

Postgraduate Certificate Exercise for Sports Injury Readaptation

Endorsed by the NBA



tech technological
university



Postgraduate Certificate

Exercise for Sports Injury Readaptation

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/pk/sports-science/postgraduate-certificate/exercise-sports-injury-readaptation

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01

Introduction

Physical activity prevents deterioration and promotes the body's regenerative processes. That's why it is very important to perform adapted exercises after suffering an injury. Students who study with TECH will give their careers a boost with in-depth knowledge of the main exercises for the rehabilitation of sports injuries. A unique study opportunity to specialize in this field that can't be missed.





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Personal trainers must have up-to-date knowledge of the main exercises aimed at the readaptation of sports injuries”

The program in Exercise for Sports Injury Readaptation aims to demonstrate the importance of both carrying out physical activity as well as specific physical exercise programs for the improvement of health. In addition, specific protocols for patellar tendinopathy, pubic osteopathy, muscle injuries and ankle sprains, or following anterior cruciate ligament repair surgery, among others, will be covered.

In this complete educational program, we will establish the steps for designing specific exercise programs for different muscle groups, such as biceps, triceps, deltoids, pectoralis, quadriceps, glutes, triceps suralis, hamstrings, abdominals, lumbar, adductors, latissimus dorsi, etc. All of this is done following specific selection criteria, which considers the purpose of the equipment to be used, the joints involved and the level of stabilization in order to achieve optimal sports readaptation.

In addition, we will study the proprioceptive consequences of an injury and the phases of proprioceptive training, as well as the materials to be used: BOSU, FitBall, balance disc, mats and training surfaces, vibration platforms and TRX. All of this is oriented toward speeding up recovery and reducing the risk of relapses.

This is the most complete program a student can find to specialize in personal training. As it is an online program, the student is not constrained by fixed schedules or the need to move to another physical location, but rather, they can access the contents at any time of the day, allowing them to balance their professional or personal life with their academic life as they please.

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

- ◆ The development of numerous case studies presented by specialists in personal training
- ◆ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ◆ Exercises where the self-assessment process can be carried out to improve learning
- ◆ Algorithm-based interactive learning system for decisionmaking
- ◆ Special emphasis on innovative methodologies in design of exercises for sports injury readaptation
- ◆ 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



Immerse yourself in the study of this high-level Postgraduate Certificate and improve your skills as a personal trainer"

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This Postgraduate Certificate is the best investment you can make in selecting a refresher program for two reasons: in addition to updating your knowledge as a personal trainer, you will earn a degree from a leading online university: TECH Technological University”

The teaching staff includes professionals from the field of sports science, who bring their experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive program designed to train in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts in exercise for sports injury readaptation.

This program offers educational content in simulated environments which provides an immersive learning experience designed to train for real-life situations.

