

# Postgraduate Certificate

## Physical Therapy and Injury Prevention





## Postgraduate Certificate Physical Therapy and Injury Prevention

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

Website: [www.techtute.com/in/sports-science/postgraduate-certificate/physical-therapy-injury-prevention](http://www.techtute.com/in/sports-science/postgraduate-certificate/physical-therapy-injury-prevention)

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# 01

# Introduction

Physiotherapy and injury prevention are fundamental in rugby, a sport characterized by its high physical intensity and strong contacts. Physiotherapists play a crucial role in the prevention and treatment of injuries, their work is essential to ensure that players are in optimal physical condition to compete in matches. For this reason, TECH has designed a degree that allows students to increase their knowledge to the maximum in aspects such as Sports Physiotherapy, First Aid or the most common pathologies in Rugby, among others. All this, thanks to a 100% online modality and with the most dynamic and practical multimedia materials available in the academic market.





“

*Acquire new and better skills on Physiotherapy and Injury Prevention in Rugby, thanks to the best online university in the world according to Forbes, thanks to TECH"*

Physiotherapy and injury prevention are fundamental in rugby. Physical therapists can help players avoid and recover from injuries, which reduces downtime and improves performance on the playing field. Therefore, this discipline is an integral part of the physical preparation of rugby players and can contribute significantly to the success of a team.

This situation has led TECH to design a Diploma in Physiotherapy and Injury Prevention with the aim of providing students with the necessary skills and competencies to be able to perform their work with maximum efficiency in the field of sports. Thus, throughout this program, aspects such as Field Care, Safety and Assistance, Readaptation to the Game, Post-Match and Recovery or Medical Material will be addressed, Post-match and Recovery or Medical Equipment.

All this, thanks to a convenient 100% online mode that allows students to organize their schedules and studies, being able to combine them with their other work and interests. In addition, this degree has the most practical and complete teaching materials on the market, which greatly facilitates the student's study process and allows them to achieve their objectives quickly and efficiently.

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

- ◆ The development of case studies presented by experts in Physiotherapy and Injury Prevention
- ◆ The graphic, schematic and eminently practical contents of the book provide sporting and practical information on those 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



*Become an expert in Healthcare Equipment and Injury Treatment in only 6 months and with total freedom of organization"*

“*Reach your maximum potential in the field of Team Medical Management and Injury Prevention, in a 100% online modality”*

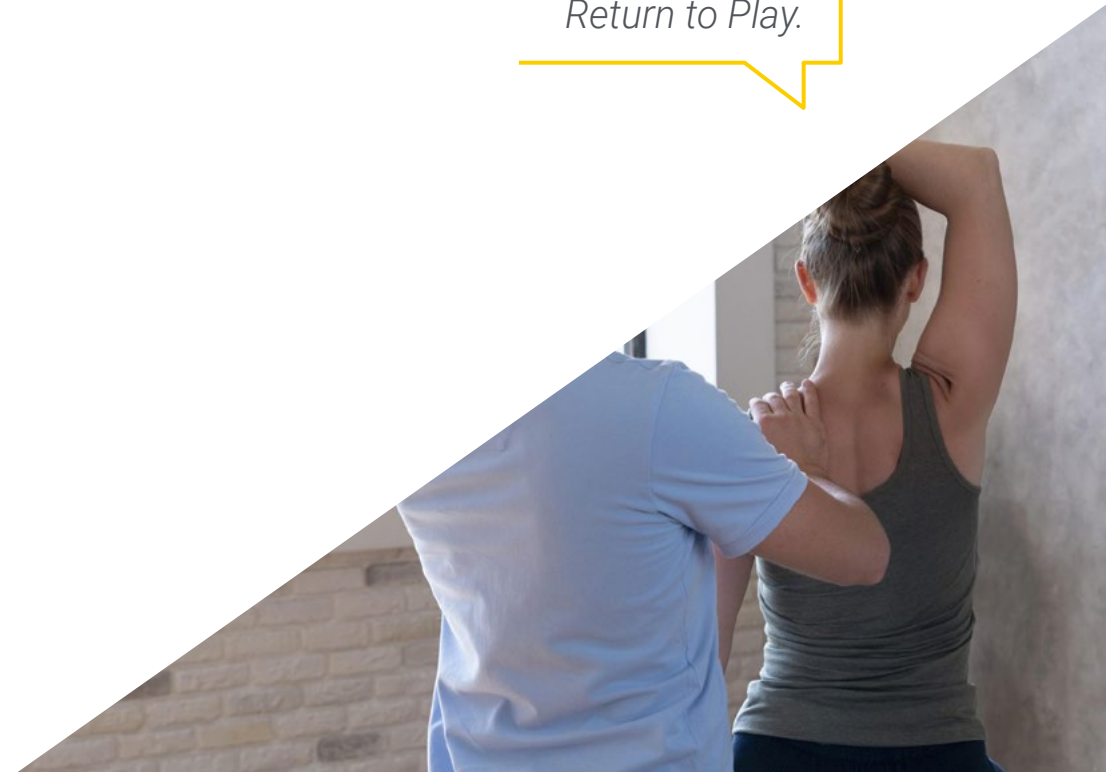
The program's teaching staff includes professionals from the sector who contribute their work experience to this program, in addition to renowned specialists from leading societies and prestigious universities.

