

# Postgraduate Diploma

## Injury Prevention in Sports Practice

Endorsed by the NBA





## Postgraduate Diploma Injury Prevention in Sports Practice

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-injury-prevention-sports-practice](http://www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-injury-prevention-sports-practice)

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# 01

# Introduction

The work of doctors dedicated to sports rehabilitation is of great value nowadays, due to the increase in the number of people who have introduced sports practice in their daily lives, thus increasing the number of injuries. Consequently, the knowledge of these professionals in personal training adapted to the recovery needs of each patient must be superior, as well as the motivational techniques that allow a faster recovery. With this program TECH wants to specialize students in personal training, *coaching* and *business* to give a boost to your career and achieve professional success.







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*Rehabilitation physicians need to constantly update their knowledge in order to keep abreast of new procedures applicable to the recovery of athletes”*

At TECH we have set out to create high quality teaching and educational content that will turn our students into successful professionals, following the highest quality standards in teaching at an international level. Therefore, we show you this Postgraduate Diploma in Injury Prevention in Sports Practice, which has a rich content and will help you reach the elite of sports rehabilitation.

Preventive work is essential in sports practice due to the risk of injury associated with the volume of work, high intensity and unnatural technical sports movements. For this reason, this Postgraduate Diploma offers a multi-faceted approach to the possibilities of working with different materials and techniques, allowing the physician to make a more accurate choice of exercises in order to achieve the best results.

It should be taken into account that the physician responsible for sports rehabilitation is an exercise prescriber, which is why the integral management of the process is key, since the success in achieving the expected result depends on it. Therefore, it is a specialization with a very diverse subject matter in relation to both coaching and the profession and business that can involve the professional dedication to personalized training for the recovery of injuries. Therefore, during the program, students will learn the most appropriate motivational techniques for their patients, as well as the key equipment they should have in their facilities.

Likewise, professionals will be given access to a set of exclusive Masterclasses, led by two renowned international experts in Rehabilitation and Readaptation of Sports Injuries. Through the valuable guidance of these specialists, who have extensive experience in the field of elite sports and the NBA, doctors will be updated on the latest advances in preventing and treating this type of injury.

This **Postgraduate Diploma in Injury Prevention in Sports Practice** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of numerous case studies presented by specialists in personal training
- ◆ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ◆ Exercises where the self-assessment process can be carried out to improve learning.
- ◆ Algorithm-based interactive learning system for decision making
- ◆ Special emphasis on innovative methodologies in Personal Training
- ◆ 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



*Immerse yourself in exclusive Masterclasses involving leading professionals from the NBA and the elite sports field: two renowned coaches and therapists of international renown"*

“ *This Postgraduate Diploma is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Sports Rehabilitation, you will earn a degree from TECH Global University*”

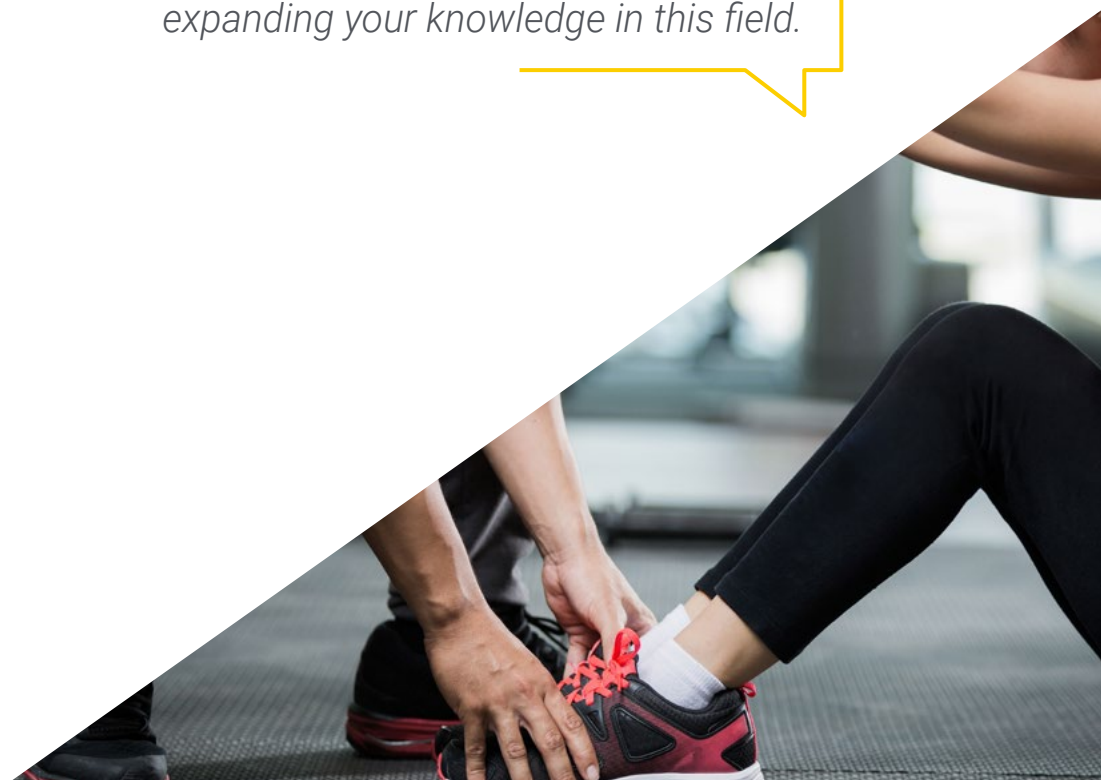
It includes in its teaching staff professionals belonging to the field of sports rehabilitation, who pour into this specialization the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

