.2. Athlete Assessment Tools
- 17.3. Psychological Training of Specific Sports
- 17.4. Optimization of the Athlete's Learning and Search for Consistency in their Performance.
- 17.5. Psychological Pyramid of Sports Performance
- 17.6. Psychological Approach to Injuries and Readaptation
- 17.7. Retirement in Professional Sports
- 17.8. Substance Use and Other Risks
- 17.9. Neuroscience Applied to Perception and Performance
- 17.10. Experiential Tools: Live Training

Module 18. Cultural Transformation in Sports Organizations

- 18.1. Information and Communication Technologies (ICTs)
- 18.2. Basic Principles of Digital Marketing
- 18.3. Internet, the Web, Web 2.0 and Web 3.0
- 18.4. Personal Brand Positioning
- 18.5. Social Network Management
- 18.6. Athletes and the Use of their Networks and Interventions in the Media
- 18.7. Content Marketing Generation through Different Platforms: Blog, Podcast, Video Blogging, etc.
- 18.8. Media Communication Skills
- 18.9. Persuasion and Influence Techniques

Module 19. The Psychologist and the *Coach* as Facilitators

- 19.1. Psychologist and Coach: Protagonists of the Process
- 19.2. Group and Team Dynamics
- 19.3. Reinforcement and Punishment
- 19.4. Concentration and Visualization
- 19.5. Values and Attitudes of Sport
- 19.6. Athlete's Personality
- 19.7. Evaluation and Diagnosis of Common Problems
- 19.8. Design of Workshops and Intervention Sessions
- 19.9. Intervention Phases and Sessions
- 19.10. Project Development and Applied Research

Module 20. E -Sports

- 20.1. What are e-Sports?
- 20.2. The Video Game Industry and its Importance for Psychology
- 20.3. Player Management
- 20.4. Club Management
- 20.5. The Figure of the Psychologist, Role and Functions
- 20.6. Addiction to Video Games
- 20.7. Risks of Social Networks within e-sports
- 20.8. Psychological Evaluation and Intervention
- 20.9. Prevention of Depression and Suicide
- 20.10. Future of e-Sports and the Figure of the Psychologist



Enroll now in this Advanced Master's Degree and join the thousands of medical specialists satisfied with TECH and the comprehensiveness and professionalism of all its academic programs"

06

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

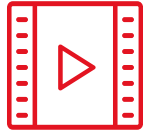
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



Interactive Summaries

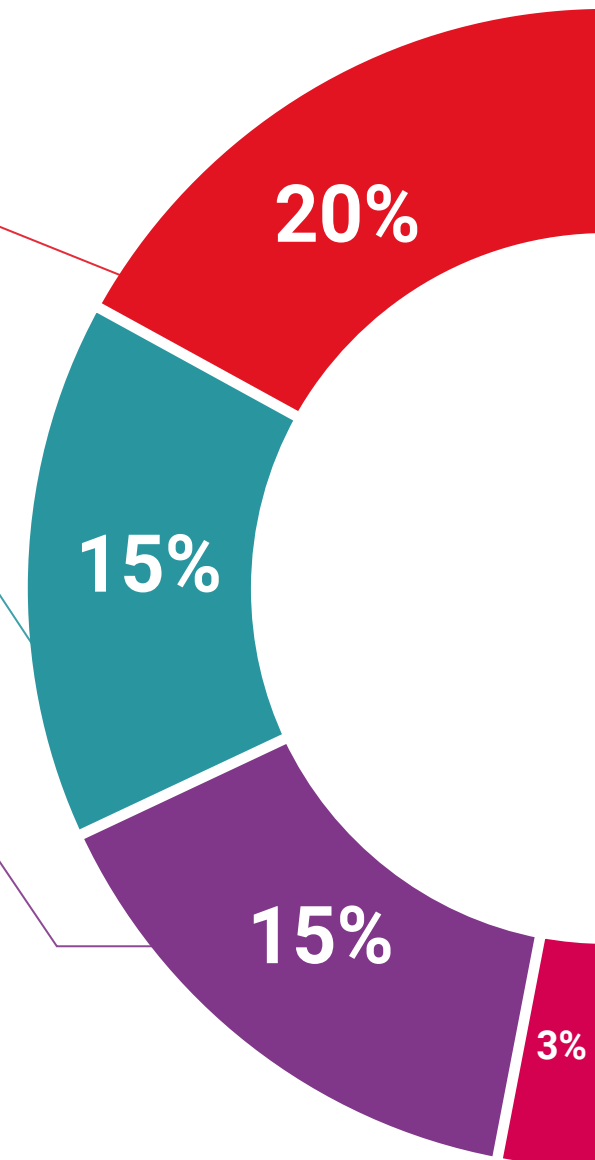
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

