

# Internship Program Sports Medicine



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Internship Program  
Sports Medicine

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# 01 Introduction

Today, scientific research and technological advances have revolutionized the care strategies of sports medicine. Thus, highly complex diagnostic and therapeutic methods have emerged that require health professionals to be constantly updated. However, there are not many programs in the educational market with a practical learning design on the novelties of this specialty. In contrast to this lack, this Internship Program is a 100% face-to-face, immersive and comprehensive academic program where the specialist will have the opportunity to acquire skills directly, on real patients and under the expert supervision of an assistant tutor. To do so, they will spend an intensive 3-week stay in a hospital institution at the forefront of Sports Medicine.



*Enroll in this Internship Program that will allow you to make a face-to-face, intensive and immersive stay, to get the most advanced knowledge in relation to the therapeutics of musculoskeletal injuries from the vision of Sports Medicine”*





In little more than a decade, Sports Medicine has undergone considerable progress, driven by the exhaustive and detailed use of tools such as Computerized Axial Tomography, Ultrasound or Magnetic Resonance Imaging for the diagnosis of musculoskeletal injuries. Likewise, this health field has advanced with respect to the development of new therapies and the assessment of the disadvantages of others already used, such as infiltrations. In turn, keeping up to date on all these aspects has become a complex task for specialists due to the shortcomings of the educational programs in the market, where a high theoretical load on these issues prevails.

For this reason, TECH has designed a study modality that adapts to the current professional reality, which guarantees each doctor the in situ learning of different skills for clinical, nutritional and rehabilitation care for high performance athletes. During 3 weeks, you will develop a face-to-face stay in a hospital center equipped with the latest resources for the diagnosis and treatment of real cases. Also in that instance, you will be able to apply innovative procedures that combine different care therapies.

Postgraduates will join the Internship Program until they complete 120 educational hours, Monday through Friday. In these clinical practices, they will have access to the best hospital facilities, equipped with state-of-the-art technologies and extensive experience in the development of advanced therapies for sports injuries. In these entities, they will also meet prestigious experts and will work together with them to acquire the most rigorous experiences. In addition, an assistant tutor will monitor your progress and help you incorporate new strategies into your professional practice.

# 02

## Why Study an Internship Program?

This academic update will facilitate the updating of the specialist in Sports Medicine beyond the theoretical level. This Internship Program has a very complete and intensive program, to be carried out in a face-to-face way, and it is powerful for the management of diagnostic techniques and treatment of conditions within this area of health. For 3 weeks of intensive direct study, the specialist will deal with real cases, with complex pathologies, under the personalized guidance of an assistant tutor and the advice of experts with extensive experience.



*TECH puts in your hands a 100% practical qualification, face-to-face and specialized in the latest nutritional advances that support the sporting quality of high-performance athletes”*

### 1. Updating from the latest technology available

Regenerative medicine and radiofrequency therapies are some of the main advances in relation to the care of athletes with different pathologies. These innovations are possible thanks to state-of-the-art scientific and technological advances. All of them will be available to the specialist throughout this Practical Training, offering maximum educational guarantees on their comprehensive management.

### 2. Gaining In-Depth Knowledge from the Experience of Top Specialists

TECH wants to ensure that all its graduates have first class practical skills in the daily practice of Sports Medicine. For this reason, it has created the figure of the adjunct tutor, who will be responsible for coordinating the learning of all professionals and their link with the most complex care dynamics. At the same time, the student will have the opportunity to dialogue and work together with other experts with distinguished care backgrounds.

### 3. Entering First-Class Clinical Environments

Through TECH's link with leading health institutions, this Internship program guarantees first class clinical practices. In them, the specialist will have the opportunity to learn in person and directly the latest diagnostic and therapeutic applications in Sports Medicine. At the same time, the facilities are equipped with state-of-the-art technologies and, upon completion of the training, the graduate will know how to handle all of them.



#### **4. Putting the acquired knowledge into daily practice from the very first moment**

The academic market does not offer enough pedagogical solutions for those specialists who wish to update their knowledge of Sports Medicine in a practical way. For this reason, this degree offers a pioneering mode of study where, for 3 weeks of face-to-face stay, the specialist will be dedicated to the approach of real cases using the latest diagnostic technology and the most innovative therapeutic procedures.

#### **5. Expanding the Boundaries of Knowledge**

This Internship Program will take the physician beyond his or her usual academic comfort zone and will confront him or her with international contexts related to the professional area of Sports Medicine. This intensive, face-to-face academic update is only possible thanks to TECH, the world's largest online educational institution.



*You will have full practical immersion  
at the center of your choice"*

# 03

## Objectives

The fundamental goal of this hands-on, classroom-based Internship Program is to equip physicians with state-of-the-art skills in the management of musculoskeletal conditions in the high-performance athlete. At the same time, you will have the opportunity to deepen your knowledge of the nutritional approach to athletes, among other areas of care in recent modernization.