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 immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the physician 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 in personal training, coaching and business.

*The Postgraduate Diploma allows specialization in simulated environments that provide immersive learning programmed to prepare for real situations.*

*This 100% online Postgraduate Diploma will allow you to balance your studies with your professional work while expanding your knowledge in this field.*





# 02 Objectives

The main objective of this program is the development of theoretical and practical learning, so that the physician can master personal training in a practical and rigorous way.







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*Our goal is to achieve academic excellence and help you achieve professional success. Don't hesitate any longer and join us”*



## General Objectives

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- ◆ Acquire specialized knowledge in sports rehabilitation, injury prevention and functional recovery
- ◆ Assess the athlete from the point of view of physical, functional and biomechanical condition to detect aspects that hinder recovery or favor relapses in the injury
- ◆ Design both specific readaptation and recovery work, as well as individualized integral work
- ◆ Acquire a specialization in the pathologies of the locomotor system with the highest incidence in the population as a whole
- ◆ Be able to plan prevention, readaptation and functional rehabilitation programs
- ◆ Delve in the characteristics of the different types of injuries most frequently suffered by athletes nowadays
- ◆ Assess the subject's nutritional needs and make nutritional recommendations and nutritional supplements to support the recovery process
- ◆ Evaluate and monitor the evolutionary process of recovery and/or rehabilitation of an athlete's or user's injury
- ◆ Acquire skills and abilities in readaptation, prevention and recovery, increasing professional possibilities as a personal trainer
- ◆ Differentiate from an anatomical point of view the different parts and structures of the human body
- ◆ Improve the injured athlete's physical condition as part of the integral work, with the objective of achieving a greater and more efficient recovery after the injury
- ◆ Use *coaching* techniques that allow to face general psychological aspects of the athlete or injured subject that favor an effective approach from the personal training work
- ◆ Understanding marketing as a key tool for success in personal training in the field of rehabilitation, prevention and functional recovery



*The sports field requires prepared professionals and we give you the keys to position yourself among the professional elite"*



## Specific Objectives

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### Module 1. Personal Training

- ◆ Integrate the concepts of training in cardiovascular balance, strength, plyometrics, speed, agility, etc. as a key tool for staff in the prevention and readaptation of injuries
- ◆ Design training programs individualized to the characteristics of the subject in order to achieve better results

### Module 2. Preventive Work for Sports Practice

- ◆ Identify the risk factors involved in the practice of physical-sports activities
- ◆ Use different types of materials for the planning of different types of from exercises in a customized training program
- ◆ Learning Pilates exercises with different types of machines designed to be fundamental in preventive work
- ◆ See stretching and postural re-education as essential methods for the prevention of injuries and alterations of the locomotor system

### Module 3. Coaching and Personal Trainer Business

- ◆ Acquire and understand the different healthy habits and lifestyles, as well as their implementation possibilities
- ◆ Apply motivational strategies to achieve better results in the process of sports rehabilitation and functional recovery
- ◆ Plan and design spaces that favor a better development of the specific personal training work to be carried out
- ◆ Understand the personal training process where the relationship with the client and the feedback provided by the client are fundamental to the process





03

# Course Management

Our teaching team, experts in sports rehabilitation, have a wide prestige in the profession and are professionals with years of teaching experience who have come together to help you give a boost to your profession. To this end, they have developed this Postgraduate Diploma with the latest developments in the field that will allow you to train and increase your skills in this sector.





