

# Professional Master's Degree Sports Physiotherapy

Endorsed by the NBA





## Professional Master's Degree Sports Physiotherapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/pk/physiotherapy/professional-master-degree/master-sports-physiotherapy](http://www.techtitute.com/pk/physiotherapy/professional-master-degree/master-sports-physiotherapy)

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# 01

# Introduction

Working in sports physiotherapy is one of the most interesting career opportunities that a professional in this area can choose. The specific way of working requires special training that begins with diagnosing sports injuries using the latest applied techniques and means that all the lines of work that the professional must know must be fully developed up to the intervention in the injuries that occur in different sports. This program offers you the possibility to learn in a real and direct way, learning by doing, in order to obtain a real work qualification.



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*The latest advances in the diagnosis and treatment of sports injuries in a high-impact training program"*

This program is designed to provide students with the essential skills and abilities associated with Physiotherapy and will train them in prevention and the latest special techniques applied to sports.

In order to achieve this, therapeutic exercise forms a common thread that will show the student how to use it as an assessment tool, as a therapeutic agent and as an action model for the prevention of injuries.

You will learn the invasive approach to muscle-tendon injuries, the criteria for "Return to Play", based on clinical reasoning and the use of Therapeutic Exercise. All this with the incorporation of approaches, techniques or evaluations based on the principles of Evidence-Based Physiotherapy.

It contains the specific Physiotherapy intervention models for sports injuries, from diagnosis to applied techniques, developed from the highest scientific demand, enhancing clinical reasoning skills and therapeutic integration.

The direct clinical experience offered by Physiotherapists, whose care work focuses on athletes, is transferred to students through immersive learning tools, real clinical cases and direct monitoring of their learning process.

The Professional Master's Degree includes those pathological scenarios, physical interventions or therapeutic approaches in which there is a real innovation, and it is this criterion that makes its contents very selective, avoiding the generalist "work manual" type format.

This **Professional Master's Degree in Sports Physiotherapy** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The latest technology in online teaching software
- ◆ A highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ◆ Practical cases presented by practising experts
- ◆ State-of-the-art interactive video systems.
- ◆ Teaching supported by telepractice
- ◆ Continuous updating and recycling systems
- ◆ Autonomous learning: full compatibility with other occupations
- ◆ Practical exercises for self-evaluation and learning verification
- ◆ Support groups and educational synergies: questions to the expert, debate and knowledge forums.
- ◆ Communication with the teacher and individual reflection work
- ◆ Content that is available from any fixed or portable device with an Internet connection
- ◆ Supplementary documentation databases are permanently available, even after the program



*A comprehensive program created for physiotherapy professionals, which will allow you to balance your education with other occupations and access from anywhere with total flexibility"*

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*An effective and reliable Professional Master's Degree that will take you through an interesting and efficient learning process so that you acquire expert knowledge in the field"*

*Our innovative telepractice concept will give you the opportunity to learn through an immersive experience, which will provide you with a faster integration and a much more realistic view of the contents:  
Learning from an expert.*

Our teaching staff is made up of working professionals. In this way we ensure that we deliver the educational update we are aiming for. A multidisciplinary team of professionals train and experience in different environments, who will develop the theoretical knowledge in an efficient way, but above all, they will bring their practical knowledge from their own experience to the program: one of the differential qualities of this training.

This mastery of the subject is complemented by the effectiveness of the methodology used in the design of this Professional Master's Degree. Developed by a multidisciplinary team of *e-Learning* experts, it integrates the latest advances in educational technology. This way, you will be able to study with a range of comfortable and versatile multimedia tools that will give you the operability you need in your training.

The design of this program is based on Problem-Based Learning: an approach that conceives learning as a highly practical process. To achieve this remotely, we will use telepractice learning: with the help of an innovative interactive video system and Learning from an Expert. You will be able to acquire the knowledge as if you were dealing with the scenario you are learning about. A concept that will allow you to integrate and fix learning in a more realistic and permanent way.



# 02 Objectives

This comprehensive program has been created, from start to finish, with the aim of becoming a tool for personal and professional growth for physiotherapists. Its objective is to take you through a training course that will allow you to acquire the most up-to-date knowledge and techniques for the most advanced and competitive practice in this field.







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*With a real practical objective, this Professional Master's Degree will allow you to achieve your educational goals by boosting your CV to excellence"*



## General Objectives

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- ◆ Understand the pathomechanical bases that support the most frequent sports injuries by region or sport
- ◆ Develop the therapeutic options, from the fundamentals of Evidence-Based Physiotherapy for a better understanding of the injuries and their approach
- ◆ Possess knowledge of advanced exploration of the locomotor system and the alterations that can be found in it
- ◆ Know the fundamentals of modern approaches to pain management, tissue repair and normal movement disorders, necessary for correct sporting gestures
- ◆ Elaborate a physiotherapy diagnosis according to internationally recognized standards and scientific validation tools
- ◆ Manage skills in functional assessment from interviews, observation, measurement and planning in physiotherapy actions
- ◆ Execute, direct and coordinate the physiotherapy intervention plan, taking into account the principles of patient individuality, using the therapeutic tools of physiotherapy, that is, the different methods, procedures, actions and techniques, to treat the alterations caused by sports injuries, relating the current pathophysiological knowledge with the physiotherapy treatment
- ◆ Assess the evolution of the results obtained with the treatment, in relation to the objectives set and the established outcome criteria and if appropriate, redesign the objectives and adapt the intervention or treatment plan