### General Objectives

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- Delve into the the different injuries that can occur in different sports
- Addressing the most frequent musculoskeletal pathologies in sportsmen and women in athletes based on a correct clinical assessment
- Manage the most effective diagnostic methods and treatment options of Sports Medicine
- Acquire more specific and current knowledge in the field of sports nutrition and dietetics for specific cases of sports activity and sports nutritional supplementation







## Specific Objectives

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- ◆ Distinguish the types of sports injuries, a key aspect for an accurate diagnosis and therapeutic approach, and determine their causes
  - ◆ Learn what a sports injury prevention program consists of
  - ◆ Explore the main specific functional tests to rule out pathologies in athletes and to adapt the types of training
  - ◆ Perform correct explorations for musculoskeletal pathologies in the different sports covered in the topics
  - ◆ Interpret the radiological findings of sports pathology and establish the prognosis of the injury
  - ◆ Explore the different therapeutic modalities to prevent and treat sports injuries, their indications and benefits
  - ◆ Adapting sporting activity to upper and lower limb injuries
  - ◆ Adequate exercise for the recovery of the athlete with upper and lower limb injuries
  - ◆ Distinguish which sports can produce a negative evolution of vertebral deformities and which combinations between deformity and 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
  - ◆ 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
  - ◆ Address doping, its origins, doping substances and their consequences on health, detection techniques, legal bases of regulation and methods to fight against it, as well as prevention strategies
  - ◆ 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
  - ◆ Master the specific needs for sports performance in athletes with disabilities



*Enroll in this Internship Program and improve your healthcare competencies in a hospital center of high prestige in the treatment of athletic injuries and other conditions treated by Sports Medicine”*

# 04 Educational Plan

This Internship Program has been designed to update the specialist on the main advances in Sports Medicine. Throughout this intensive period of face-to-face studies, the physician will have the opportunity to handle the most advanced technological equipment for surgical and non-interventional rehabilitation. In addition, during this learning period, the professional will have the personalized guidance of an assistant tutor, who will instruct him/her in the dynamic mastery of the competencies and skills for the diagnosis and treatment of athletic injuries.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare care in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

The practical academic process will be developed over a period of 3 weeks, completing 8-hour consecutive days, from Monday to Friday. Thus, the professional will acquire the best skills for the approach of sports patients with all kinds of conditions.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of knowledge (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for the practice of Sports Medicine (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the training, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



*Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"*



Module	Practical Activity
<b>Diagnostic methods of the latest generation in Sports Medicine</b>	Implementation of the vision by sections and cuts of the anatomical area to be studied, relying on Computed Axial Tomography
	Detect anomalies in the joints as a consequence of traumatic sports injuries by means of Magnetic Resonance Imaging
	Diagnose injuries in very early stages, analyzing changes in bone metabolism before the structural change appears, by means of Gammagraphies
	Evaluate the state of muscular injuries and other soft tissues such as tendons or ligaments such as tendons or ligaments through ultrasound scans
	Develop digitized biomechanical studies to address the health status of the foot health in particular and the locomotor system in general
<b>News in the therapeutic management of sports injuries</b>	Manage the advantages and contraindications of injections in high performance athletes in the high performance athlete
	Implement nerve blocking techniques to reduce acute or chronic pain acute or chronic pain during the practice of sports exercise
	Enhance the analgic, anti-inflammatory, anti-edematous and healing action, accelerate the recovery process and injury prevention through R200 Radiofrequency equipment
	Apply cortisone injections in the patient with chronic or acute pain to enhance or acute pain to enhance its relief
	Indicate physiotherapy specialized in the non-surgical management of musculoskeletal conditions, strengthen muscles, recover broken bones and prevent further breakage
<b>Surgical rehabilitation for high-performance athletes</b>	Apply orthopedic surgical intervention methods for hand, foot, and ankle bone in hand, foot and ankle, shoulder, knee and hip bones
	Perform surgery for the reconstruction of the anterior cruciate ligament from the tearing of this soft tissue due to prolonged physical activity
	Implement regenerative medicine procedures such as bone marrow aspirated stem cell concentrate and platelet-rich plasma as an effective alternative for the treatment of osteoarthritis, sports injuries and other musculoskeletal pathologies
<b>Main trends in relation to Nutrition in Sport and Doping</b>	Indicate a diet rich in nitrates to obtain more speed and power of the effort and power of effort in the athlete
	Enhance the intake of polyphenols and antioxidant supplements to counteract fatigue and improve the performance through better muscle irrigation during exercise
	Value the contribution of ergogenic nutritional aids as a strategy to provide energy fuel to the athlete
	Recognize the main doping substances and their most effective laboratory diagnostic methods

# 05 Where Can I Do the Internship Program?

TECH wants that, through this Internship Program, the physician acquires the most updated competences in relation to the approach of sports injuries and other pathologies present in high performance athletes. For this, it has a catalog of health institutions, located in different geographical situations, where the specialist will find the main tools and protocols of modern application in this area of health. In all of them, the maximum practical learning results are guaranteed.



*Apply in your daily practice the most current knowledge in relation to Sports Medicine, through the practical skills that you will develop with this degree"*





The student will be able to do this program at the following centers:



Medicine.

### **Policlínico HM Moraleja**

Country City  
Spain Madrid

Address: P.º de Alcobendas, 10, 28109,  
Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain.

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**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



Medicine.

### **Policlínico HM Matogrande**

Country City  
Spain La Coruña

Address: R. Enrique Mariñas Romero, 32G, 2º,  
15009, A Coruña

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain.

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**Related internship programs:**

Sports Physiotherapy  
Neurodegenerative Diseases

# 06

## General Conditions

### Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchase a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This **Internship Program in Sports Medicine** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery\*.

The certificate issued by TECH will reflect the grade obtained in the test.

Program: **Internship Program in Sports Medicine**

Duration: **3 weeks**

Course Modality: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**





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