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*Learn from the best professionals and  
become a successful professional yourself”*

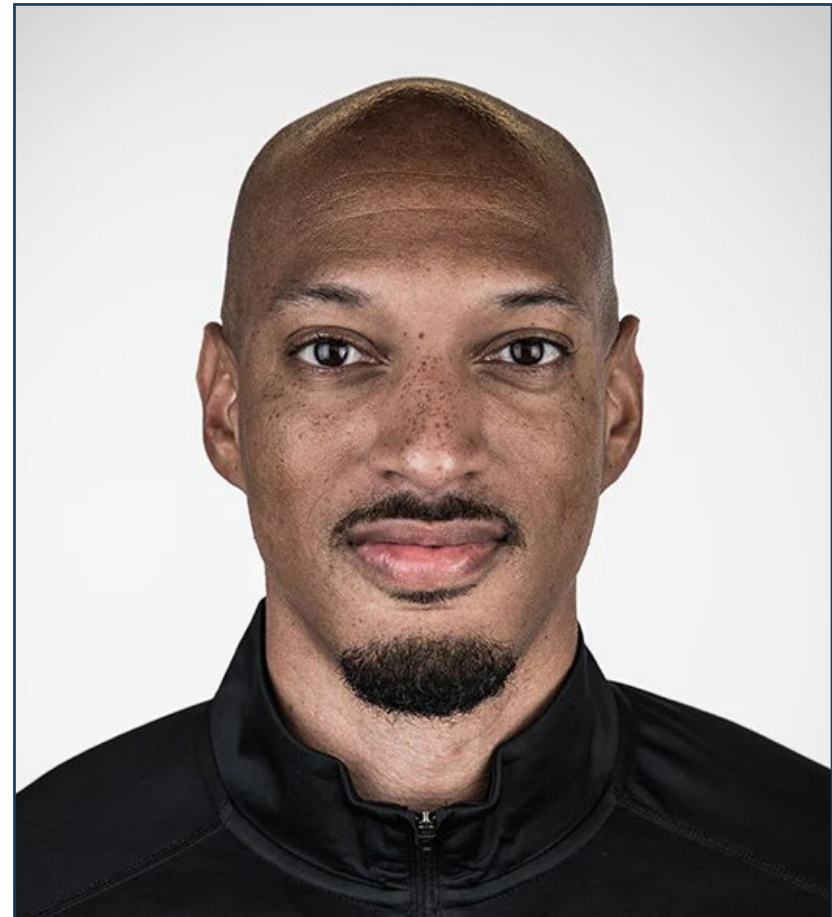
## International Guest Director

Dr. Charles Loftis is a renowned specialist who serves as a sports performance **therapist** for the **Portland Trail Blazers in the NBA**. His impact on the world's premier basketball league has been significant, bringing distinguished expertise in creating strength and conditioning programs.

Prior to joining the Trail Blazers, he was the head strength and conditioning coach for the Iowa Wolves, implementing and overseeing the development of a comprehensive player program. In fact, his experience in the sports performance field began with the establishment of XCEL Performance and Fitness, of which he was the founder and head coach. There, Dr. Charles Loftis worked with a wide range of athletes to develop strength and conditioning programs, as well as working on the **prevention** and **rehabilitation** of **sports injuries**.

His academic background in the field of chemistry and biology gives him a unique perspective on the science behind sports performance and physical therapy. As such, he holds CSCS and RSCC designations from the National Strength and Conditioning Association (NSCA), which recognise his knowledge and skills in the field. He is also certified in PES (Performance Enhancement Specialist), CES (Corrective Exercise Specialist) and dry needling.

All in all, Dr. Charles Loftis is a vital member of the NBA community, working directly with both the strength and performance of elite athletes as well as the necessary prevention and rehabilitation of various sports injuries.