## Specific Objectives

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### Module 1. Sphincter Dysfunction and Sport

- ◆ Provide the student with knowledge about the structures and function of the abdomino-perineal area
- ◆ Understand the most frequent perineal dysfunctions associated with sports practice
- ◆ Delve into the aspects of medical history and examination of patients with pelvic floor pathology, as well as what prevention consists of

### Module 2. Invasive Techniques in Sports: Percutaneous Musculoskeletal Electrolysis

- ◆ Assess the evolution of the results obtained with invasive physiotherapy techniques, in relation to the objectives set
- ◆ Acquire the theoretical knowledge required for the proper, safe and effective application of invasive physiotherapy techniques
- ◆ Acquire the practical skills and technical ability necessary for the application of percutaneous musculoskeletal electrolysis

### Module 3. Pain and Percutaneous Ultrasound-Guided Neuromodulation

- ◆ Assess pain and its affectation with neuromodulation techniques
- ◆ Acquire the theoretical knowledge required for the proper, safe and effective application of neuromodulation techniques
- ◆ Acquire the practical skills and technical capacity necessary for the application of neuromodulation

#### **Module 4. Spine and Injuries**

- ◆ Assess intrinsic and extrinsic factors that may precipitate the onset of spinal cord injury
- ◆ Formulate functional diagnoses that correlate the user's condition with the pathophysiological limitations
- ◆ Design physiotherapy intervention protocols adapted to the injured anatomical region and sport performed
- ◆ Educate the patient and other collaborators in the detection and assessment of risks

#### **Module 5. Upper Limb and Sports Injuries**

- ◆ Assess intrinsic and extrinsic factors that may precipitate the onset of upper limb injury
- ◆ Formulate functional diagnoses that correlate the user's condition with the pathophysiological limitations
- ◆ Design physiotherapy intervention protocols adapted to the most demanding activities with the upper limb
- ◆ Educate the patient and other collaborators in the detection and assessment of risks

#### **Module 6. Lower Limb and Sports**

- ◆ Upper Limb and Sports Injuries
- ◆ Formulate functional diagnoses that correlate the user's condition with the pathophysiological limitations
- ◆ Design physiotherapy intervention protocols adapted to the injured anatomical region and sport performed
- ◆ Educate the patient and other collaborators in the detection and assessment of risks

#### **Module 7. Manual Techniques in Sports Physiotherapy**

- ◆ Specialize in joint alterations in the different structures
- ◆ Correctly diagnose these alterations
- ◆ Select the most appropriate treatment technique for these disorders, in relation to the assessment obtained
- ◆ Apply joint techniques
- ◆ Apply soft tissue techniques

#### **Module 8. Injury Prevention**

- ◆ Assess the functional status of athletes
- ◆ Determine the physiotherapy diagnosis in the sports field
- ◆ Correctly apply the different prevention methods and techniques that can be used in the athlete
- ◆ Integrate the physiotherapeutic intervention process in the prevention and rehabilitation of injuries

#### **Module 9. Global Postural Re-Education and Injuries**

- ◆ Learn a global, causal and individualized method of assessment, diagnosis and treatment
- ◆ Innovate biomechanical and pathophysiological notions of the patient
- ◆ Provide a structured method of manual therapy that allows both morphological and symptomatic pathologies to be addressed



### Module 10. Therapeutic Exercise in Athlete Recovery

- ◆ Acquire in-depth knowledge of the theoretical and practical foundations that support the use of therapeutic exercise as a preventive tool
- ◆ Integrate the basic concepts that explain tendon and muscle injuries, with regards to active tissue regeneration
- ◆ Develop skills for the planning and control of functional improvement programs through exercise and mobilization.
- ◆ Improve decision-making skills in the athlete's progression through the different phases of treatment

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*High-level training objectives in a program created to train the best professionals in Sports Physiotherapy”*

# 03 Skills

After passing the assessments on the Professional Master's Degree in Sports Physiotherapy, the professional will have acquired the necessary skills for quality, up-to-date practice based on the most innovative teaching methodology





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*Acquire expert skills in Sports Physiotherapy, with the experience of a Professional Master's Degree in which knowledge will be converted into practice, through highly interactive training”*



