

Internship Program Sports Injury Prevention and Readaptation

Endorsed by the NBA





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Internship Program
Sports Injury Prevention
and Readaptation

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01 Introduction

Sports Injury Prevention and Rehabilitation not only focuses on post-injury recovery, but also on the implementation of preventive programs, which help reduce the risk of injury through muscle strengthening, improved sport technique and biomechanical balance. Advances in technology have enabled detailed monitoring of athlete performance and early detection of potential risks. For this reason, TECH has created the present program, in which in 3 weeks the specialist will be integrated into a team versed in the Prevention and Readaptation of Sports Injuries, to get up to date in the latest procedures and technologies available, thus being able to take them to their daily practice in a comprehensive and efficient way.



With this Internship Program, you will design and implement personalized prevention programs and effective rehabilitation strategies based on the latest research and best practices"





Today, Sports Injury Prevention and Rehabilitation has experienced significant advances, thanks to the integration of innovative technology and scientifically supported methods. From the implementation of specific learning programs to strengthen vulnerable areas, to the use of biomechanical tracking devices, renewed emphasis has been placed on early identification of risk factors and customization of rehabilitation strategies.

In addition, interdisciplinary collaboration between sports professionals, physiotherapists, physicians and exercise scientists has led to the development of holistic approaches, addressing the injury, psychological and social aspects of recovery and sports performance. And as the best way to perfect these skills is through practice, TECH has designed a program consisting of a 120-hour stay in a sports center of reference in this field.

In this sense, during 3 weeks, the graduate will be part of a team of specialists of the highest level, with whom they will work in the management of athletes who require treatment and rehabilitation of injuries during their physical activity. In this way, they will be able to update not only on the most effective strategies, but will also be able to implement the most assertive and approachable communication skills to effectively treat those affected. Therefore, you will not only participate in a program that will raise your talent to the highest level, but will also increase your human and empathic quality.

Furthermore, during the stay, you will have the support of an assistant tutor, who will ensure that the requirements for which this Internship Program was designed are met. Therefore, the specialist will work with total guarantee and security in the use of therapeutic and diagnostic techniques with the best results to date.

02

Why Study an Internship Program?

This Internship Program will be essential for those seeking to specialize in the comprehensive care of athletes, as it will provide them with critical tools and practical experience necessary to face real challenges in the sports setting. Therefore, direct experience with athletes in real sports situations will enable professionals to develop keen clinical judgment and decision-making skills in high-pressure contexts. Additionally, a richer understanding of how to tailor recovery programs to the individual needs of each athlete will be fostered, improving success rates.



This Internship Program will be key for those who wish to excel in a competitive and dynamic field, ensuring optimal and personalized care for each athlete"

1. Updating from the latest technology available

In the field of Sports Injury Prevention and Rehabilitation, the latest technology has revolutionized traditional practices and procedures. Of particular note are innovations such as Virtual Reality and Augmented Reality, which are used to simulate training environments that can be controlled and modified to suit the specific rehabilitation needs of individual athletes. In addition, sensor-based motion analysis platforms and Artificial Intelligence provide detailed assessments of the athlete's biomechanics, allowing potential areas of risk to be identified.

2. Gaining in-depth knowledge from the experience of top specialists

The large team of professionals that will accompany the specialist throughout the practical period is a first-class and an unprecedented guarantee of updating. With a specifically designated tutor, the student will be able to see real patients in a state-of-the-art environment, which will allow them to incorporate in their daily practice the most effective procedures and approaches in the Prevention and Readaptation of Sports Injuries

3. Entering first-class environments

TECH carefully selects all available centers for Internship Programs. Thanks to this, the specialist will have guaranteed access to a prestigious sports environment. Thanks to this, the specialist will have guaranteed access to a prestigious sports environment.



4. Putting the acquired knowledge into daily practice from the very first moment

The academic market is plagued by teaching programs that are poorly adapted to the daily work of the specialist and that require long teaching hours, often not very compatible with personal and professional life. For this reason, TECH offers a new learning model, 100% practical, which allows you to get to grips with state-of-the-art procedures in Sports Injury Prevention and Readaptation and, best of all, to put it into professional practice in just 3 weeks.

5. Opening the door to new opportunities

The program will provide advanced and specialized knowledge, equipping professionals with the skills necessary to effectively assess, prevent and treat sports injuries. And it also expands career possibilities, from working with high-performance sports teams to establishing private training and rehabilitation practices.



*You will have full practical immersion
at the center of your choice"*

03

Objectives

The main objective of the Internship Program will be to equip professionals with the skills and knowledge to effectively prevent, evaluate and treat injuries in the sports context. Therefore, the program will focus on the implementation of prevention programs that reduce the risk of injury by strengthening the most susceptible areas of the body and improving sports technique. In addition, advanced rehabilitation methods that facilitate a fast and safe recovery, allowing athletes to return to their maximum performance without additional risks will be studied in depth.



