

# Postgraduate Certificate

## Nursing Care for Sports Health Problems

Endorsed by the NBA





## Postgraduate Certificate Nursing Care for Sports Health Problems

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 5 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-certificate/nursing-care-sports-health-problems](http://www.techtute.com/us/nursing/postgraduate-certificate/nursing-care-sports-health-problems)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Structure and Content

---

*p. 12*

04

Methodology

---

*p. 16*

05

Certificate

---

*p. 24*

# 01

# Introduction

Nursing professionals can be key agents in the monitoring of the athlete to improve and maintain their physical capacity and health. This Postgraduate Certificate is designed to provide professionals, in a practical way, the update of their knowledge to perform appropriate nursing interventions to health problems in sport, in order to solve health problems and increase the performance of the athlete.





“

*The quality of nursing care to the athlete is conditioned by the updating of the knowledge of the professionals who care for the athlete. Nursing can help the athlete, both amateur and high performance, with the realization of nursing interventions for health problems that may arise in sports”*

The health benefits of physical and sporting activity are not only recognized by the majority of the population, but its promotion has become part of current public health policies. Despite this, many circumstances hinder effective involvement in sports activities and prevent us from taking advantage of the many benefits that sport has for our health and state of mind.

The Postgraduate Certificate in Nursing Care for Sports Health Problems provides current scientific knowledge that demonstrates the beneficial effects of exercise and the mechanisms by which it enhances health, and aims to be a preparation tool with the objective of promoting the use of physical activity for the prevention of diseases in healthy people, and to develop the usefulness of this activity as an adjuvant in the treatment and rehabilitation of certain pathologies and injuries.

This **Postgraduate Certificate in Nursing Care for Sports Health Problems** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ Clinical cases presented by experts. 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
- ◆ Diagnostic and therapeutic innovations on the care of the athlete
- ◆ Nursing interventions for the main health problems in sport
- ◆ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ◆ Includes theoretical lectures, questions to the expert, discussion forums on controversial issues and individual reflection papers
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Through this Postgraduate Certificate you will be able to update your knowledge in nursing interventions to health problems in the athlete"*

“

*This Postgraduate Certificate may be the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Nursing Care for Sports Health Problems, you will obtain a Postgraduate Certificate from TECH Global University”*

It includes in its teaching staff reference nursing professionals, who pour into this specialization the experience of their work, in addition to other professional specialists in the different areas of care for the athlete.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare for real situations.

The design of the program is based on Problem-Based Learning, by means of which the nursing professional must try to solve the different professional practice situations that arise throughout the program. This will be supported by an innovative interactive video system developed by renowned experts in sports nursing care, with extensive teaching experience.

*This program offers specialization in simulated environments, which provides an immersive learning experience designed to prepare for real-life situations.*

*It includes clinical cases to bring the development of the program as close as possible to the reality of sports nursing care.*



# 02

# Objectives

This program is oriented towards a review of the main aspects of sports nursing, based on scientific evidence and the experience of recognized professionals, with a special emphasis on nursing interventions to health problems in sports.







