

Postgraduate Diploma Sports Nursing

Endorsed by the NBA





Postgraduate Diploma Sports Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 25 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-sports-nursing

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01

Introduction

Nursing professionals can play a key role in the care of the athlete, both from the point of view of injury prevention to performing interventions for physical activity pathologies. This Postgraduate Diploma is designed to provide nursing professionals with an update on intervention procedures for athletes, both in high performance and amateur athletes.



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The quality of athlete care is conditioned by professionals having updated knowledge of the care they provide. Nurses have the necessary knowledge and skills to perform valuable functions in the sports field. Get up to date in the procedures of prevention, identification of problems and intervention in the high performance and amateur athlete”

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 individual and collective health of the population. In fact, physical inactivity is recognized as one of the main risk factors for chronic diseases and constitutes between the second and sixth most important risk factor in relation to the burden of disease in the population of Western society.

The Postgraduate Diploma in Sports Nursing aims to be an updating tool for nursing professionals in relation to the comprehensive care of the user who practices some type 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 to develop the usefulness of this activity as an adjuvant in the treatment and rehabilitation of certain pathologies and injuries.

The program is oriented to facilitate the updating of professionals in order to be able to work in the care of the athlete, both from the prism of prevention and therapy and care, and can perform interventions based on the latest scientific evidence.

This **Postgraduate Diploma in Sports Nursing** 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
- It also incorporates updates on the most commonly used nursing procedures in the sports field such as: stress tests and training interventions in the main sports
- Address the role of nursing in the doping process
- Algorithm-based interactive learning system for decision-making in the presented clinical situations
- 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

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Through this Postgraduate Diploma you will be able to update your knowledge in the care of the athlete, to prevent injuries, facilitate the diagnostic and therapeutic process of their pathologies and improve the prognosis by reducing the possible sequelae and complications”



This Postgraduate Diploma 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 sports nursing, you will obtain a Postgraduate Diploma from TECH Global University ”

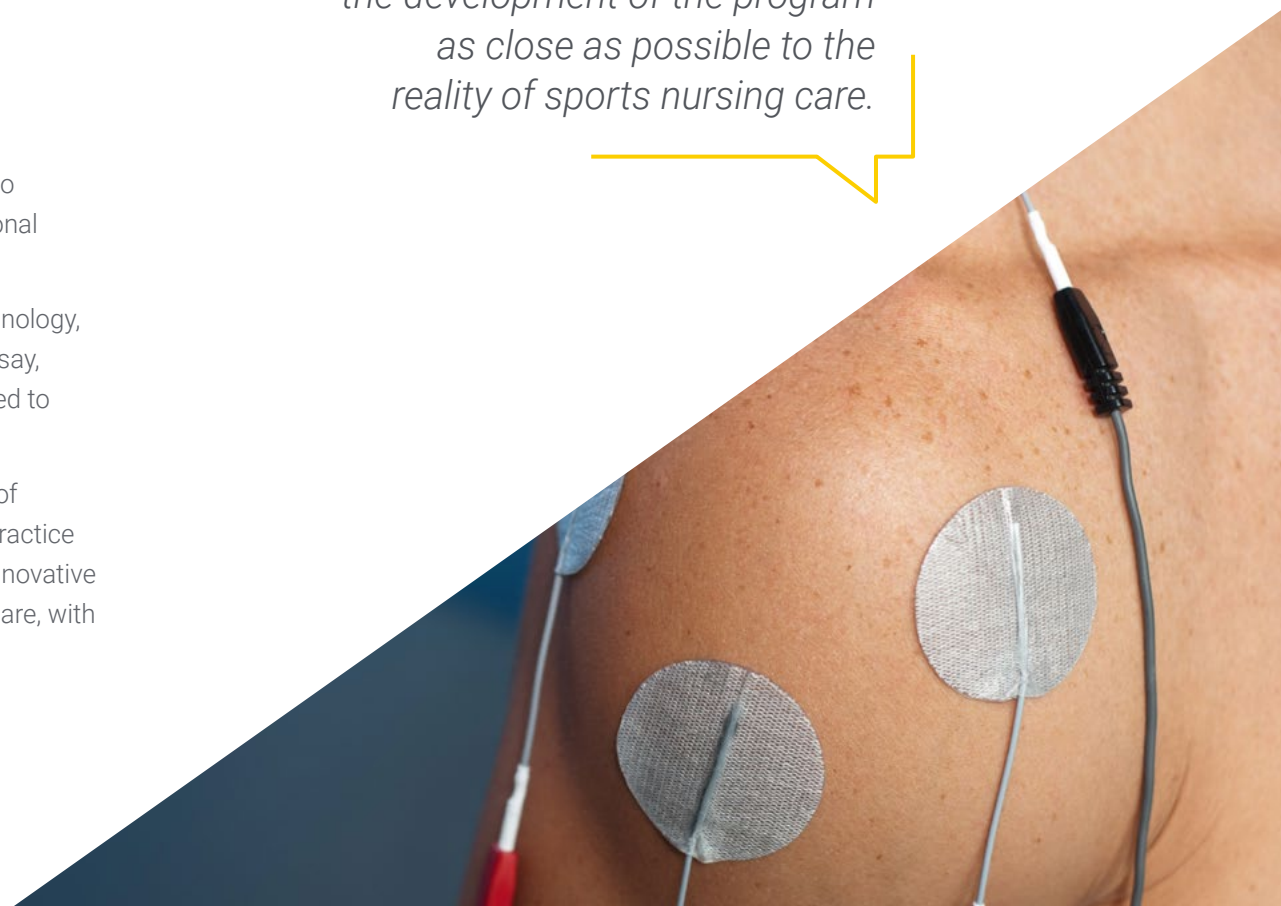
It includes in its teaching staff reference nursing professionals, who pour into this specialization the experience of their work, in addition to other professional specialists in the different areas of care for the athlete.