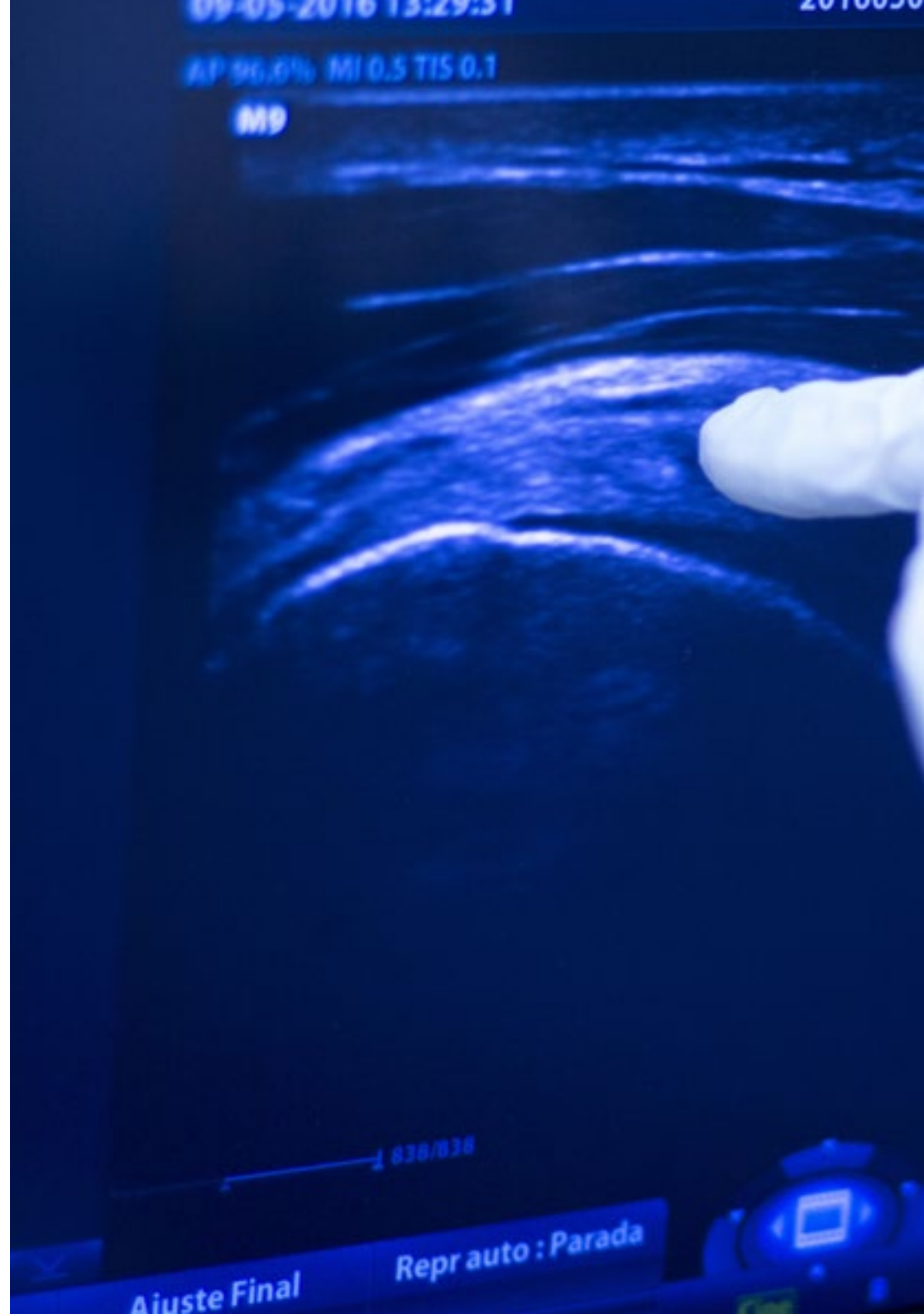
## General Skills

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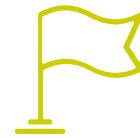
- ◆ Possess knowledge of injury processes
- ◆ Plan the diagnostic, functional, therapeutic and preventive means that guarantee the full functional recovery of the injured person
- ◆ Gain knowledge of advanced areas of assessment
- ◆ Maximize therapeutic resources in the process of caring for the athlete
- ◆ Integrate therapeutic exercise in health promotion, both in healthy and sick populations
- ◆ Develop models of care based on the most up-to-date evidence in the most frequent sports settings

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*A unique, key, and decisive training experience to boost your professional development”*







## Specific Skills

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- ◆ Be able to intervene in sphincteric dysfunctions and sport
- ◆ Use percutaneous and musculoskeletal electrolysis techniques
- ◆ Apply Percutaneous Echoguided Neuromodulation
- ◆ Assess and intervene in spinal injuries
- ◆ Intervene in upper limb injuries
- ◆ Intervene in lower limb injuries
- ◆ Work with manual techniques in sports physiotherapy
- ◆ Advise and intervene in the prevention of injuries
- ◆ Learn about global postural re-education and about the injuries that occur in this context
- ◆ Be skilled in the application of therapeutic exercise for injury prevention
- ◆ Be skilled in therapeutic exercise programming for recovery from sports injuries

04

# Course Management

Within the concept of total quality of our program, we are proud to put at your disposal a Teaching Staff of the highest level, chosen for their proven experience. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.





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*With the expertise of industry professionals who will teach you based on the reality of the sector in a contextual and realistic learning"*

## Management



### Dr. Martínez Gómez, Rafael

- ◆ CEO and Founder of RehabMG
- ◆ PhD in Physical Activity and Sport Sciences
- ◆ Master's Degree in Biomechanics and Sports Physiotherapy
- ◆ Degree in Physiotherapy

## Professors

### Mr. Fernández Bartolomé, Álvaro

- ◆ Physiotherapist at the RehabMG Clinic
- ◆ Personal Trainer
- ◆ Degree in Physiotherapy
- ◆ Degree in Physical Activity and Sports Sciences

### Mr. Mainzer Zamora, Alejandro

- ◆ Athletic Trainer
- ◆ Master's Degree in Football Performance Analysis
- ◆ Graduate in Physiotherapy from the Francisco de Vitoria University
- ◆ Graduate in INEF. Physical Activity and Sport Sciences