“

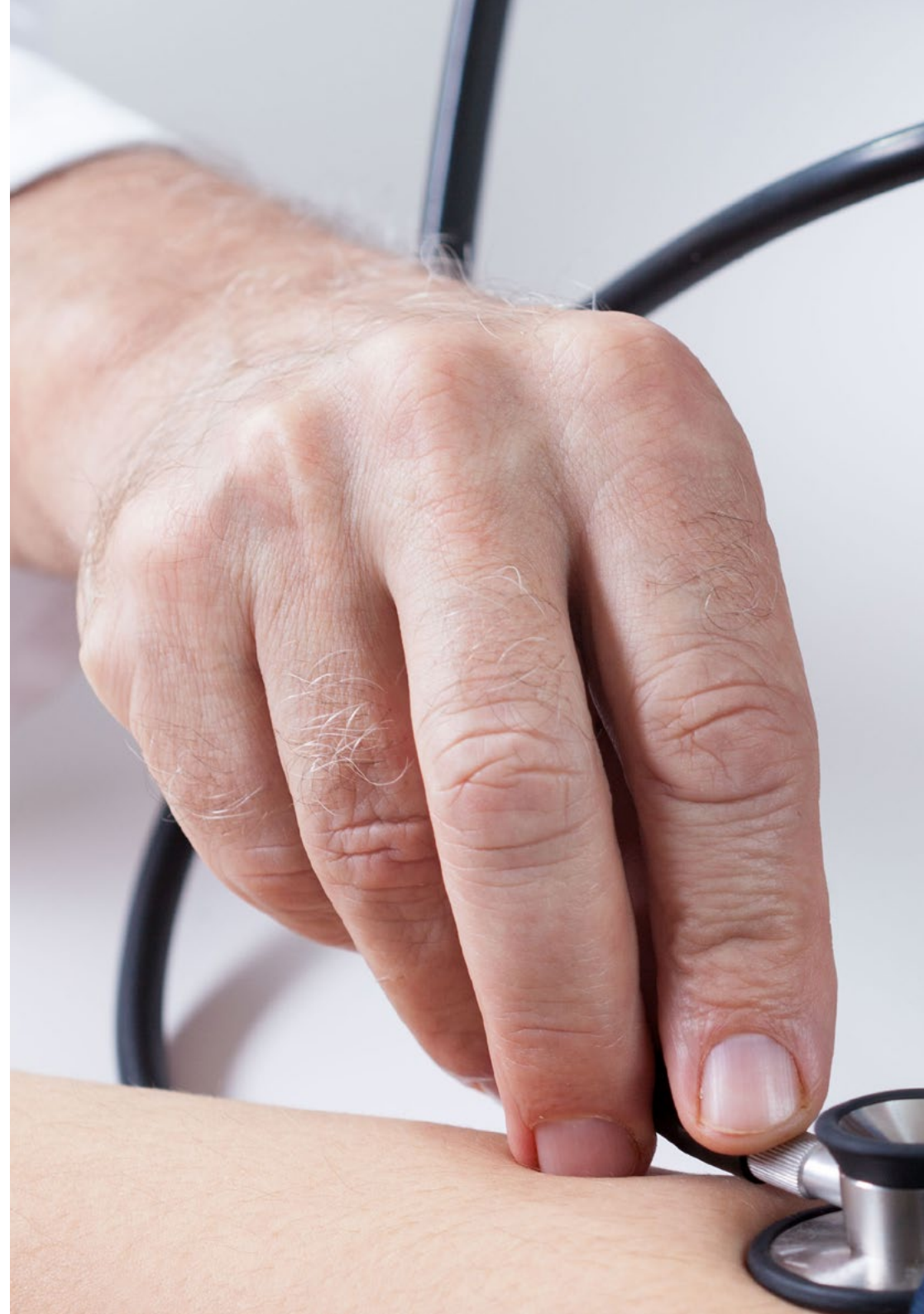
*This specialization will give you a sense of confidence when taking decisions and providing care, which will help you grow both personally and professionally”*



## General Objective

---

- Update nursing professionals in their knowledge of physical activity and sport, obtaining the tools and complementary techniques that facilitate the prevention of diseases in healthy people, and to develop the usefulness of this activity as an adjuvant in the treatment and rehabilitation of certain pathologies and injuries





## Specific Objectives

---

### Module 1. Health Problems in Sports

- ♦ Analyze the implication of the common medical pathology in primary care in the user who practices physical-sports activity
- ♦ Describe the methodology for prescribing healthy physical-sports programs in users who suffer from some of the most common medical pathologies in primary care
- ♦ Explain the way to stimulate personal and postural hygiene habits in the user of physical-sports activities

### Module 2. Sports Psychology

- ♦ Review the principles of behavioral sciences in physical activity and sport
- ♦ Point out the differences between the needs of nursing care for professionals and users of physical and sports activities
- ♦ Describe the main motivational techniques in the field of physical activity and sport
- ♦ Define the techniques of psychological support to the user in the different phases of an injury
- ♦ Analyze the behavioral disorders related to physical-sports activity

03

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable of the implications of the preparation in the daily nursing praxis in psychiatric emergency care in Primary Care, aware of the relevance of the current relevance of education to be able to act before the patient with urgent pathology and committed to quality teaching through new educational technologies.



“

*This Postgraduate Certificate in Nursing Care for Sports Health Problems contains the most complete and updated scientific program on the market”*

### Module 1. Health Problems in Sports

- 1.1. Arterial Hypertension, Hyperlipidemia and Exercise
- 1.2. Diabetes and Exercise
- 1.3. Obesity, Weight Control and Exercise
- 1.4. Cardiopathies and Exercise Cardiovascular Rehabilitation
- 1.5. Asthma, Physical Exercise and Sport
- 1.6. OCFA and Physical Exercise Rehabilitation in Respiratory Patients
- 1.7. Exercise in Hematologic and Infectious Disorders
- 1.8. Osteoarthritis, Osteoporosis in Relation to Exercise and Sports
- 1.9. Low Back Pain and Exercise Postural Hygiene Nursing Interventions
- 1.10. Dermatologic, Ophthalmologic and ENT Pathologies in Sport
- 1.11. Nursing Interventions in Medical-Surgical Pathology in Sport
- 1.12. Hygiene and Personal Hygiene in Sports Nursing Interventions