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

The Postgraduate Diploma program is oriented towards a review of the main aspects of sports nursing, based on scientific evidence and the experience of recognized professionals.





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This program 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 the most used procedures in the field of physical activity and sport, as well as in the interventions 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 rest of the members of the multidisciplinary team that must attend this professional action both in a preventive and therapeutic way





Specific Objectives

- Develop and exercise professional interventions in the field of physical activity and sport, promoting their participation in health education programs for users in the different stages of their lives
- Describe the characteristics and regulations of the main individual and team sports.
- Point out the properties of the main sports in patients with chronic pathology.
- Apply the different resources and materials for the protection of the user in physical-sports activities



*A unique specialization experience,
key and decisive to boost your
professional development"*

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 Diploma in Sports Nursing contains the most complete and updated scientific program on the market”

Module 1. Anatomical-Physiological Fundamentals of Physical Activity

- 1.1. Concepts and History of Medicine and Nursing of Physical Activity and Sport
- 1.2. Functional Anatomy and Biomechanics Applied to Physical Activity and Sport (PAS)
- 1.3. Physiology of Exercise Energy Systems
- 1.4. Cardiovascular Adaptations to PAS
- 1.5. Respiratory Adaptations to PAS
- 1.6. Adaptations of the Musculoskeletal System to PAS
- 1.7. Endocrine, Renal and Digestive Adaptations to PAS
- 1.8. Assessing Athletes' Physical Ability Ergometry, Spirometry and Somatometry Nursing Interventions
- 1.9. Physical Activity in Environmental Stress Altitude and Depth
- 1.10. Thermoregulation During Physical Activity Nursing Interventions
- 1.11. Fatigue and Overtraining

Module 2. Sports Nutrition

- 2.1. Assessment of Energy Expenditure Anthropometry and Body Composition Nursing Interventions
- 2.2. Carbohydrates and Physical Exercise
- 2.3. Fats and Physical Exercise
- 2.4. Protein and Physical Exercise
- 2.5. Vitamin and Mineral Supplements in Physical Exercise
- 2.6. Pre-, During and Post-Exercise Nutrition Nursing Interventions
- 2.7. Fluid and Electrolyte Replacement after PAS Nursing Interventions
- 2.8. Doping and Ergogenic Aids Anti-Doping Control: Sample Collection Methodology. Nursing Interventions
- 2.9. Eating Disorders and PAS. Nursing Interventions



Module 3. Nursing and Sports

- 3.1. Cycling
- 3.2. Team Sports
- 3.3. Racket Sports
- 3.4. Swimming and Athletics
- 3.5. Skiing
- 3.6. Combat Sports
- 3.7. Rowing and Canoeing

Module 4. Prescription and Promotion of Sports Physical Activity

- 4.1. Planning and Principles of Training
- 4.2. Benefits and Risks of PAS
- 4.3. Fitness Testing for Inclusion in a Physical Exercise Program Nursing Interventions
- 4.4. Cardiovascular Training Nursing Interventions
- 4.5. Endurance Training Nursing Interventions
- 4.6. Strength Training Nursing Interventions
- 4.7. Mobility, Flexibility and Coordination Training Nursing Interventions
- 4.8. PAS in Particular Populations Nursing Interventions

Module 5. Sports Pathology

- 5.1. Epidemiology of Pathology in PAS
- 5.2. Sports Injury. Concept and Classification
- 5.3. Predisposing Factors to Sports Injuries
- 5.4. Prevention of Sports Injury Nursing Interventions
- 5.5. Initial Assessment of the Injured User Nursing Interventions
- 5.6. Nursing Interventions for the Injured Athlete Life Support, Mobilization, Immobilization, Manual and Wound Management Techniques
- 5.7. Diagnostic Tests in Physical Sports Injuries X-Rays, Ultrasound, MRI
- 5.8. Recovery of Physical Sports Injuries Nursing Interventions

