

Postgraduate Certificate Nursing Interventions in Physical Activity Sports

Endorsed by the NBA



tech global
university





Postgraduate Certificate Nursing Interventions in Physical Activity Sports

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 4 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nursing/postgraduate-certificate/nursing-interventions-physical-activity-sports

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01

Introduction

Nursing professionals can be key agents in the monitoring of athletes to improve and maintain their physical capacity and health. This program is designed to provide nursing professionals, in a practical way, to update their knowledge to perform the appropriate nursing interventions in each case, both in the amateur and professional athlete, to improve their performance and maintain their health.



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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 implementation of nursing interventions in the different phases of training and competition”

Physical activity and sports practice are directly associated and related to the health of the population, being unquestionable the existing scientific evidence in relation to the benefits of these and their impact on the individual and collective health of the population.

In addition to providing current scientific knowledge that demonstrates the beneficial effects of exercise and the mechanisms by which it enhances health, this Postgraduate Certificate in Nursing Interventions in Physical Activity Sports aims to be a specialization tool for Undergraduates and Graduates in Nursing in relation to the comprehensive care of the user who practices some kind of physical-sports activity, both for healthy purposes and in competition, and aims to promote the use of physical activity for the prevention of diseases in healthy people and develop the usefulness of such activity as an adjunct in the treatment and rehabilitation of certain diseases and injuries.

This **Postgraduate Certificate in Nursing Interventions in Physical Activity Sports** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Clinical cases presented by experts. Its graphic, schematic and eminently practical contents with which they are conceived, gather scientific and assistance information on those medical disciplines that are indispensable for the professional practice
- ♦ Diagnostic and therapeutic innovations on the care of the athlete
- ♦ Nursing interventions in the different phases of physical activity performed by amateur and professional athletes
- ♦ 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"

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This Postgraduate Certificate may be the best investment you can make in selecting a refresher program for two reasons: in addition to updating your knowledge in physical activity and sports nursing interventions, you will earn 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 Postgraduate Certificate offers specialization in simulated environments, which provides an immersive learning experience designed to prepare you 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 special emphasis on Nursing Interventions in Physical Activity Sports.





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



General Objective

- Update the nursing professionals' knowledge about physical activity and sport, obtaining the tools and complementary techniques that facilitate the prevention and treatment of possible injuries that may occur during the practice of physical activity or sport, in collaboration with the other members of the multidisciplinary team that must attend this professional action both in a preventive and therapeutic way



Take the opportunity and take the step to get up to date on the latest developments in Nursing Interventions in Physical Activity Sports”