### Ms. Fernández, Judit

- ◆ Personal Trainer
- ◆ Master's Degree in Personal Training, Sports Nutrition and Body Composition
- ◆ Degree in Physical Activity and Sport Sciences.
- ◆ Knowledge in Injury Rehabilitation and Readaptation
- ◆ Rhythmic Gymnastics Trainer



**Mr. Boal Hernández, Guillermo**

- ◆ Physiotherapist of the Spanish Basketball Federation
- ◆ Physiotherapist at Estudiantes de Baloncesto
- ◆ Degree in Physiotherapy from CEU San Pablo University
- ◆ Master's Degree in Biomechanics and Sports Physiotherapy from Comillas Pontifical University
- ◆ Professor at the University of Valencia

**Mr. Ruiz González, Eduardo**

- ◆ Director and Physiotherapist at FISIONES Physiotherapy Center
- ◆ Director and Physiotherapist of the Multipurpose Health Center Las Cruces
- ◆ Master's Degree in Biomechanics and Sports Physiotherapy from the Pontifical Comillas University
- ◆ Expert in Fascial and Craniosacral Therapy by the European University of Madrid
- ◆ Graduate in Physiotherapy from Comillas Pontifical University

**Ms. De Murga De Abajo, Claudia**

- ◆ Trainer at Cris4life Woman Center Gym
- ◆ Personal trainer at home for clients with chronic pathologies
- ◆ Personal Trainer at the F4 Trainers center
- ◆ Swimming Coach at the Conde Orgaz Swimming Pools
- ◆ Specialist in Personal Training by the National Strength and Conditioning Association
- ◆ Expert in Sports Nutrition by the International University of La Rioja
- ◆ Graduate in Physical Activity and Sports Sciences from the Polytechnic University of Madrid

# 05

# Structure and Content

The contents of this Professional Master's Degree have been developed by the different and renowned professors of this program, with a clear purpose: to ensure that our students acquire each and every one of the necessary skills to become true experts in this field. In this way, it becomes a very complete and well-structured program. All this will lead you to the highest standards of quality and success in the field of Sports Physiotherapy.





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*A highly comprehensive syllabus that will take you, gradually, through each and every one of the key aspects that the Sports Physiotherapy professional needs to learn. With an added bonus: the commitment to excellence that characterizes us"*

## Module 1. Sphincter Dysfunction and Sport

- 1.1. Anatomical Overview
- 1.2. Abdominal Physiology and Effort
- 1.3. Abdominal Physiology
  - 1.3.1. Functions of the Pelvic Floor Muscles
  - 1.3.2. Micturition Dynamics
- 1.4. Functions of the Pelvic Floor Muscles
- 1.5. Most Common Perineal Pathology Associated with Impact Sports
- 1.6. Diagnosis of Abdomino-Perineal Dysfunctions in Female Athletes
  - 1.6.1. General Physical Examination
  - 1.6.2. Postural Analysis
  - 1.6.3. Abdominal Analysis
  - 1.6.4. Pelvic Analysis
- 1.7. Sport-Related Pelvic Floor Dysfunctions
  - 1.7.1. Stress Urinary Incontinence. Definition and Prevalence
  - 1.7.2. Prolapses. Definition, Etiology, Classification and Quantification
- 1.8. Postural Analysis, Abdominal and Pelvic Examination
- 1.9. Recommendations and Prevention

## Module 2. Invasive Techniques in Sports: Percutaneous Electrolysis

- 2.1. Neuromechanical Model
  - 2.1.1. Invasive Physiotherapy Techniques in Sports
  - 2.1.2. Structural Analysis
- 2.2. Ultrasound-Guided Percutaneous Electrolysis
  - 2.2.1. Concept and Clinical Utility
- 2.3. Mechanisms of action
- 2.4. Physiotherapy Diagnosis
  - 2.4.1. Selection of the Target Tissue
  - 2.4.2. Clinical reasoning
- 2.5. Application Method. Tendon and Muscle
- 2.6. Usage Parameters
- 2.7. Clinical Case 1. Tendinopathies. Part I. Percutaneous Electrolysis
- 2.8. Clinical Case 2. Muscle Injury. Neuromechanical Model. Part I. Percutaneous Electrolysis





### Module 3. Pain and Percutaneous Ultrasound-Guided Neuromodulation

- 3.1. Neuromechanical Model
  - 3.1.1. Invasive Physiotherapy Techniques in Sports
  - 3.1.2. Functional Analysis
- 3.2. Ultrasound-Guided Percutaneous Neuromodulation
  - 3.2.1. Concept
  - 3.2.2. Clinical Utility
- 3.3. Mechanisms of action
  - 3.4.1. Physiotherapy Diagnosis
  - 3.4.2. Selection of the Target Tissue
  - 3.4.3. Clinical reasoning
- 3.4. Application Methodology in Peripheral Nerve
- 3.5. Usage Parameters
- 3.6. Clinical Case 1. Tendinopathies. Part II. Percutaneous Neuromodulation
- 3.7. Clinical Case 2. Muscle Injury. Part II. Percutaneous Neuromodulation

