

# Postgraduate Certificate Handball Player Injury Prevention

Endorsed by the NBA





## Postgraduate Certificate Handball Player Injury Prevention

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

Website: [www.techtute.com/us/sports-science/postgraduate-certificate/handball-player-injury-prevention](http://www.techtute.com/us/sports-science/postgraduate-certificate/handball-player-injury-prevention)

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# 01

# Introduction

Sports injuries undoubtedly mark the progression of an athlete and even determine the conclusion or not of the season. A fact that completely breaks their trajectory, so it is essential the work of prevention that is done from the planning of training and execution of exercises. For this, it is necessary for professionals to be aware of its causes, as well as its approach through the most notorious advances in this field. In this line, this 100% online program designed by TECH offers, in just 6 weeks, the most relevant information on the etiology and most effective existing treatments. A unique program in the academic panorama, elaborated by elite players and Physiotherapists.



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*A 100% online Postgraduate Certificate that will allow you to be updated on the Prevention of the most frequent injuries in Handball players”*

In a team sport such as handball, it is common for ankle injuries, meniscus injuries, lateral knee ligament injuries or shoulder displacements to occur on the court. The wide variety of actions during the game forces players to have optimal physical conditions and professional trainers and physiotherapists to know in detail the causes to prevent them.

A complete work that also requires proper planning of training, always keeping in mind the reduction of the chances of injury for the individual and collective benefit of the team. Therefore, given its importance, TECH has developed this academic proposal Handball Player Injury Prevention of 150 hours.

A complete study plan that includes numerous didactic material based on video summaries of each topic, videos in detail, specialized readings and simulations of case studies that you can access, comfortably, from any electronic device with an Internet connection.

Furthermore, thanks to the *Relearning* method, focused on the continuous reiteration of key concepts, the graduates will obtain a much more effective learning, considerably reducing the long hours of memorization.

Students are, therefore, faced with a quality and flexible education. And the fact is that, without the obligation to go to study centers in person, or to attend classes with fixed schedules, the graduate will have greater freedom to self-manage their time and reconcile their daily activities with a first-class learning.

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

- ♦ The development of practical cases presented by experts in Handball and Sports Sciences
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*Enroll now in a university program that you can access comfortably whenever and wherever you want, from your computer with Internet connection"*

“

*Delve into the causes of the most recurrent injuries in Handball and act correctly in their prevention"*

The program's teaching staff includes professionals from the field who contribute their work experience to this educational 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 immersive education programmed to learn 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 during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*A Virtual Library is available 24 hours a day with a large amount of innovative didactic material.*

*Delve into the processes of readaptation of the athlete after suffering a knee, ankle or foot injury.*



# 02 Objectives

The purpose of this Postgraduate Certificate is to provide over 6 weeks, the most rigorous and current information on the causes of the most common injuries in Handball, as well as existing treatments, depending on the part of the body affected. All this will be possible thanks to the theoretical-practical approach of this program and the case studies that provide a much more direct and useful vision for the professional performance of the students.





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*With this program you will be prepared to act in emergency situations arising from injuries of handball players on the court”*



## General Objectives

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- ♦ Master the design and control of training at different stages
- ♦ Improve the performance of athletes
- ♦ Interpret the analysis of data obtained through new technologies
- ♦ Incorporate the nutritional planning of the athlete according to their characteristics and playing position
- ♦ Know the evolution of the handball game and tactics up to nowadays
- ♦ Analyze the multiple factors involved in the training process and in high performance players





## Specific Objectives

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- Know the concepts of sports injuries, treatment and readaptation
- Study the etiology and causes of handball injuries
- Handle injury emergencies produced in training or in competition
- Analyze the most frequent injuries of all parts of the body of the Handball player



*Do you want to keep up to date with the latest advances in treatments for the recovery of shoulder injuries in Handball players? Do it with TECH"*

# 03

## Structure and Content

The syllabus of this university program brings together in only 150 teaching hours, the most important information for the Handball Player Injury Prevention. An academic itinerary that will allow students to delve into its etiology and the most advanced existing treatments to address sprains, dislocations or trauma common in this sport. All this, complemented by a Virtual Library, accessible 24 hours a day, from any digital device with Internet connection.





