

# Postgraduate Certificate Adapted Sports and Disability

Endorsed by the NBA





## Postgraduate Certificate Adapted Sports and Disability

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/adapted-sports-disability](http://www.techtute.com/us/medicine/postgraduate-certificate/adapted-sports-disability)

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# 01

# Introduction

Initially, adapted sport was conceived as a therapeutic tool included in rehabilitation treatment programs. Nowadays, the objectives have broadened considerably and its boom is of such magnitude that we can even speak of sport for people with disabilities as a show and professional activity for some of its athletes, with an increasing presence in the media. The present program, by means of a totally online modality, presents physicians with the current possibilities that sport offers to improve the real inclusion of people with disabilities in society. For a better understanding, it includes proposals for self-knowledge work, complementary audiovisual resources and professional advice on exercises and doubts concerning the syllabus.





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*You will have the opportunity to perfect your work methodology with respect to people with disabilities, including updated protocols for physical activities, to break down the barriers that prevent them from doing so”*

From the time of Sir Ludwig Guttmann at the Stoke Mandeville Spinal Injuries Hospital in Aylesbury after World War II until now, many changes have taken place in sport for people with disabilities. Sport can be approached from different points of view depending on the individual's motivations for doing it. Currently, this variety of options is perfectly identifiable in the world of sport for people with disabilities.

This Postgraduate Certificate in Adapted Sports and Disability will enable practitioners to gain in-depth knowledge of the adapted sport environment and the essential factors in physical activities adapted to people with different specific types of disability. Furthermore, students will learn the lines of research in the field of adapted sport, as well as the legislation governing sport in special situations.

As it is a fully online Postgraduate Certificate, physicians are not conditioned by fixed schedules or the need to commute to another location, but can access a rich assortment of content that will help them remain part of the elite of sports medicine based on adapted sports and disability, while balancing it at their own pace their work and personal life.

This **Postgraduate Certificate in Adapted Sports and Disability** contains the most complete and up-to-date academic program on the market. Its most notable features are:

- Practical cases presented by experts in Sports medicine
- The graphic, schematic, and eminently 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
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



*This program will update your knowledge of sports activities for people with disabilities, which will be of great help to maintain a high professional practice"*

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*You have before you the best online course in the academic market to gain current specific skills to work with athletes with disabilities”*

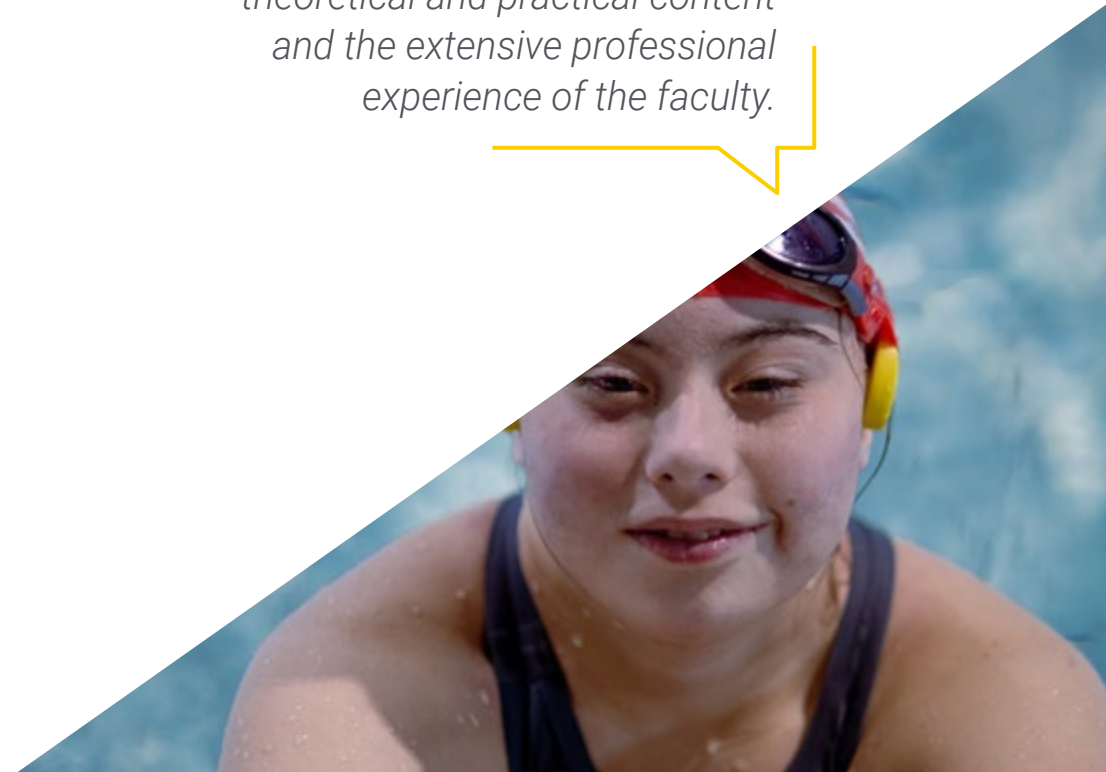
The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

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 immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, which means the student must try to solve the different real-life situations of that arise throughout the academic program. For this purpose, the student will be assisted by an innovative, interactive video system created by renowned and experienced experts.