### Module 2. Sports Psychology

- 2.1. Fundamentals of Physical Exercise and Sports Psychology
- 2.2. Psychology of Athletes, Coaches and Technical Staff Nursing Interventions
- 2.3. Motivation of the Physical Exercise Practitioner Nursing Interventions
- 2.4. Psychology and Sports Injuries
- 2.5. Psychopathology of Physical Exercise and Sport Nursing Interventions





“

*A unique, crucial and decisive learning experience to boost your professional development”*

# 04

# 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.





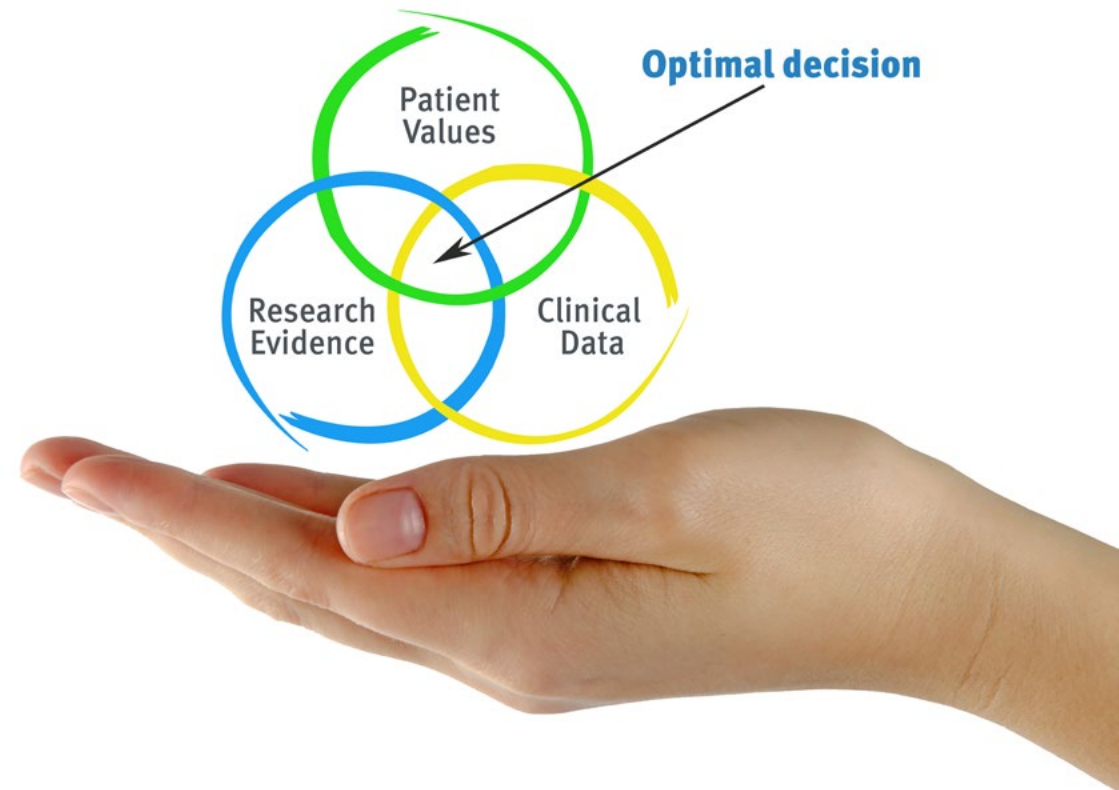
“

*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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing practice.

“

*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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really specific and precise.

These contents are then adapted in 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### Interactive Summaries