Its 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 education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Put your Rugby Injury Prevention skills to the test with a variety of challenging practical exercises.*

*Enroll now and acquire new skills on Concussion and Progressive Return to Play.*



# 02 Objectives

The ultimate goal of this Postgraduate Certificate in Physiotherapy and Injury Prevention is to equip the student so that they can acquire an accurate update of their knowledge in an area so essential to this sport. An innovative update that will allow students to work with the highest possible quality and efficiency. All this, thanks to TECH and a 100% online modality that gives total freedom of organization to the student.







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*Achieve the objectives of the title and master the most advanced strategies against common Rugby injuries, without leaving home and at any time of the day”*



## General Objectives

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- ◆ Know in depth about Rugby XV and VII, as well as the rest of the modalities
- ◆ Know how to deepen, develop, and a physique and technique
- ◆ Acquire a specialization in Rugby oriented nutrition, according to the modality and position of the player
- ◆ How to manage emotions and apply psychology to the sports field
- ◆ Learn to manage teams and players
- ◆ How to sell Rugby as a consumer product
- ◆ In-depth knowledge of the tools for the player to control his emotions in order to obtain maximum performance





## Specific Objectives

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- ◆ Identify, recognize and use the necessary equipment
- ◆ Recognize the most common injuries
- ◆ Acquire the knowledge of prevention and readaptation
- ◆ Identify the most common injury: Concussion



*Acquire new skills in Physiotherapy and expand your knowledge on those aspects that interest you most, thanks to a wide variety of additional material available on the Virtual Campus"*

# 03

# Course Management

The management and the professionals who make up the teaching staff of this Diploma in Physiotherapy and Injury Prevention are part of the prestigious team of experts at TECH. These specialists have poured their extensive experience into the entire syllabus to design complete and up-to-date teaching materials that exceed the most demanding expectations. In addition, they will accompany the student throughout the program to make the study process easier and more effective.





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*World stars of professional rugby will provide you with all the keys that will make you excel in the treatment of injuries in this sport"*

## Management



### Mr. Javier De Juan Roldán

- ♦ Professional rugby player of the Spanish national team VII
- ♦ Two-time European Rugby VII champion
- ♦ Professional player of Independiente Rugby Club
- ♦ Professional Rugby Science player
- ♦ Coach at Ciencias Rugby Club and Independiente Rugby Club schools



### Ms. Marta Lliteras Ruiz

- ♦ Coach of Rugby, female 7's and male XV
- ♦ Coach of the General Command of the Balearic Army, female 7's and male XV
- ♦ Co-founder of All&Go
- ♦ Coordinator of the Association for Women in the Professional Field
- ♦ International player of Rugby XV and 7's
- ♦ European Rugby Champion
- ♦ Olympic Diploma Rio de Janeiro
- ♦ Degree in Political Science, Master's Degree in Human Resources Management and Management
- ♦ Master's Degree in Team Management



## Professors

### Mr. Pablo García Horcajadas

- ◆ Physiotherapist in Rugby Clubs
- ◆ Complutense Cisneros Rugby Club Physiotherapist
- ◆ Physiotherapist of the Spanish Rugby Federation in the Rugby Sevens modality
- ◆ Degree in Physiotherapy

# 04

# Structure and Content

This curriculum has been designed by the renowned professionals that make up TECH's team of experts in Physiotherapy and Sports Injury Prevention. These specialists have used their extensive experience and state-of-the-art knowledge to create practical and completely up-to-date content. All this, based on the most efficient pedagogical methodology, TECH Relearning.