Module 6. Health Problems in Sports

- 6.1. Arterial Hypertension, Hyperlipidemia and Exercise
- 6.2. Diabetes and Exercise
- 6.3. Obesity, Weight Control and Exercise
- 6.4. Cardiopathies and Exercise Cardiovascular Rehabilitation
- 6.5. Asthma, Physical Exercise and Sports
- 6.6. OCFA and Physical Exercise Rehabilitation in Respiratory Patients
- 6.7. Exercise in Hematologic and Infectious Disorders
- 6.8. Osteoarthritis, Osteoporosis in Relation to Exercise and Sports
- 6.9. Low Back Pain and Exercise Postural Hygiene Nursing Interventions
- 6.10. Dermatologic, Ophthalmologic and ENT Pathologies in Sports
- 6.11. Nursing Interventions in Medical-Surgical Pathology in Sports
- 6.12. Hygiene and Personal Hygiene in Sports Nursing Interventions

Module 7. Sports Psychology

- 7.1. Fundamentals of Physical Exercise and Sports Psychology
- 7.2. Psychology of Athletes, Coaches and Technical Staff Nursing Interventions
- 7.3. Motivation of the Physical Exercise Practitioner Nursing Interventions
- 7.4. Psychology and Sports Injuries
- 7.5. Psychopathology of Physical Exercise and Sport Nursing Interventions

Module 8. Management and Legislation in Sports Nursing

- 8.1. Sports Law
- 8.2. Organization and Management of a Sports Nursing System

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.



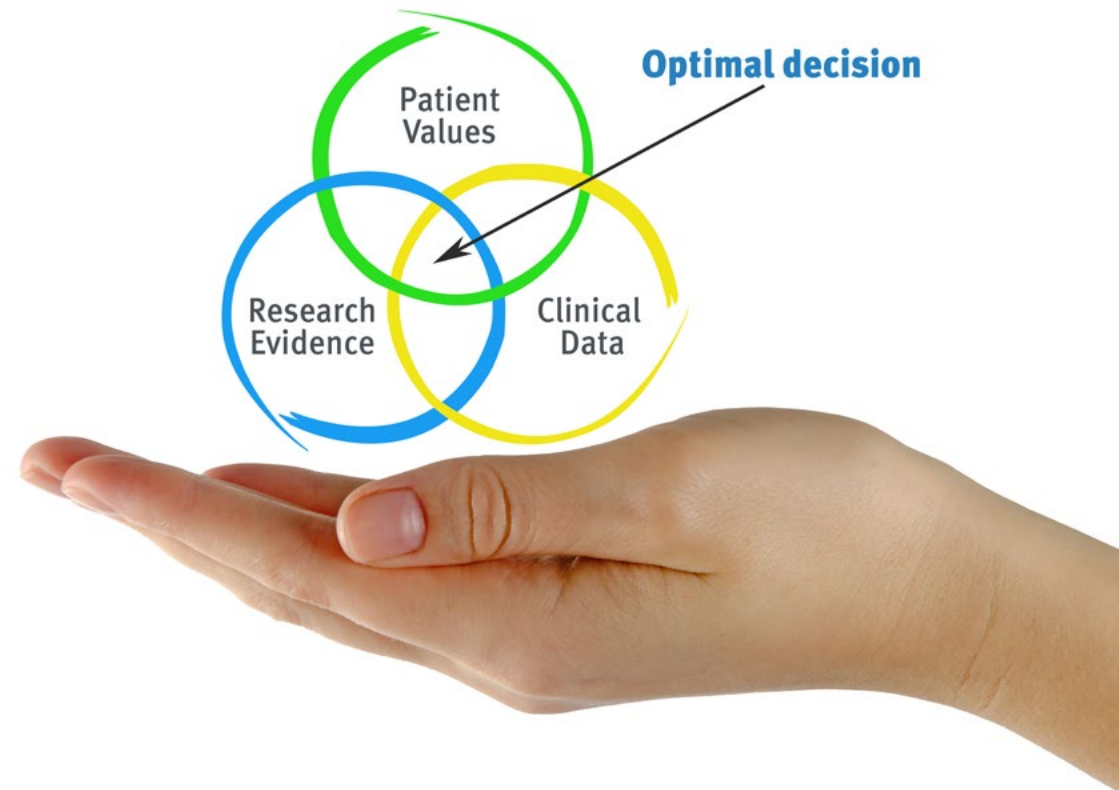
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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.

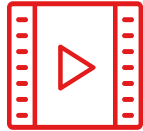
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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 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.