### Module 4. Spinal Column, Instability and Injuries

- 4.1. Conceptual Aspects of the Movement Control System and its Dysfunctions in the Lumbopelvic and Cervico-Scapular Regions
- 4.2. Muscle Dysfunction
- 4.3. Proprioceptive Dysfunctions and Neuroplastic Changes at the CNS Level
- 4.4. Dysfunctions in Precision, Dissociation and Movement Quality
- 4.5. Association between Motor Control Dysfunctions and Sports Injuries
- 4.6. Lumbopelvic Rhythm and Lumbar Instability Tests
- 4.7. Analysis of Movement Control by Observation
- 4.8. Muscle Activation Patterns Assessment Test and Muscle Endurance Test
- 4.9. Sensorimotor Test
- 4.10. Integration and Clinical Reasoning

### Module 5. Upper Limb and Sports Injuries

- 5.1. Muscle Injuries of the Upper Limb and Classification
- 5.2. Muscle Injuries of the Upper Limb
  - 5.2.1. Clinical Assessment
  - 5.2.2. Exploration
  - 5.2.3. Diagnostic Imaging
- 5.3. Muscle Injuries of the Upper Limb: Conservative Treatment vs. Surgical Management
- 5.4. Muscle Injuries of the Upper Limb
  - 5.4.1. Principles of Recovery
  - 5.4.2. Phases
  - 5.4.3. Objectives and Interventions
- 5.5. Muscle Injuries of the Upper Limb: Prevention and Motor Control
- 5.6. Glenohumeral Dislocation in Professional Football
  - 5.6.1. Etiology
  - 5.6.2. Types
- 5.7. Glenohumeral Dislocation in Professional Football
  - 5.7.1. Functional Assessment
  - 5.7.2. Diagnosis and Clinical Reasoning
- 5.8. Glenohumeral Dislocation in Professional Soccer: Physiotherapeutic Treatment
- 5.9. Glenohumeral Dislocation in Professional Soccer: Prevention and "Return to Play"
- 5.10. Tendinopathies of the Elbow: Assessment
- 5.11. Joint and Ligament Injuries of the Elbow: Assessment
- 5.12. Treatment Protocols

## Module 6. Lower Limb and Sport

- 6.1. Overview, Epidemiology and Principles of Terminological Uniformity According to the "DOHA Agreement" in the Athlete's Hip
- 6.2. Principles of Functional and Physical Examination
  - 6.2.1. Identification of Dysfunctional Movement Patterns
  - 6.2.2. Differential Diagnosis of Syndromes
- 6.3. Dysfunction/Pain and Trauma of the Hip Region
- 6.4. Principles of Adductor-Related Groin Pain Management
- 6.5. Principles of Femoroacetabular Impingement Treatment
- 6.6. Clinical and Functional Indicators in the Determination of "Return to Play"
- 6.7. Functional Assessment of the Knee: Neuro-Orthopedic Approach
- 6.8. Repetitive Stress Syndrome
  - 6.8.1. Functional Assessment
  - 6.8.2. Physiotherapy Treatment
- 6.9. Iliotibial Band Syndrome
  - 6.9.1. Functional Assessment
  - 6.9.2. Physiotherapy Treatment
- 6.10. Goosefoot Syndrome
  - 6.10.1. Functional Assessment
  - 6.10.2. Physiotherapy Treatment
- 6.11. Ankle Ligament Injuries in Contact Sports
  - 6.11.1. Etiology and Pathophysiology
  - 6.11.2. Diagnosis
    - 6.11.2.1. Clinical Tests
    - 6.11.2.2. Complementary Tests
  - 6.11.3. Physiotherapy Treatment
    - 6.11.3.1. Acute Phase
    - 6.11.3.2. Functional Recovery Phase
    - 6.11.3.3. Return to Sporting Activity Phase
    - 6.11.3.4. Complications of Ligament Injuries
    - 6.11.3.5. Preventive Work

- 6.12. Metatarsalgia
  - 6.12.1. Functional Assessment
  - 6.12.2. Podiatric Assessment
  - 6.12.3. Therapeutic Approach
- 6.13. Plantar Fasciitis
  - 6.13.1. Functional Assessment
  - 6.13.2. Podiatric Assessment
  - 6.13.3. Therapeutic Approach
- 6.14. Sports Footwear
  - 6.14.1. Principal Components
  - 6.14.2. Types by Sport

## Module 7. Manual Techniques in Sports Physiotherapy

- 7.1. Shoulder Joint Techniques
- 7.2. Elbow Joint Techniques
- 7.3. Wrist and Hand Joint Techniques
- 7.4. Hip Joint Techniques
- 7.5. Knee Joint Techniques
- 7.6. Ankle and Foot Joint Techniques
- 7.7. Soft Tissue Techniques in the Upper Extremities
- 7.8. Soft Tissue Techniques in the Lower Extremities
- 7.9. Osteopathic Techniques of the Cervical Spine
- 7.10. Osteopathic Techniques of the Dorsal Spine
- 7.11. Osteopathic Techniques of the Lumbar Spine
- 7.12. Pelvic Osteopathic Techniques