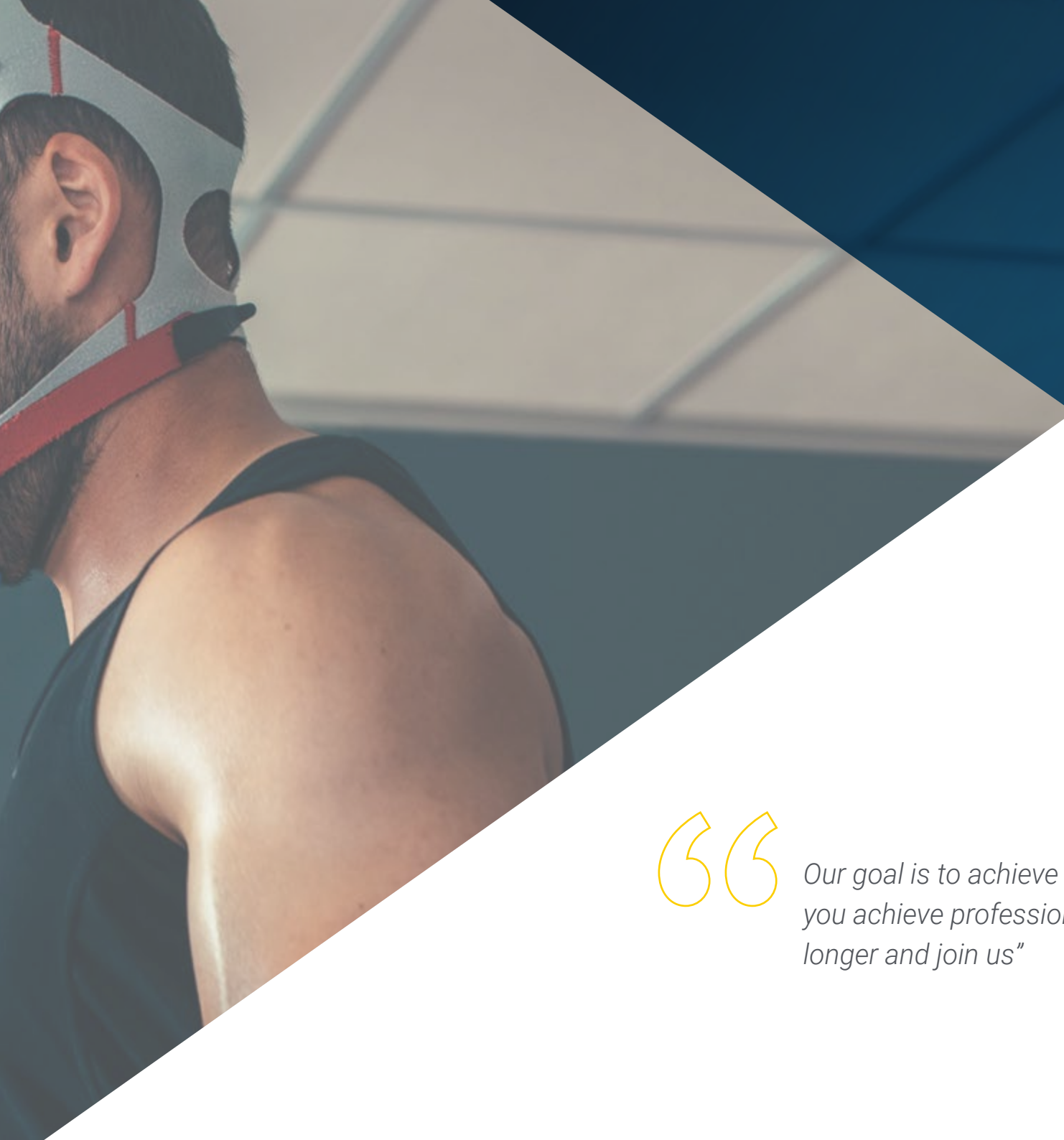
This 100% online program will allow you to combine your studies with your professional work while increasing your knowledge in this field.



02 Objectives

The main objective of this program is the development of theoretical and practical learning, so that the sports science professional can master Personal Training in a practical and rigorous way.





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Our goal is to achieve academic excellence and help you achieve professional success. Don't hesitate any longer and join us”



General Objectives

- ◆ Acquire specialized knowledge in sports rehabilitation, injury prevention and functional recovery
- ◆ Assess the athlete from the point of view of physical, functional and biomechanical condition to detect aspects that hinder recovery or favor relapses in the injury
- ◆ Design both specific readaptation and recovery work as well as individualized integral work
- ◆ Acquire a specialization in the pathologies of the locomotor system with the highest incidence in the population as a whole
- ◆ Evaluate and monitor the evolutionary process of recovery and/or rehabilitation of an athlete's or user's injury
- ◆ Acquire skills and abilities in readaptation, prevention and recovery, increasing professional possibilities as a personal trainer
- ◆ Differentiate from an anatomical point of view the different parts and structures of the human body
- ◆ Improve the injured athlete's physical condition as part of the integral work with the objective of achieving a better and more efficient recovery after the injury





Specific Objectives

- ◆ Establish exercise and physical activity as a strategy for health improvement
- ◆ Classify the different types of exercises according to the planning of the personalized training to be performed
- ◆ Differentiate the different types of specific physical exercises according to the muscles or muscle groups to be readapted
- ◆ Manage the different techniques applied in the treatment of injuries produced in sports practice
- ◆ Employ proprioceptive re-education in the whole process of rehabilitation and recovery, as well as for a lower prevalence of injury recurrence
- ◆ Plan and design specific programs and protocols with preventive effects
- ◆ Manage the different types of sports and essential sports practices as adjuvants during the process of functional rehabilitation and recovery