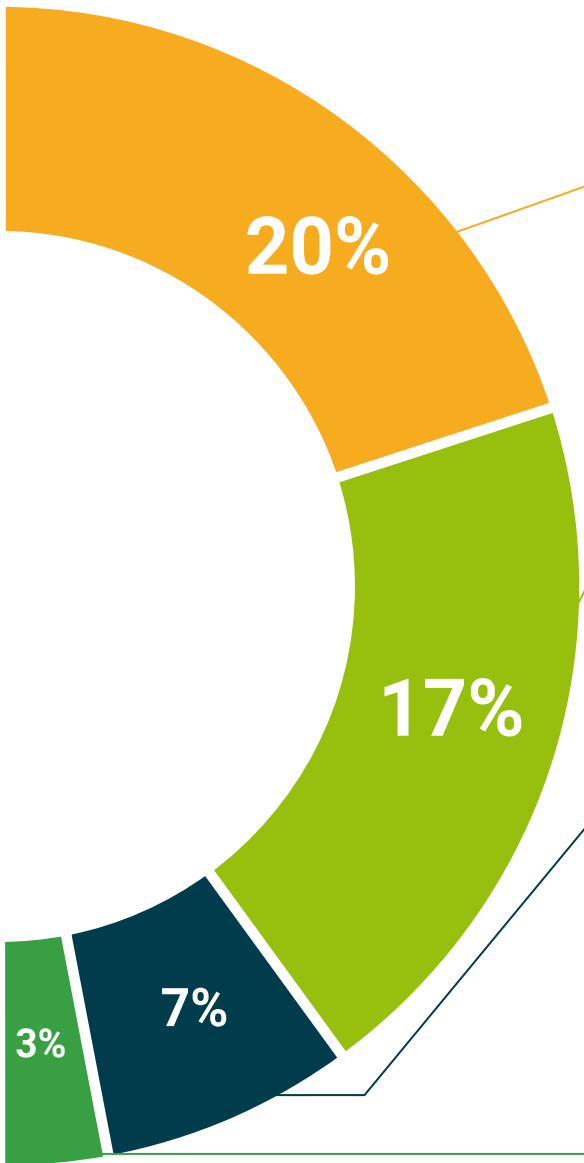
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



07 Certificate

The Advanced Master's Degree in Sports Medicine and Psychology guarantees students, in addition to the most rigorous and up-to-date education, access to an Advanced Master's Degree's issued by TECH Global University.



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*Successfully complete this program
and receive your university qualification
without having to travel or fill out
laborious paperwork”*

This private qualification will allow you to obtain an **Advanced Master's Degree diploma in Sports Medicine and Psychology** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University, is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Advanced Master's Degree in Sports Medicine and Psychology**

Modality: **online**

Duration: **2 years**

Accreditation: **120 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present quality
development language
virtual classroom



Advanced Master's
Degree
Sports Medicine and
Psychology

- » Modality: Online
- » Duration: 2 years
- » Certificate: TECH Global University
- » Accreditation: 120 ECTS
- » Schedule: at your own pace
- » Exams: online

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