General Objectives

- ♦ Identify the main types of sports injuries and their causes
- ♦ Understand the anatomical and physiological bases related to sports injuries
- ♦ Apply appropriate techniques for the initial evaluation of injuries in the sports context
- ♦ Develop skills to implement effective injury prevention plans
- ♦ Utilize current methods and techniques for the rehabilitation and readaptation of injured athletes
- ♦ Encourage the use of effective communication strategies
- ♦ Integrate innovative technologies and tools into prevention and rehabilitation programs
- ♦ Analyze case studies to improve the practical understanding of injury management





Specific Objectives

- Diagnose specific types of sports injuries through assessment techniques and functional tests
- Apply first aid techniques and immediate post-injury management to minimize the impact of injuries
- Design customized injury prevention programs tailored to different sport disciplines
- Implement effective strengthening and conditioning strategies to prevent injuries
- Execute rehabilitation and physical rehabilitation techniques appropriate for each type of injury and athlete
- Utilize movement analysis tools to detect patterns that may predispose to injuries
- Instruct athletes on correct and safe training techniques to reduce injury risk
- Continually assess and adjust prevention and rehabilitation plans based on the athlete's progress
- Promote proper recovery and rest practices as an integral part of training programs
- Specialize other sport professionals in advanced injury prevention and management techniques

04 Educational Plan

The Internship Program in Prevention and Rehabilitation of Sports Injuries consists of a practical stay in a prestigious sports center, lasting 3 weeks, from Monday to Friday, with 8 consecutive hours of practical training, alongside an assistant specialist. Therefore, this stay will allow the graduate to treat real patients, next to a team of professionals of reference in the treatment and rehabilitation of sports injuries, applying the most innovative procedures and planning a state-of-the-art therapy.

In this program proposal, completely practical in nature, the activities are aimed at developing and perfecting the skills necessary for the provision of services for the prevention and rehabilitation of sports injuries and conditions that require a high level of qualification, and are oriented to the specific training for the exercise of the activity, in an environment of safety for the athlete and high professional performance.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other training partners to facilitate teamwork and multidisciplinary integration as transversal skills for the practice of prevention and readaptation of sports injuries (learning to be and learning to relate).



The procedures described below will form the basis of the practical part of the internship, and its implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
Diagnosis and Treatment of Injuries	Evaluate the physical condition and biomechanics of athletes
	Utilize motion analysis technologies to improve diagnostic accuracy
	Assist in the administration of physical and therapeutic treatments
	Monitor athletes' recovery progress
	Administer first aid and respond to emergencies during sporting events
	Provide emotional and motivational support to athletes during their recovery process
Rehabilitation	Perform periodic follow-ups and adjustments to rehabilitation plans
	Implement appropriate rehabilitation techniques for different types of injuries
	Prepare detailed reports on the condition and progress of athletes
	Evaluate the physical and functional condition of athletes
Prevention Plan Design	Supervise therapeutic and rehabilitation exercise sessions
	Design personalized injury prevention programs
	Implement rapid post-injury intervention strategies
	Facilitate sports health workshops and educational sessions
	Develop effective communication skills to interact with athletes and their support teams
Instruct athletes in stretching and strengthening exercises to improve performance and prevent future injuries	

Module	Practical Activity
Nutrition	Assess the specific nutritional needs of athletes based on their sport activity and health status.
	Design personalized nutrition plans that support the rehabilitation process and improve sports performance
	Recommend appropriate nutritional supplements to facilitate recovery from injuries and prevention of new incidences
	Monitor the dietary intake of athletes to ensure compliance with established nutritional goals
	Teach weight management techniques that are healthy and effective, without compromising performance and recovery
	Evaluate the effects of different types of diets on injury recovery and injury prevention
Research	Participate in research and case studies related to sports injuries
	Examine the use of emerging technologies, such as Virtual Reality and biofeedback, in sports rehabilitation
	Analyze the causes and risk factors associated with injuries in different sports and levels of competition
	Study the psychological impact of injuries in athletes and evaluate intervention techniques
Perform longitudinal studies to follow the evolution of athletes after implementing specific readaptation programs	

05 Where Can I Do the Internship Program?

This Internship Program will take place in environments that enrich hands-on learning and provide valuable experiences in real-life situations. These settings include specialized sports medicine clinics, rehabilitation centers, gyms and sports complexes, where graduates will be able to interact directly with experienced athletes and professionals. In addition, professional and semi-professional teams offer unique opportunities to work in a high-performance setting, collaborating closely with specialized trainers and physiotherapists.



Each of the environments selected by TECH will provide a platform for you to apply the methodologies learned, adjusting them to the specific and dynamic needs of the sports field"





The student will be able to do this program at the following centers:



Avanza Rehabilitación

Country	City
Argentina	Tucumán

Address: Juan Gregorio de las Heras
581, T4000 San Miguel de Tucumán

Curative and preventive facility, integrating physiotherapy,
occupational therapy and social work

Related internship programs:

- Physiotherapy in the Approach to Acquired Brain Injury
- Sports Injury Prevention and Readaptation



Sports Science

Selected Trainers Granada Centro

Country	City
Spain	Granada

Address: Avenida Pablo Picasso 27, Local Izquierdo, 18006 Granada (España)

The team of professionals at Selected Trainers designs customized workouts for aesthetic and health purposes.

Related internship programs:

- High Performance in Sports
- Therapeutic Personal Training



Sports Science

Selected Trainers Centro O2 Granada

Country	City
Spain	Granada

Address: Calle Neptuno, s/n, Ronda, 18004 Granada (España)

The team of professionals at Selected Trainers designs customized workouts for aesthetic and health purposes.

Related internship programs:

- High Performance in Sports
- Therapeutic Personal Training





Selected Trainers Centro O2 Huelva

Country	City
Spain	Huelva

Address: Calle San Sebastián, S/N, 21004
Huelva (España)

The team of professionals at Selected Trainers designs customized workouts for aesthetic and health purposes.

Related internship programs:

- High Performance in Sports
- Therapeutic Personal Training



Make the most of this opportunity to surround yourself with expert professionals and learn from their work methodology"

06

General Conditions

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the students and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be as follows:

1. TUTOR: During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed..

7. 3.- DOES NOT INCLUDE: The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

07 Certificate

This private qualification will allow you to obtain an **Internship Program diploma in Sports Injury Prevention and Readaptation** 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: **Internship Program in Sports Injury Prevention and Readaptation**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour shifts, consecutive shifts**

Accreditation: **4 ECTS**



future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present quality
development languages
virtual classroom

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