The sports field requires trained professionals and we give you the keys to position yourself among the professional elite"

03

Course Management

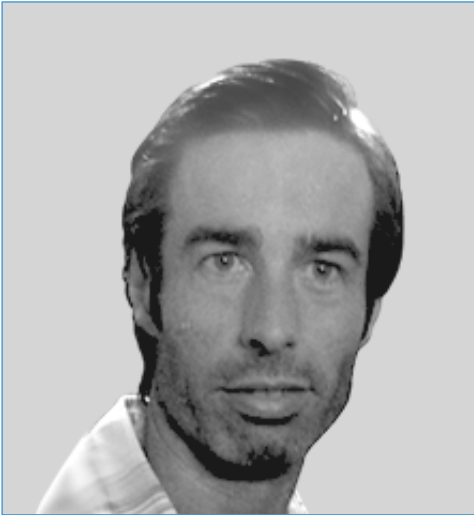
Our teaching team, experts in personal training, are all highly regarded in the profession and are professionals with years of teaching experience who have come together to help you give a boost to your profession. To this end, they have developed this program with recent up-to-date information in the field that will allow you to train and increase your skills in this sector.



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*Learn from the best professionals and
become a successful professional yourself”*

Management



Dr. González Matarín, Pedro José

- Doctor in Health Sciences
- Degree in Physical Education Teacher
- Master's Degree in Functional Recovery in Physical Activity and Sport
- Master's Degree in Regeneration Medicine
- Master's Degree in Physical Activity and Health
- Master in Dietetics and Diet Therapy
- Postgraduate in Obesity
- Postgraduate in Nutrition and Dietetics
- Postgraduate Degree in Genomic Medicine, Pharmacogenetics and Nutrigenetics
- Associate Professor Doctor and Private University (DEVA)
- PDI collaborator at UNIR, VIU, UOC and TECH



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04

Structure and Content

The structure of the content has been designed by a team of professionals who understand the implications of specialization in daily practice, are aware of the current relevance of quality specialization in the field of personal training, and who are committed to quality teaching through new educational technologies.



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We have the most complete and up-to-date scientific program on the market. We want to provide you with the best academic education"

Module 1. Exercise for Sports Injury Readaptation

- 1.1. Physical Activity and Physical Exercise for Health Improvement
- 1.2. Classification and Selection Criteria for Exercises and Movements
- 1.3. Principles of Sports Training
 - 1.3.1. Biological Principles
 - 1.3.1.1. Functional Unit
 - 1.3.1.2. Multilaterality
 - 1.3.1.3. Specificity
 - 1.3.1.4. Overload
 - 1.3.1.5. Supercompensation
 - 1.3.1.6. Individualization
 - 1.3.1.7. Continuity
 - 1.3.1.8. Progression
 - 1.3.2. Pedagogical Principles
 - 1.3.2.1. Transfer
 - 1.3.2.2. Efficacy
 - 1.3.2.3. Voluntary Stimulation
 - 1.3.2.4. Accessibility
 - 1.3.2.5. Periodization
- 1.4. Techniques Applied to the Treatment of Sports Injuries
- 1.5. Specific Action Protocols
- 1.6. Phases of the Process of Organic Recovery and Functional Recovery
- 1.7. Design of Preventive Exercises
- 1.8. Specific Physical Exercises by Muscle Groups
- 1.9. Proprioceptive Reeducation
 - 1.9.1. Bases of Proprioceptive and Kinesthetic Training
 - 1.9.2. Proprioceptive Consequences of Injury
 - 1.9.3. Development of Sport Proprioception
 - 1.9.4. Materials for Proprioception Work
 - 1.9.5. Phases of Proprioceptive Re-education
- 1.10. Sports Practice and Activity During the Recovery Process





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A unique, key, and decisive training 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.





“

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"

Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"



You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.



The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

In 2019, we obtained the best learning results of all online universities in the world.

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



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.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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.

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



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 highly 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.



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.



Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



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.





Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



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".



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.



06 Certificate

The Postgraduate Certificate in Exercise for Sports Injury Readaptation guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”

This **Postgraduate Certificate in Sports Injury Readaptation** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate diploma** issued by **TECH Technological University** via tracked delivery*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Exercise for Sports Injury Readaptation**

Official N° of Hours: **150 h.**

Endorsed by the NBA



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

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



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