*A very complete and specialized program that will allow you to participate in incorporating people with disabilities into sport and gain the experience of good practices.*

*This Postgraduate Certificate differs from others in its theoretical and practical content and the extensive professional experience of the faculty.*



# 02 Objectives

This Postgraduate Certificate has been created from start to finish to be a tool for personal growth and professional updating for physicians by gaining deeper insight into the key aspects of medical advances in adapted sports and disability medicine. With the most interesting and updated knowledge today, this comprehensive program will support and encourage physicians while they update in this specialty.







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*You will have access to the most interesting and updated knowledge today in a training intensely focused on practice”*



## General Objectives

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- ♦ 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





### Specific Objectives

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



*This program is unique because it offers a complete update, both in incorporating people with disabilities into the world of sport and in treating their potential injuries”*

03

# Course Management

This Postgraduate Certificate provides students with the opportunity to learn from the best, with a teaching staff made up of professionals in the field who will invest their theoretical and practical knowledge to take physicians to the greatest level of depth. With the most current and effective teaching methods in the online teaching market, professionals will be able to apply everything they learn from day one.



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*Get up to speed on research in sport for people with disabilities with this high-level program meticulously designed by professionals with extensive experience in the field”*

## International Guest Director

As President 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, soccer, soccer, golf, baseball, field 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. De Luigi, Arthur

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- ♦ Director of Sports Medicine - Mayo Clinic Arizona
- ♦ President of the Department of Physical Medicine and Rehabilitation at the 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, 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's Degree 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

# 04

## Structure and Content

TECH, with the confidence and solvency of being the largest online university in Spanish in the world, has developed a compendium of specialized and updated knowledge to give physicians the opportunity to get up to date. Professionals who take this program will incorporate the most advanced methods in adapted sports and disability in the field.







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*This Postgraduate Certificate includes real clinical cases and exercises to bring the course closer to daily clinical practice”*

## Module 1. Adapted Sports and Disability

- 1.1. Disabled People
- 1.2. Disabled People and Doing Sport
  - 1.2.1. Specific Materials
- 1.3. Including People with Disabilities in Sports
  - 1.3.1. Good Practice Experience
- 1.4. Grassroots and Competitive Sports for People with Disabilities
- 1.5. The National and International Ecosystem of Sports for People with Disabilities
- 1.6. Classifications in Sports for People with Disabilities
- 1.7. Sports for People with Disabilities and Doping
- 1.8. Injuries in Disabled Athletes
- 1.9. Research in Sport for People with Disabilities
- 1.10. Paralympic Athlete's Personal Experience





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*Seize the opportunity to update your professional knowledge of adapted sport and disability”*

# 05

# 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 Harvard 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

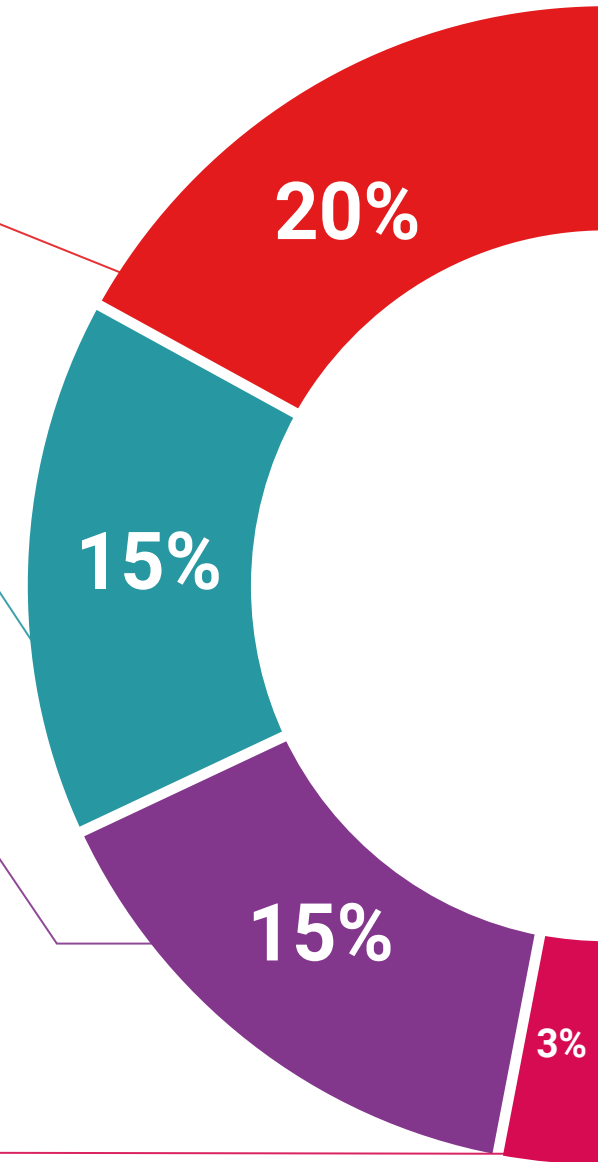
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