## Module 8. Injury Prevention

- 8.1. Lifestyle and Motor Habits as Risk Factors
  - 8.1.1. Natural and Cultural Motricity
  - 8.1.2. Current Motor Habits and Diseases of Civilization
  - 8.1.3. Triad of Modernity
- 8.2. Primary, Secondary and Tertiary Prevention
  - 8.2.1. Risk Factor Approach Scheme
  - 8.2.2. Concept of Dysfunction
  - 8.2.3. Basic Principles of Prevention for Movement Assessment and Prescription
- 8.3. Perceptual-Motor Skills as a Basis for Intelligent and Healthy Movement
- 8.4. Methodology and Objectives in the Preventive Approach
- 8.5. Postural System and Interpretation of Different Authors
- 8.6. Fascial System
  - 8.6.1. Functions of Connective Tissue and Fascia
  - 8.6.2. Concept of Static Chains and Diaphragms
  - 8.6.3. Fascial System Dysfunction and Common Symptoms
  - 8.6.4. Healthy Fascias and Training
- 8.7. Static, Dynamic and Functional Postural Assessment
  - 8.7.1. Early Detection
  - 8.7.2. Postural Dysfunctions as Risk Factors
- 8.8. Breathing and its Role in Posture and Stability
- 8.9. Proprioception and Prevention
- 8.10. Active Prevention

## Module 9. Global Postural Re-Education and Injuries

- 9.1. Risk Factors and Their Role in Posture
  - 9.1.1. Intrinsic Factors
  - 9.1.2. Extrinsic Factors
- 9.2. Athlete Assessment
  - 9.2.1. Static Assessment
  - 9.2.2. Dynamic Assessment
- 9.3. Assessment of Injury Movement
- 9.4. Treatment of Dysfunctions through the GPR Concept
- 9.5. Concepts on Neuropedagogy
- 9.6. Learning Phases
- 9.7. Squat Movement Integration

## Module 10. Therapeutic Exercise in Athlete Recovery

- 10.1. Criteria for RTP Following Injury
  - 10.1.1. Biological Criteria
  - 10.1.2. Functional Criteria
  - 10.1.3. Psychological Criteria
  - 10.1.4. Sports
- 10.2. Strength Training Objectives
  - 10.2.1. Preventive/Compensatory Training
  - 10.2.2. Sports Functional Recovery
- 10.3. General Applied Principles
  - 10.3.1. Specificity
  - 10.3.2. Individuality
  - 10.3.3. Variation or Novel Stimulus
  - 10.3.4. Progressive Loading
  - 10.3.5. Adaptation or Preparation of Structures

- 10.4. Neuromuscular Manifestations in Strength Training
  - 10.4.1. Power
  - 10.4.2. Fast/Explosive Training
  - 10.4.3. Maximum Strength Training
  - 10.4.4. Resistance Training
  - 10.4.5. Hypertrophy
- 10.5. Therapeutic Exercise Parameters
  - 10.5.1. Intensity
  - 10.5.2. Volume
  - 10.5.3. Weight
  - 10.5.4. Repetitions
  - 10.5.5. Sets
  - 10.5.6. Rest
- 10.6. Methods and Systems
  - 10.6.1. Concentric
  - 10.6.2. Eccentric
  - 10.6.3. Ballistic
  - 10.6.4. Isoinertial
  - 10.6.5. Isometric
- 10.7. Planning and Periodization
  - 10.7.1. Types of Planning
    - 10.7.1.1. Undulating/Linear
  - 10.7.2. Work Units
    - 10.7.2.1. Macrocycle
    - 10.7.2.2. Mesocycle
    - 10.7.2.3. Microcycle
    - 10.7.2.4. Session





- 10.8. Dosage and Calculation of the Therapeutic Exercise Load
  - 10.8.1. Steps
  - 10.8.2. Rubber Bands
  - 10.8.3. Weights/Dumbbells/Bars/Discs
  - 10.8.4. Machines
  - 10.8.5. Body Weight
  - 10.8.6. Suspension Work
  - 10.8.7. Fitball
- 10.9. Design and Selection of Therapeutic Exercise
  - 10.9.1. Characteristics of Physical Activity/Sport
    - 10.9.1.1. Physical
    - 10.9.1.2. Physiology
    - 10.9.1.3. Techniques/Tactics
    - 10.9.1.4. Psychological Techniques/Tactics
    - 10.9.1.5. Biomechanical Techniques/Tactics
  - 10.9.2. Methods
    - 10.9.2.1. Exercises



*You will learn everything you need to act safely and efficiently, responding appropriately to every therapeutic need"*