“

*The most comprehensive and updated vision of  
Physiotherapy in Rugby, based on the most efficient  
pedagogical methodology, TECH Relearning"*

## Module 1. Injury Prevention Physiotherapy and

- 1.1. Sport Physiotherapy
  - 1.1.1. Sport Physiotherapy
  - 1.1.2. Field service
  - 1.1.3. Security and assistance
- 1.2. First Aid
  - 1.2.1. First assistance
  - 1.2.2. Airway
  - 1.2.3. Basic Principles of Cardioplegia
- 1.3. Most common pathologies in Rugby
  - 1.3.1. Spine and head trauma
  - 1.3.2. Upper Limb
  - 1.3.3. Lower Limb
- 1.4. Concussion: Recognize and remove
  - 1.4.1. What is concussion?
  - 1.4.2. How to recognize a concussion?
  - 1.4.3. Progressive return to play
- 1.5. Readaptation to gambling
  - 1.5.1. Return to the post-injury game
  - 1.5.2. Load control
  - 1.5.3. Interdisciplinary collaboration and return to the game
- 1.6. Injury Prevention
  - 1.6.1. Preseason
  - 1.6.2. Self-care and healthy habits
  - 1.6.3. Proprioception, cognitive work and spatial control
- 1.7. Preparation and field service: Minuto a minuto
  - 1.7.1. Pre-game Organization, management and specific work
  - 1.7.2. Field service
  - 1.7.3. Care and protection





- 1.8. Post-match and recovery
  - 1.8.1. Post-match: care and recovery
  - 1.8.2. Individual work and self-care
  - 1.8.3. Collective work and rest
- 1.9. Control and follow-up: Medical management of equipment
  - 1.9.1. Medical control in a professional team
  - 1.9.2. Player baseline status check
  - 1.9.3. Treatments, injury monitoring and recovery
- 1.10. Medical equipment
  - 1.10.1. Basic medical equipment and material management
  - 1.10.2. Medical devices: management and storage
  - 1.10.3. Material organization and control

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*You are 150 hours away from becoming the Rugby expert that Rugby schools demand”*

# 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.





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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.

“

*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.*



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

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

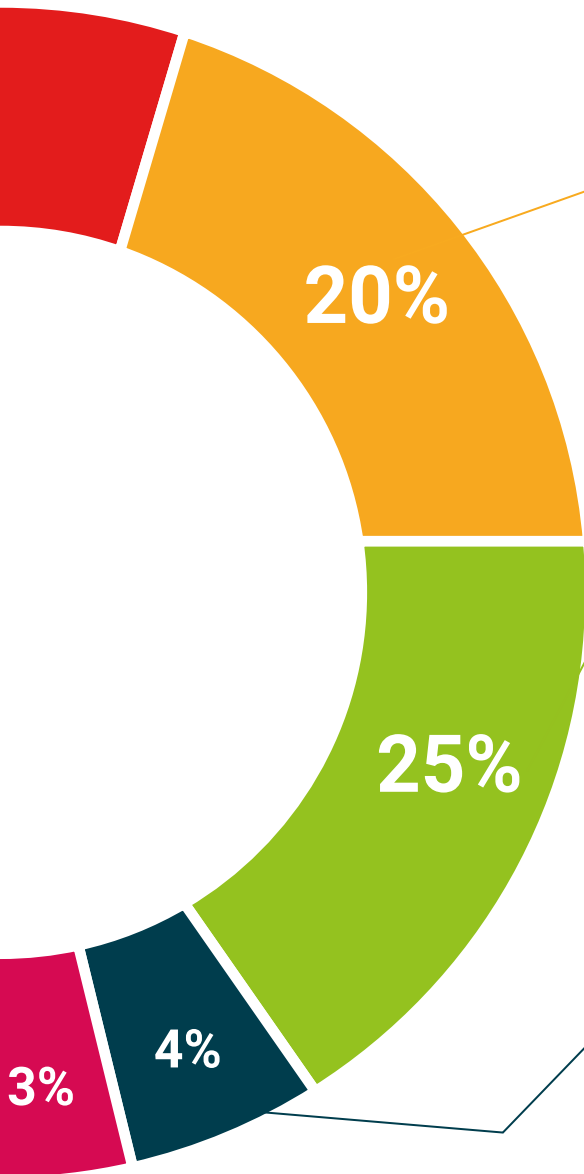
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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 Physical Therapy and Injury Prevention 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 Physical Therapy and Injury Prevention** 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** issued by **TECH Technological University** via tracked delivery\*.

The certificate 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 Physical Therapy and Injury Prevention**

Official N° of hours: **150 h.**



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

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

**tech** technological  
university

personalized service innovation

knowledge present

online training

development language

virtual classroom

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