## Dr. Loftis, Charles

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- Physical Trainer at the Portland Trail Blazers, Portland, United States
- Head Strength and Conditioning Coach for the Iowa Wolves
- Founder and Head Coach at XCEL Performance and Fitness
- Head Performance Coach for Oklahoma Christian University men's basketball team
- Physical Therapist at Mercy
- PhD in Physical Therapy from Langston University
- Degree in Chemistry and Biology from Langston University

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*Thanks to TECH you will be able to learn with the best professionals in the world"*

## International Guest Director

Isaiah Covington is a highly skilled performance coach, with extensive experience in treating and addressing a variety of injuries in elite athletes. In fact, his professional career has been directed towards the **NBA**, one of the most important sports leagues in the world. He is **the performance coach of the Boston Celtics**, one of the most important teams in the Eastern Conference and with the greatest projection in the United States.

His work in such a demanding league has made him specialize in maximizing the **physical and mental potential of the players**. Key to this has been his past experience with other teams, such as the Golden State Warriors and the Santa Cruz Warriors. This has also allowed him to work on sports injuries, focusing on the **prevention and rehabilitation** of the most common injuries in elite athletes.

In academia, his interests have been in the fields of **kinesiology, exercise science and high performance sport**. This has led him to excel prolifically in the NBA, working day-to-day with some of the most important basketball players and coaching staffs in the world.





## Mr. Covington, Isaiah

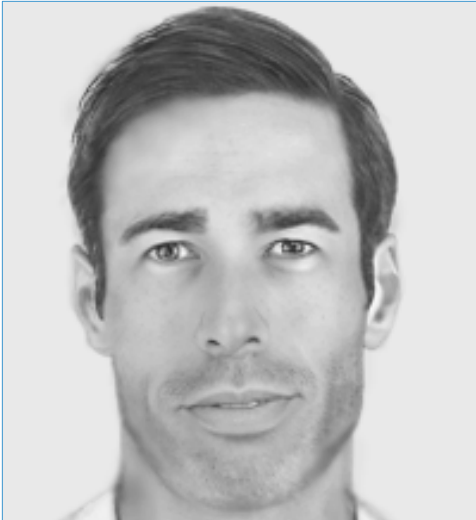
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- Performance Coach and Fitness Trainer for the Boston Celtics, Boston, USA
- Performance Coach of the Golden State Warriors
- Head Performance Coach, Santa Cruz Warriors, Santa Cruz, USA
- Performance Coach at Pacers Sports & Entertainment
- Degree in Kinesiology and Exercise Science from the University of Delaware
- Specialization in Training Management
- Master's Degree in Kinesiology and Exercise Science from Long Island University
- Master's Degree in Performance Sport from the Australian Catholic University

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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”*

## Management



### **Dr. González Matarín, Pedro José**

- Technical researcher of Health Education in Murcia
- Teacher and researcher at the University of Almeria
- Teacher and researcher at the University of Almeria
- High Performance Coach
- Doctor in Health Sciences
- Degree in Physical Education
- Master's Degree in Functional Recovery in Physical Activity and Sport
- Master's Degree in Regeneration Medicine
- Master's Degree in Physical Activity and Health
- Master's Degree in Dietetics and Diet Therapy
- Member of: SEEDO and AEEM



04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of the program in daily practice, aware of the current relevance of quality specialization in the field of personal training, and committed to quality education through new educational technologies.





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*We have the most complete and up-to-date scientific program on the market. We want to provide you with the best education”*

## Module 1. Personal Training

- 1.1. Personal Training
- 1.2. Flexibility Training
- 1.3. Endurance and Cardiorespiratory Training
- 1.4. Core Training
  - 1.4.1. Core Musculature
  - 1.4.2. The Training of Stabilization Systems
  - 1.4.3. Core Science and Training
  - 1.4.4. Core Training Guidelines
  - 1.4.5. Core Training Program Design
- 1.5. Balance Training
- 1.6. Plyometric Training
  - 1.6.1. Principles of Plyometric Training
  - 1.6.2. Designing a Plyometric Training Program
- 1.7. Speed and Agility Training
- 1.8. Strength Training
- 1.9. Integrated Program Design for optimal performance
- 1.10. Exercise Modalities

## Module 2. Preventive Work for Sports Practice

- 2.1. Risk Factors in Sports
- 2.2. Working with Mat Exercises
- 2.3. Reformer and Cadillac
- 2.4. Wunda Chair
- 2.5. Active GlobalStretching and Global Postural Re-education
- 2.6. Fitball
- 2.7. TRX
- 2.8. Body Pump
- 2.9. Medicine Ball and Kettlebells