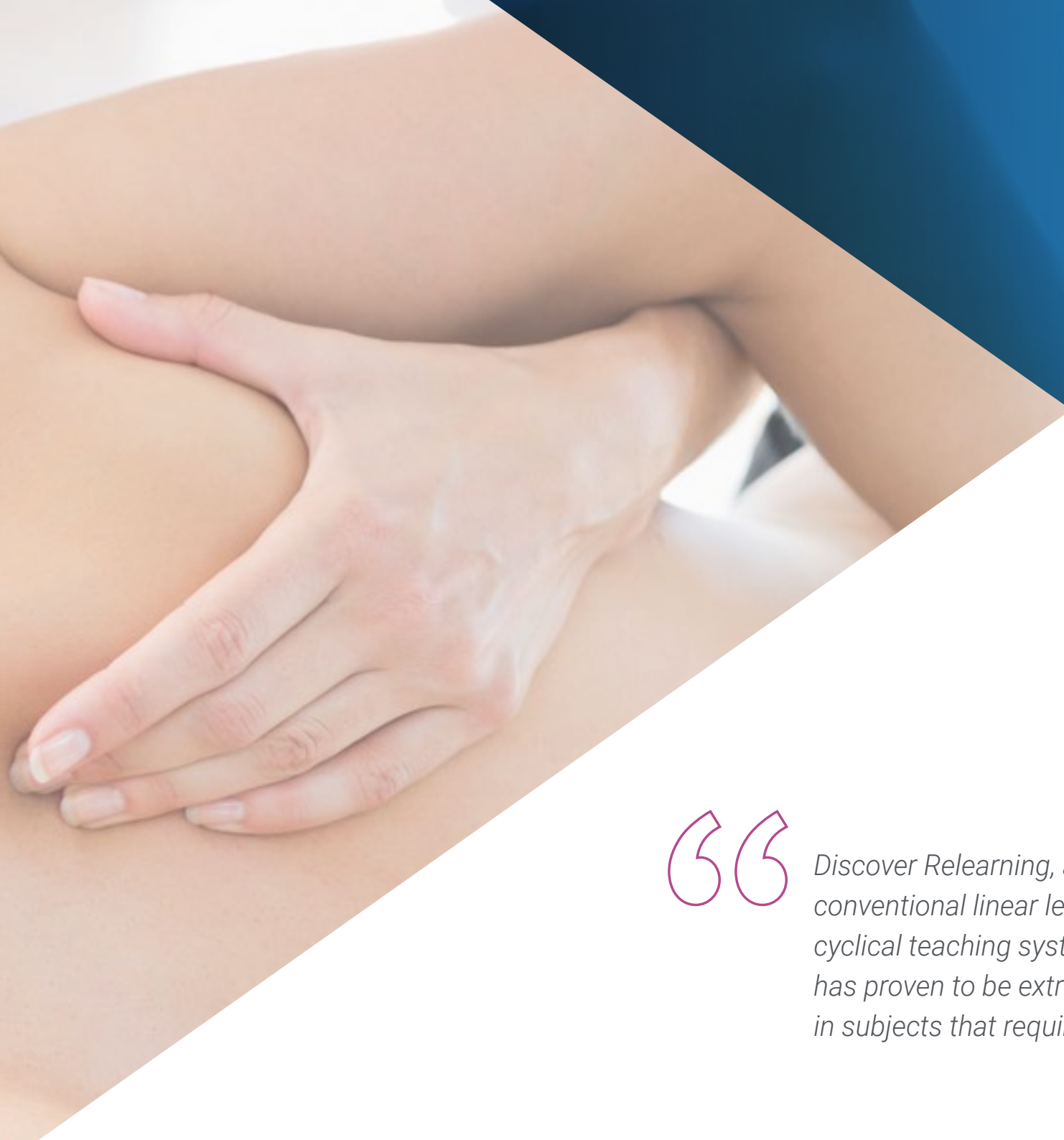
06

# 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.





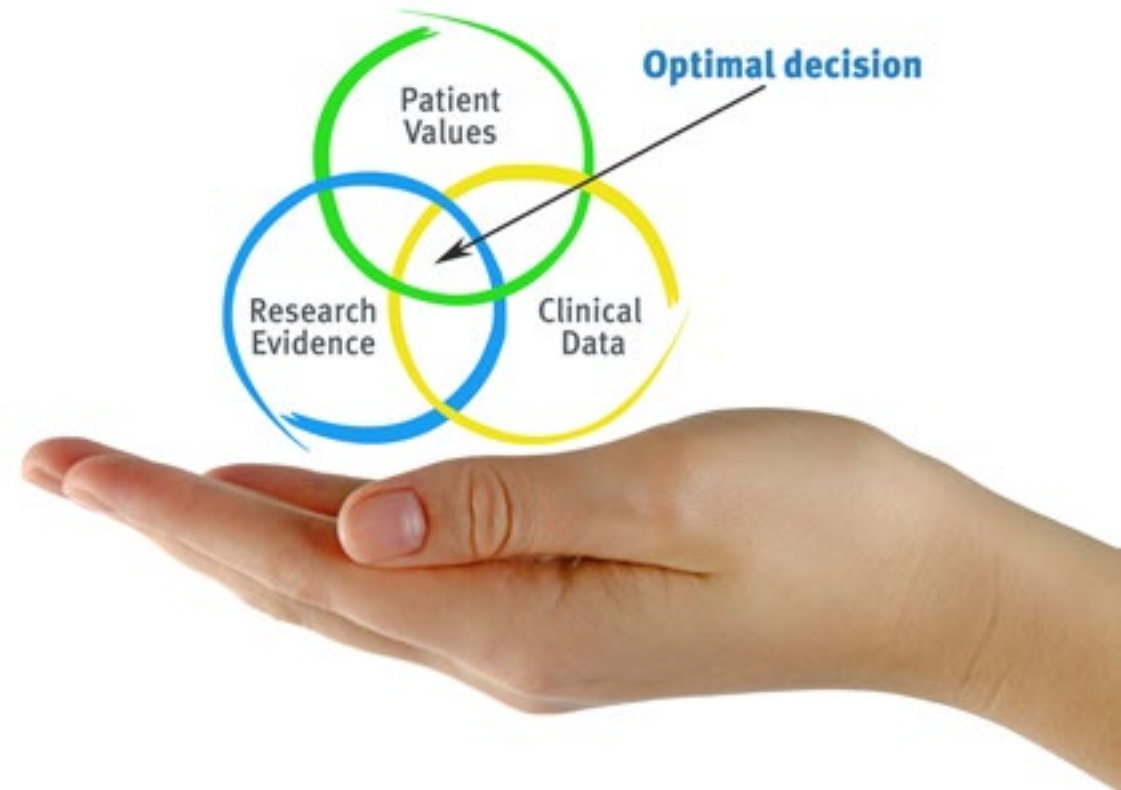
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. Physiotherapists/kinesiologists 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 of professional physiotherapy 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. Physiotherapists/kinesiologists 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 physiotherapist/kinesiologist 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.