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*An intensive study plan that acquires greater dynamism thanks to the multimedia didactic resources of this program"*

## Module 1. Handball Player Injury Prevention

- 1.1. Sports injuries, treatment and rehabilitation
  - 1.1.1. Acute Injuries
  - 1.1.2. Overuse injuries
  - 1.1.3. Concepts of treatment, rehabilitation and prevention
- 1.2. Etiology and causes of injuries in Handball
  - 1.2.1. Biomechanics of Handball
  - 1.2.2. Frequent injuries in Handball
  - 1.2.3. Injuries by playing position
- 1.3. Acute Management of Injuries and Emergency Situations
  - 1.3.1. Basic Concepts
  - 1.3.2. Action in the event of a sports injury
  - 1.3.3. Regulations on injuries in Handball
- 1.4. Shoulder and shoulder girdle injuries
  - 1.4.1. Etiology
  - 1.4.2. Treatment and rehabilitation
  - 1.4.3. Prevention
- 1.5. Elbow injuries
  - 1.5.1. Etiology
  - 1.5.2. Treatment and rehabilitation
  - 1.5.3. Prevention
- 1.6. Hand and finger injuries
  - 1.6.1. Etiology
  - 1.6.2. Treatment and rehabilitation
  - 1.6.3. Prevention
- 1.7. Back Injuries
  - 1.7.1. Etiology
  - 1.7.2. Treatment and rehabilitation
  - 1.7.3. Prevention





- 1.8. Hip Injuries
  - 1.8.1. Etiology
  - 1.8.2. Treatment and rehabilitation
  - 1.8.3. Prevention
- 1.9. Injuries of the Knee
  - 1.9.1. Etiology
  - 1.9.2. Treatment and rehabilitation
  - 1.9.3. Prevention
- 1.10. Ankle and foot injuries
  - 1.10.1. Etiology
  - 1.10.2. Treatment and rehabilitation
  - 1.10.3. Prevention



*Explore the latest scientific studies on Biomechanics in Handball and its importance in the prevention of injuries"*

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"*

### 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.

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*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.



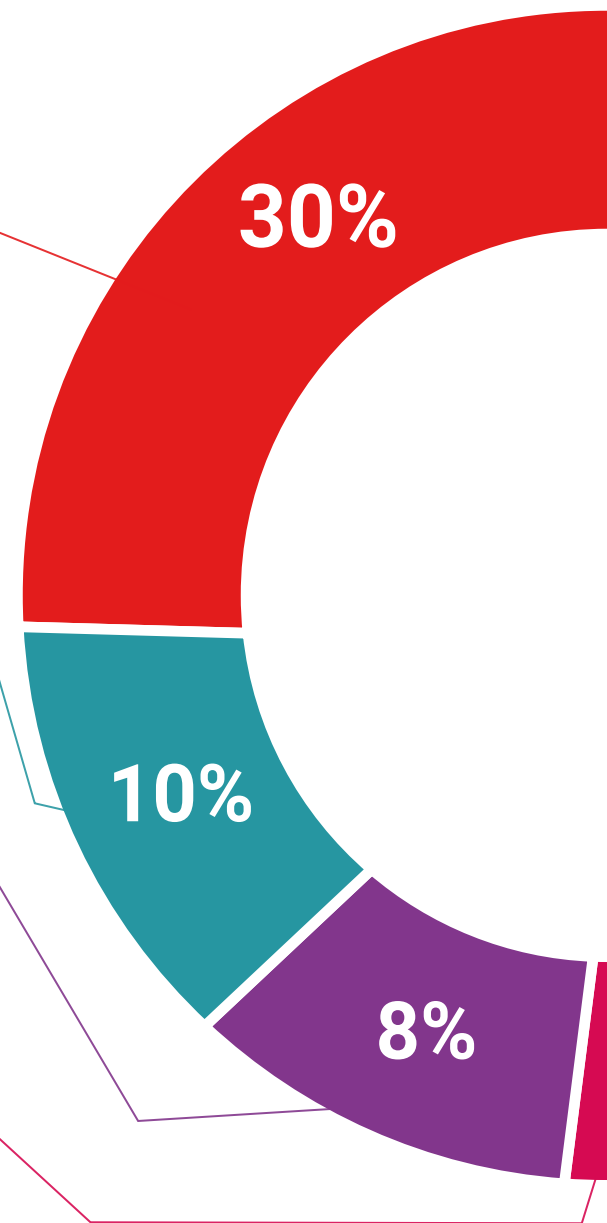
### Practising Skills and Abilities

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.



# 05 Certificate

The Postgraduate Certificate in Handball Player Injury Prevention guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University





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

This private qualification will allow you to obtain a **Postgraduate Certificate in Protection and Transfer of Medical Research Results** 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 Certificate in Handball Player Injury Prevention**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

**Endorsed by the NBA**



\*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.



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