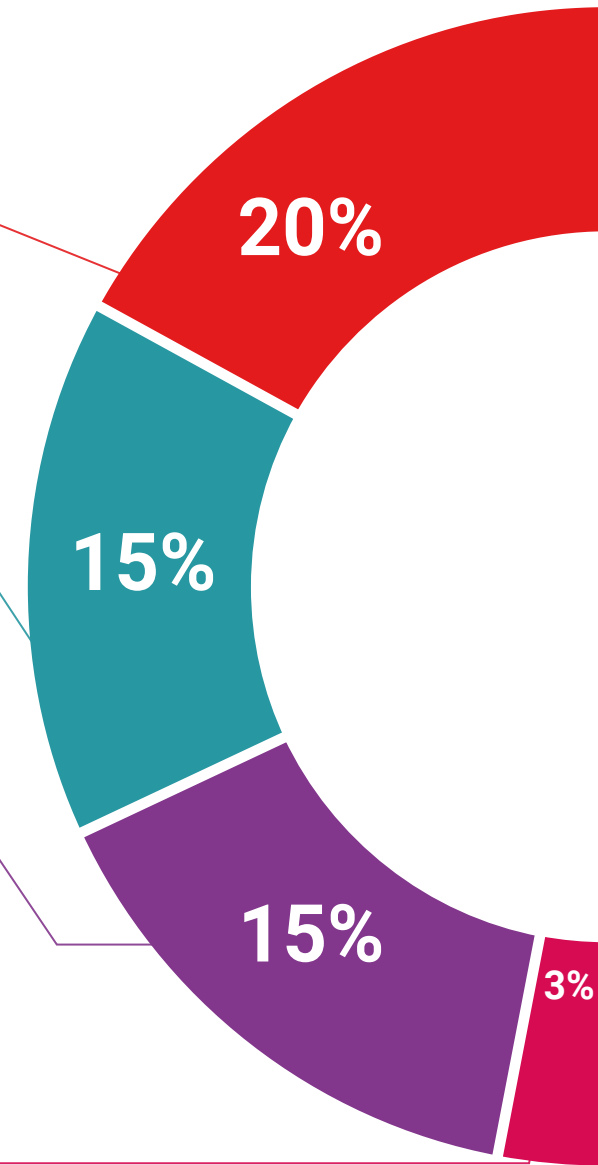
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

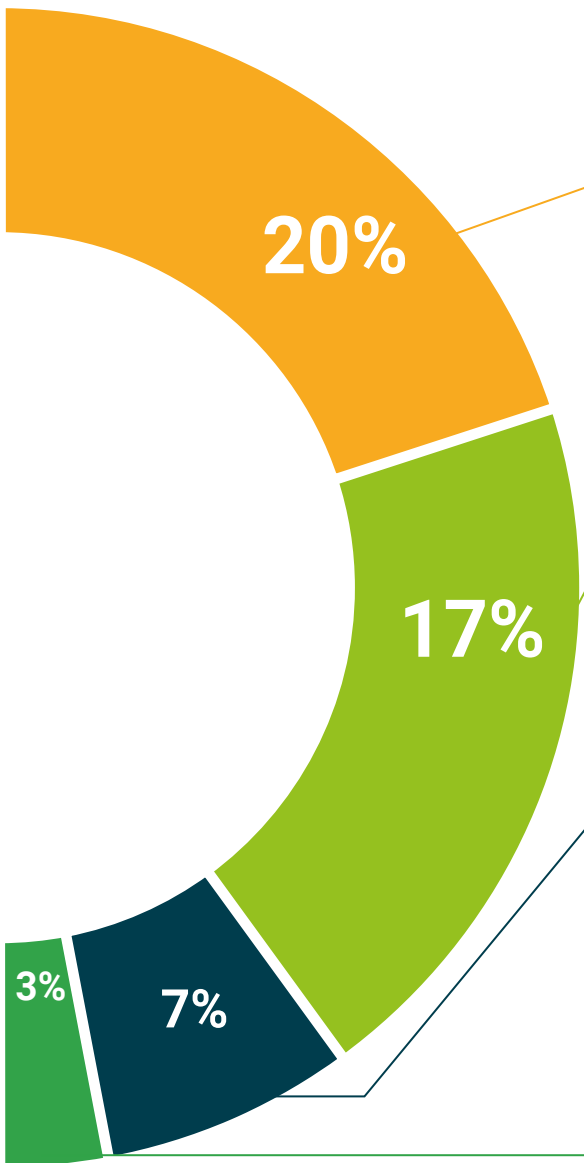
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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

The student's knowledge is periodically assessed and re-assessed throughout the program, through evaluative and self-evaluative activities and exercises: in this way, students can check how they are doing in terms of achieving their goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

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.



05

# Certificate

The Postgraduate Certificate in Nursing Care for Sports Health Problems guarantees students, in addition to the most rigorous and up-to-date knowledge, access to a Postgraduate Certificate issued by TECH Global University.





“

*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 Certificate in Nursing Care for Sports Health Problems** 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 Certificate in Nursing Care for Sports Health Problems**

Modality: **Online**

Duration: **6 weeks**

Accreditation: **5 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.



**Postgraduate Certificate**  
Nursing Care for Sports  
Health Problems

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 5 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate

## Nursing Care for Sports Health Problems

Endorsed by the NBA