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

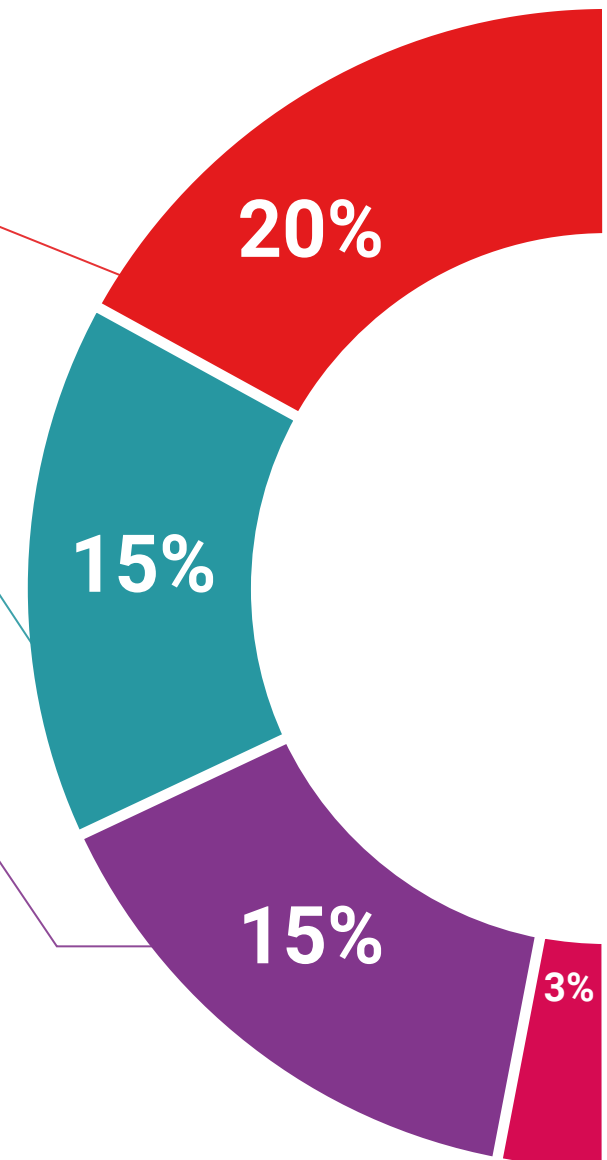
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

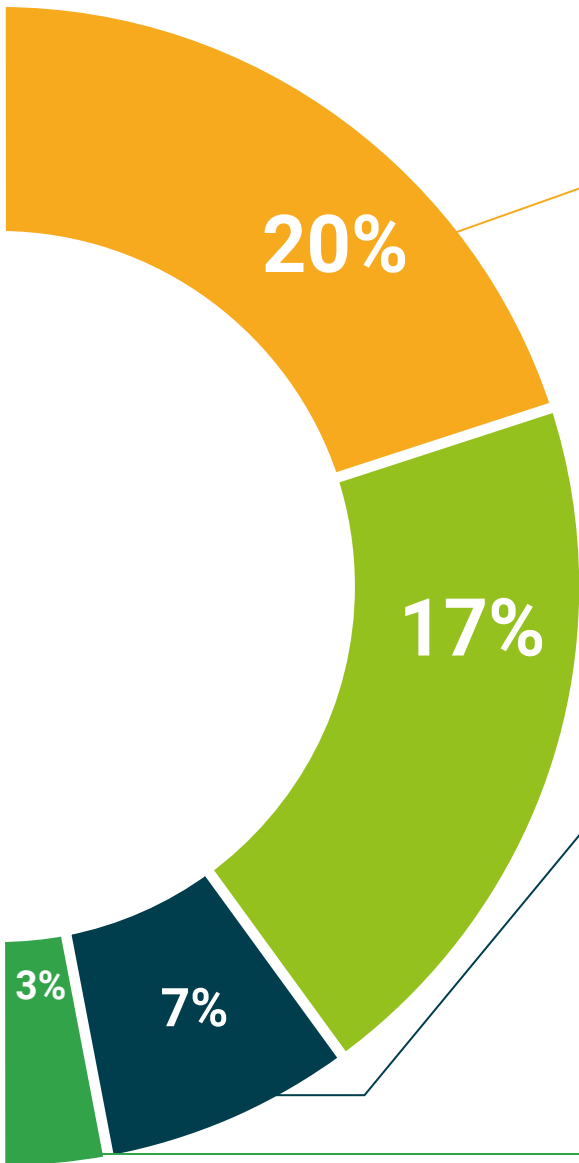
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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

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 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

This Postgraduate Diploma in Sports Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma qualification 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 Sports Nursing** 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 Sports Nursing**

Modality: **online**

Duration: **6 months**

Accreditation: **25 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
development language
classroom



Postgraduate Diploma Sports Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 25 ECTS
- » Schedule: at your own pace
- » Exams: online

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