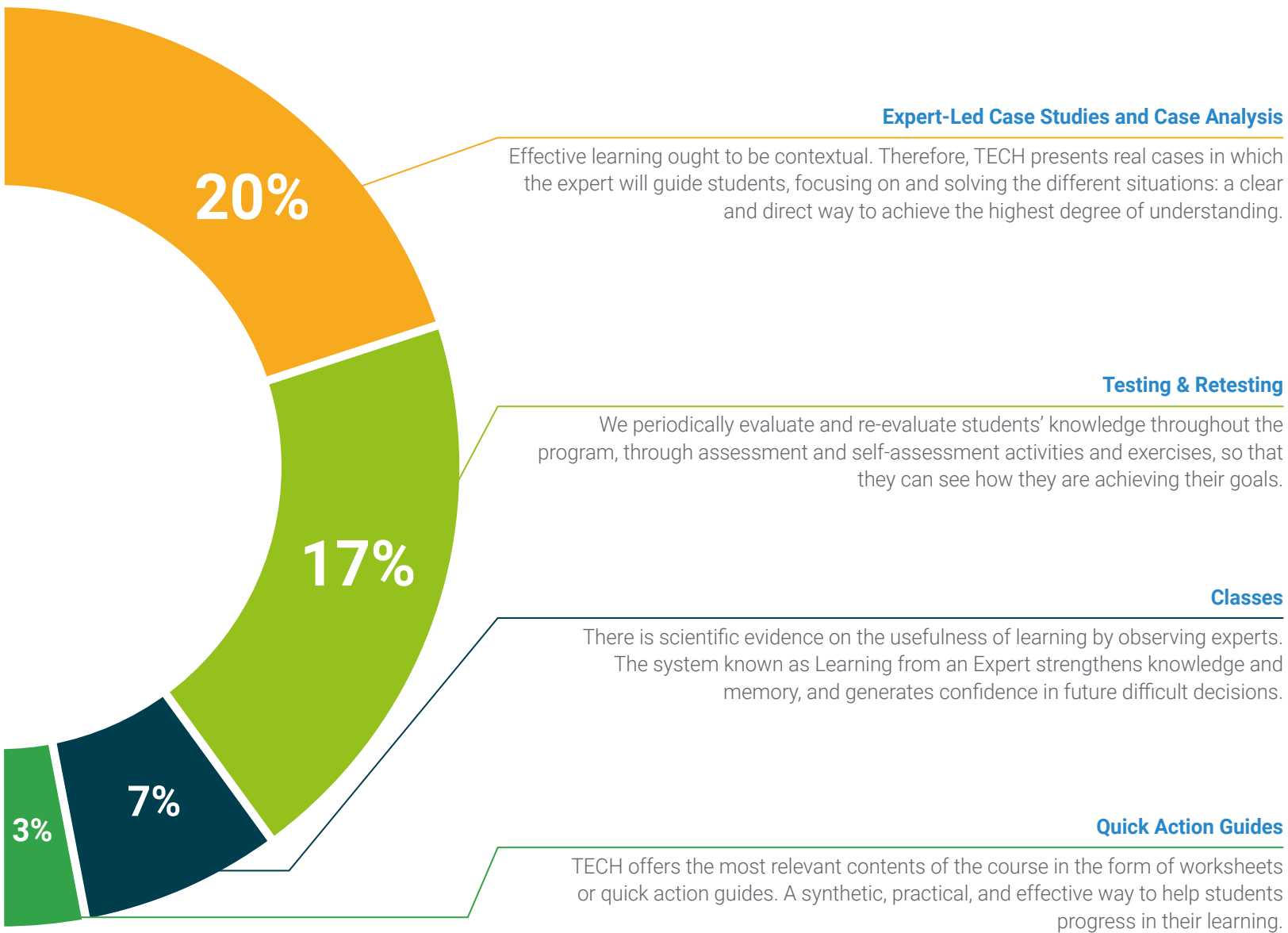
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.





06

# Certificate

The Postgraduate Certificate in Adapted Sports and Disability guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 program will allow you to obtain your **Postgraduate Certificate in Adapted Sports and Disability** 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** title 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: Postgraduate Certificate in Adapted Sports and Disability**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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  
online training  
development languages  
virtual classroom



## Postgraduate Certificate Adapted Sports and Disability

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

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**tech** global  
university