*The physiotherapist/kinesiologist 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 trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. 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.

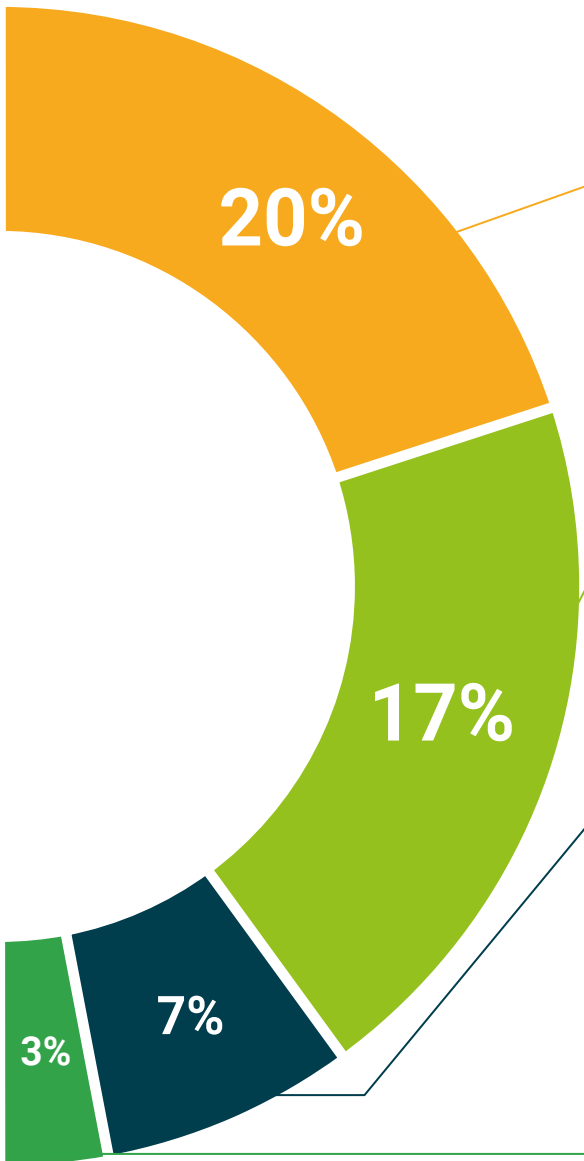
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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.



# 07 Certificate

The Professional Master's Degree in Sports Physiotherapy guarantees you, in addition to the most rigorous and updated training, access to a Professional Master's Degree issued by TECH Global University.



“

*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This program will allow you to obtain your **Professional Master's Degree diploma in Sports Physiotherapy** 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.

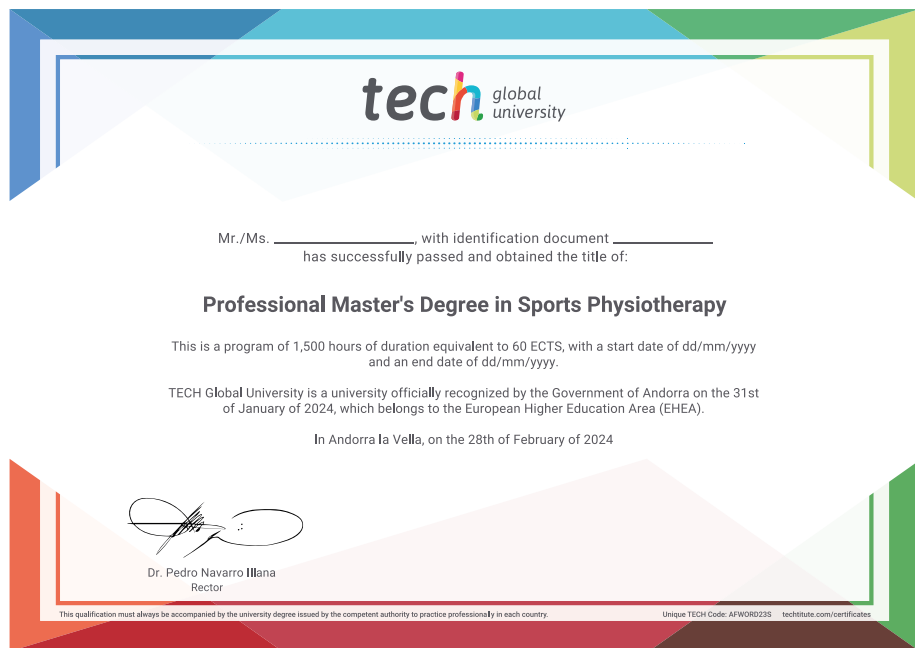
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Professional Master's Degree in Sports Physiotherapy**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



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guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



## Professional Master's Degree

Sports Physiotherapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree Sports Physiotherapy

Endorsed by the NBA