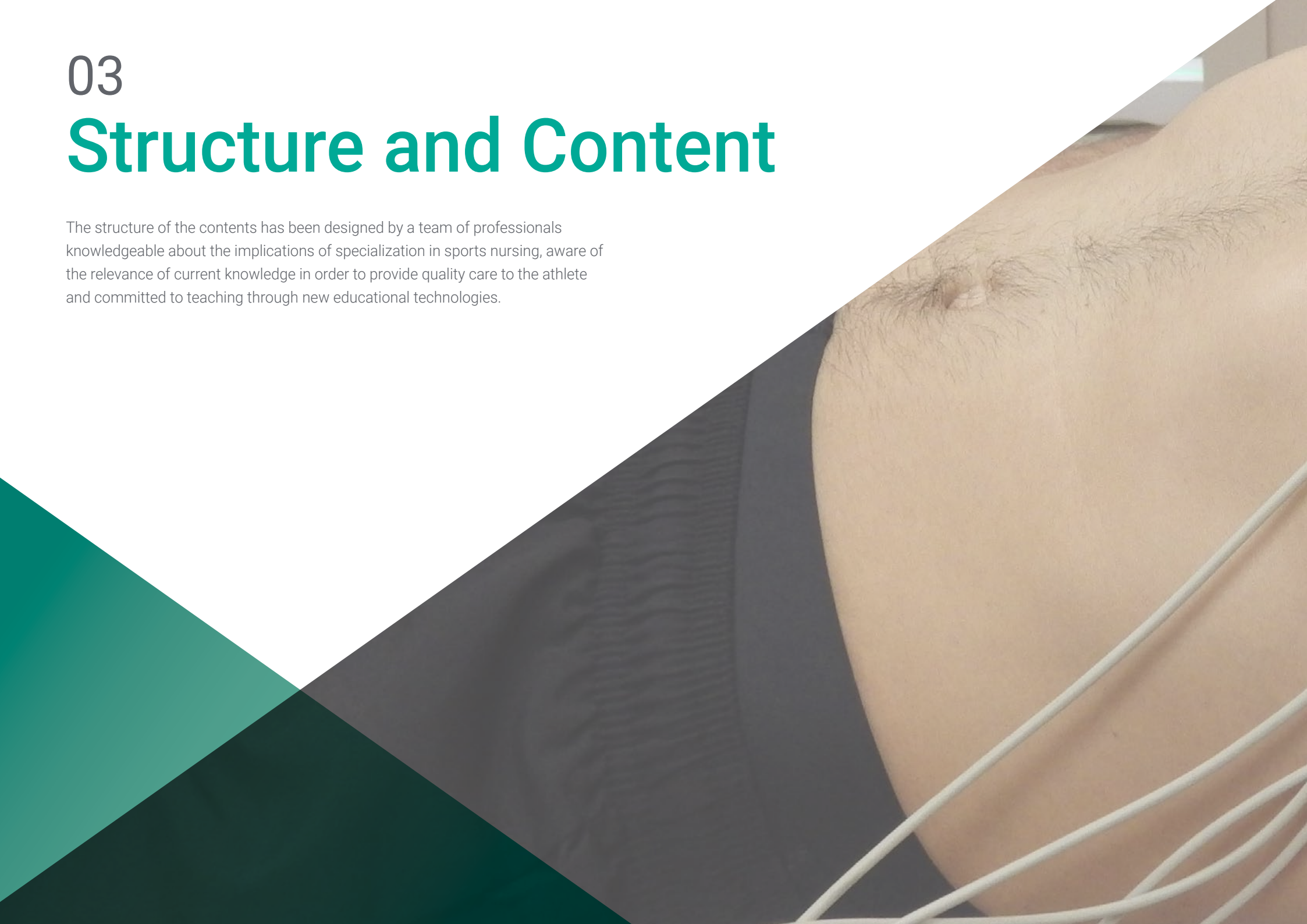
Specific Objectives

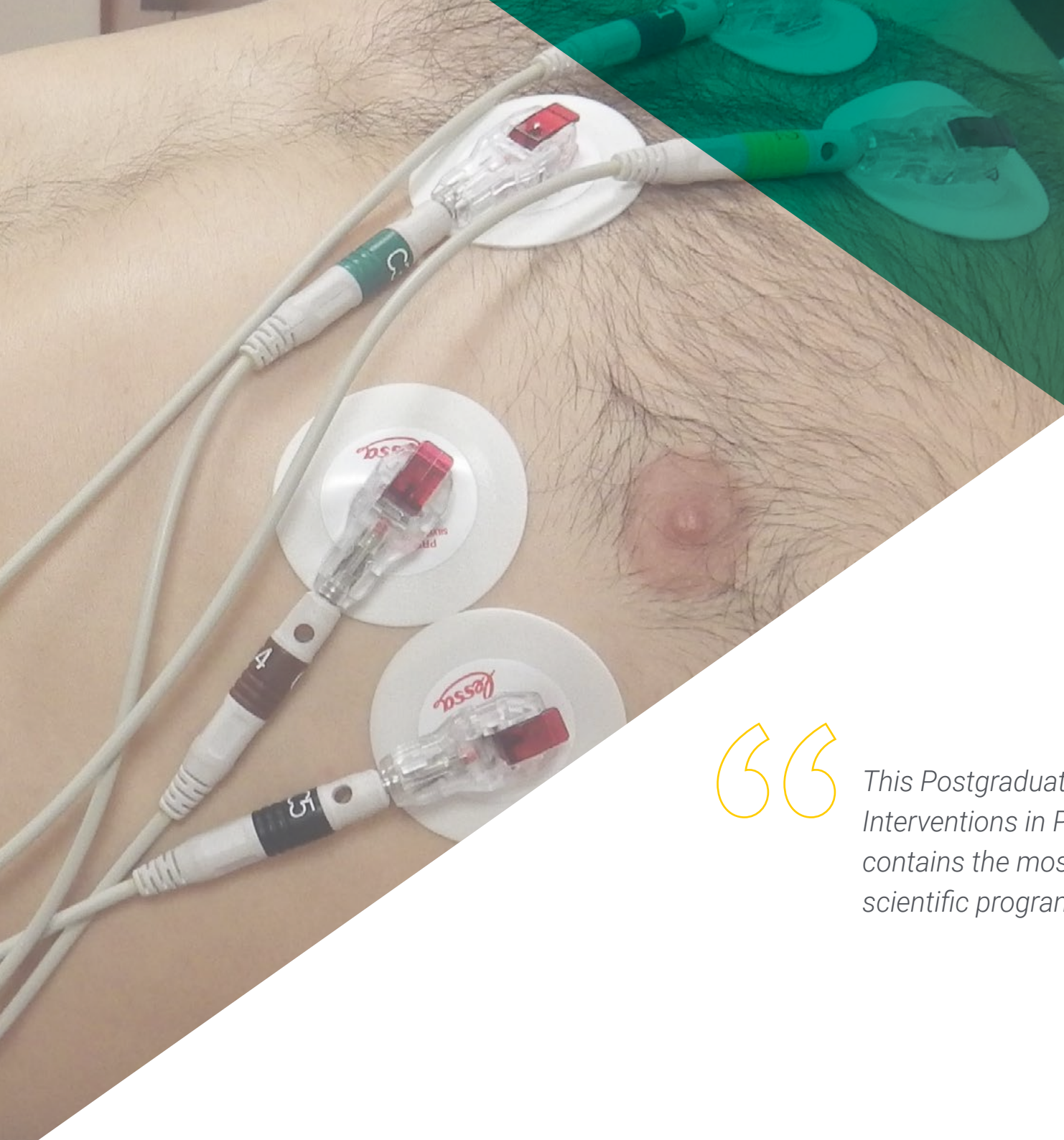
- ◆ Develop and practice professional interventions in the field of physical activity and sport
- ◆ Encourage participation in health education programs for users in the different stages of their lives
- ◆ Integrate the new work fields for nursing professionals, applying the specific instruments of the sport discipline, and seeking new formulas for the participation of nursing professionals in sports, competitive or not, to promote and preserve health
- ◆ Analyze the principles and planning of training
- ◆ Advise on the benefits and risks of physical activity and sports
- ◆ Explain the methodology necessary to assess the fitness of a user for inclusion in a physical exercise program
- ◆ Describe, characterize and point out the differences and similarities of cardiovascular training, resistance, strength, mobility, flexibility and coordination training
- ◆ Describe the characteristics of resistance training
- ◆ Explain the design of healthy physical exercise programs for special populations

03

Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of specialization in sports nursing, aware of the relevance of current knowledge in order to provide quality care to the athlete and committed to teaching through new educational technologies.





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This Postgraduate Certificate in Nursing Interventions in Physical Activity Sports contains the most complete and updated scientific program on the market”

Module 1. Prescription and Promotion of Sports Physical Activity

- 1.1. Planning and Principles of Training
- 1.2. Benefits and Risks of SPA
- 1.3. Fitness Testing for Inclusion in a Physical Exercise Program Nursing Interventions
- 1.4. Cardiovascular Training Nursing Interventions
- 1.5. Endurance Training Nursing Interventions
- 1.6. Strength Training Nursing Interventions
- 1.7. Mobility, Flexibility and Coordination Training Nursing Interventions
- 1.8. SPA in Particular Populations Nursing Interventions
- 1.9. Flexibility Training
- 1.10. Speed and Agility Training





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

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 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.

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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. 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 them 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, they can watch them as many times as they 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 Interventions in Physical Activity Sports guarantees students, in addition to the most rigorous and up-to-date knowledge, 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 private qualification will allow you to obtain a **Postgraduate Certificate in Nursing Interventions in Physical Activity Sports** 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.

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