- 2.10. Thera Band
  - 2.10.1. Advantages and Properties
  - 2.10.2. Individual Exercises
  - 2.10.3. Exercises in Pairs
  - 2.10.4. Respiratory muscles

### Module 3. *Coaching and Business* of the Personal Trainer

- 3.1. The Beginning of the Personal Trainer
- 3.2. Coaching for the Personal Trainer
- 3.3. The Personal Trainer as a Promoter of Exercise and the Effects on Health and Performance
  - 3.3.1. Basic Fundamentals of Physical Exercise
  - 3.3.2. Acute Exercise Responses
  - 3.3.3. Health Effects of Exercise
    - 3.3.3.1. Resistance
    - 3.3.3.2. Strength and Power
    - 3.3.3.3. Balance
  - 3.3.4. Health Effects of Exercise
    - 3.3.4.1. Physical Health
    - 3.3.4.2. Mental Health
- 3.4. Need for Behavioral Changes
- 3.5. The Personal Trainer and the Relationship with the Client
- 3.6. Motivational Tools
  - 3.6.1. Appreciative Exploration
  - 3.6.2. Motivational Interview
  - 3.6.3. Building Positive Experiences
- 3.7. Psychology for the Personal Trainer
- 3.8. Personal Trainer's Career Path
- 3.9. Design and Maintenance and Material Installations
- 3.10. Legal Aspects of Personal Training

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. Gérvas, 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.

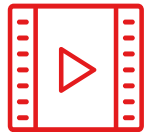
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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

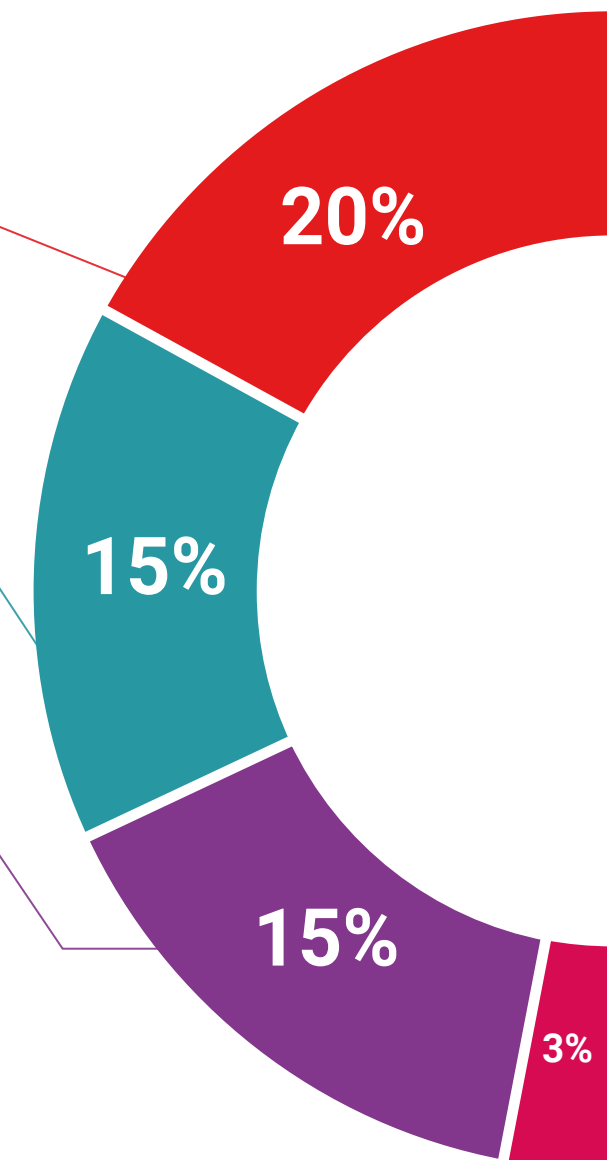
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

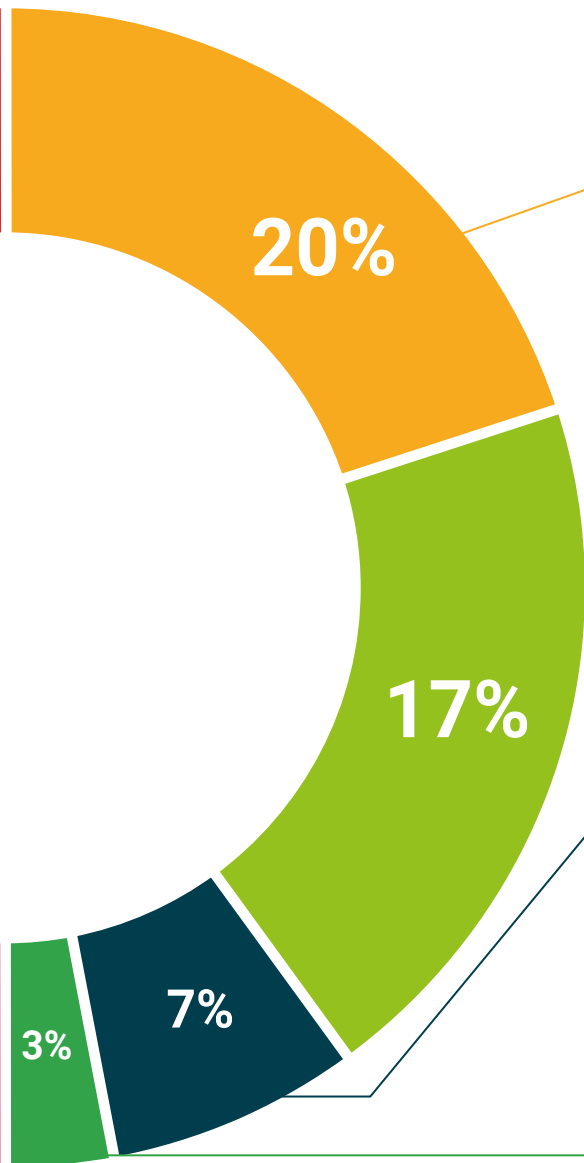
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.





# 06 Certificate

The Postgraduate Diploma in Injury Prevention in Sports Practice guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 a **Postgraduate Diploma in Injury Prevention in Sports Practice** 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.

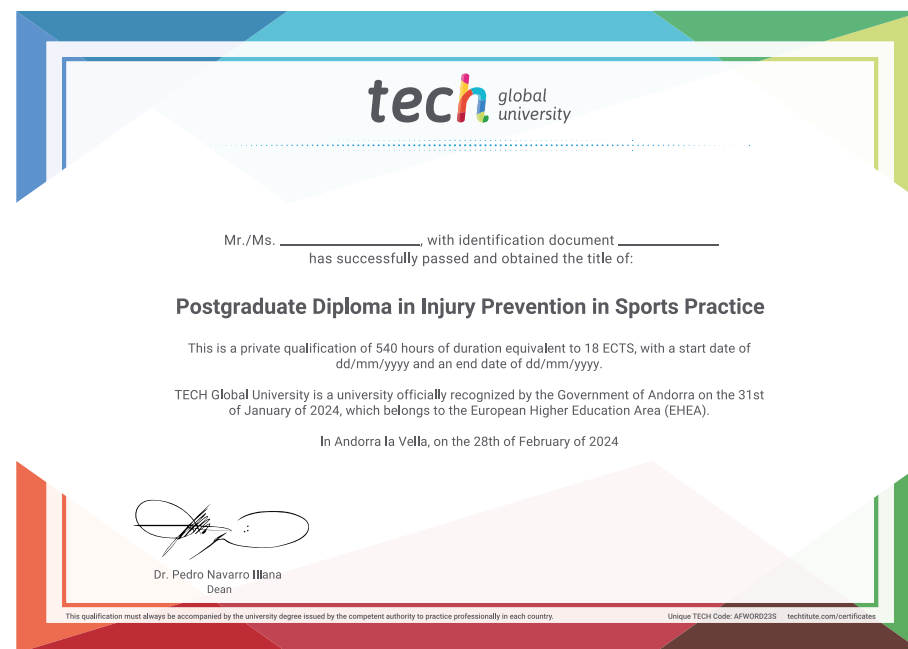
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Injury Prevention in Sports Practice**

Modality: **online**

Duration: **6 months**

Accreditation: **18 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  
knowledge present quality  
development languages  
virtual classroom



## Postgraduate Diploma

### Injury Prevention in Sports Practice

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

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**tech** global  
university

