

# Postgraduate Certificate

## Physiotherapy Applied to Basketball

Endorsed by the NBA





## Postgraduate Certificate Physiotherapy Applied to Basketball

- » 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/physiotherapy-applied-basketball](http://www.techtute.com/pk/sports-science/postgraduate-certificate/physiotherapy-applied-basketball)

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# 01

# Introduction

The high demands of high competition have led to increased efforts in the processes of injury recovery and prevention. In this scenario, the role of the physiotherapist becomes very relevant, who must be aware of the most recent techniques to address them, as well as those that are more frequent. In this sense, any professional who wishes to prosper in the world of Basketball must be updated in this field. For this reason, TECH has created this 100% Postgraduate Certificate, which will lead students to enhance their competencies and skills for physical-sports rehabilitation, the most effective treatments and the causes of the main muscle conditions. All this, with multimedia didactic material, accessible 24 hours a day.





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*A Postgraduate Certificate 100% online that will allow you to be up to date in Physiotherapy applied to Basketball"*

The advance of new technologies applied to the health field, as well as the focus on the prevention of injuries have centered in recent years in the field of Sports Physiotherapy. The deep knowledge of the most frequent conditions in sports modalities and their treatment facilitates the recovery of the athletes while offering the rest of the staff a knowledge that allows them to adapt the training and match work to the health conditions of the athlete.

In this context, TECH has developed a 6-week university degree, which offers students the most advanced and current learning about Physiotherapy applied to Basketball. All this, through innovative multimedia content and numerous additional didactic resources, accessible 24 hours a day, from an electronic device with an Internet connection.

This is an intensive program that will lead the graduate to delve, in an attractive way, into sports injuries, their prevention, injury recurrence and its possible causes, and the return to performance of an injured basketball player. All this, through video summaries, in-depth videos, specialized readings and case study simulations.

Undoubtedly, an excellent opportunity to obtain first level learning by the hands of real experts and through an innovative methodology, in accordance with the current academic times.

This **Postgraduate Certificate in Physiotherapy Applied to Basketball** 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 top-level Basketball experts
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and 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



*Delve into the extrinsic and intrinsic factors of a player's injuries"*

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*Deepen whenever you wish in physical-sports re-adaptation and its phases of an injured basketball player”*

The program’s teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as 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.

This program is designed around Problem-Based Learning, whereby professionals must try to solve the different professional practice situations that arise throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*The specialized readings in this program will allow you to further extend the information provided in the syllabus.*

*Thanks to the Relearning method, you will be able to reduce your long study hours and acquire effective learning in a short period of time.*



# 02 Objectives

Injuries occur in every athlete's path. For this reason, this Postgraduate Certificate focuses on knowing the most frequent in the field of Basketball, the methods to address them, as well as session planning strategies for their prevention. A high quality and high level education that will be possible thanks to the pedagogical tools provided by TECH and in which it has used the latest technology applied to teaching at the highest level.







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*The case studies of this Postgraduate Certificate offer you a theoretical and practical perspective that is very useful to include in your Basketball team"*



## General Objectives

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- ◆ To foster attacking creativity and the ability to improvise in the face of changing situations
- ◆ To teach teamwork and leverage individual strengths for efficient offensive game
- ◆ To work on reading the opponent's defense and recognizing opportunities to exploit their weaknesses
- ◆ To prepare players to face challenging situations and respond appropriately to changes in the opponent's strategy
- ◆ To stay abreast of the latest research and advances in sports physiotherapy to ensure evidence-based practice
- ◆ To promote the importance of injury prevention and physiotherapy as a tool for improving performance and prolonging the career of basketball players
- ◆ To promote adequate physical condition for this type of game, with emphasis on the endurance, speed and agility necessary to compete in half court



*Implement the best rehabilitation plan in your teams and achieve an effective recovery of your players"*





## Specific Objectives

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- ◆ To educate highly qualified professionals in the area of sports physiotherapy with a specific focus on basketball
- ◆ To Acquire a solid understanding of the most common basketball injuries and the proper evaluation and diagnostic techniques
- ◆ To develop skills in injury prevention and implementation of specific rehabilitation programs for basketball players
- ◆ To learn how to use therapeutic techniques and advanced tools to accelerate recovery and improve player performance
- ◆ To work closely with the basketball team's technical and medical staff to provide comprehensive care for players
- ◆ To acquire communication and empathy skills to establish an effective relationship with players and build their confidence in the recovery process
- ◆ To contribute to the well-being and success of the basketball team through quality physiotherapeutic care that helps players stay in their best physical condition and optimal performance

03

# Course Management

TECH has brought together in this Postgraduate Certificate an excellent teaching staff made up of professionals with a wide experience in the world of Professional Basketball. His in-depth knowledge of the sport and, in particular, of sports injuries and how to deal with them is evident in this program's syllabus. In addition, given its proximity, students will have the possibility of resolving any doubts that may arise regarding the content of the syllabus during the course of this academic proposal.





“You will achieve a first level learning from the hand of professionals in the world of Basketball”

## Management



### Mr. Castro Martínez, Iago

- ♦ Cáceres Basket LEB ORO Coach
- ♦ Assistant Coach Breogán Basketball Club
- ♦ Assistant Coach ADBA Avilés Women's League
- ♦ Princess Cup Champion
- ♦ LEB Gold League Champion
- ♦ Promotion to the Endesa League with Breogán Lugo
- ♦ Professional Master's Degree in Elementary Education at University of Santiago de Compostela (USC)
- ♦ Professional Master's Degree in Sports Psychology at SIPD
- ♦ Superior Sports Technician specialized in Basketball
- ♦ Senior Basketball Coach
- ♦ FIBA Coach

## Professors

### Mr. Boal Hernández, Guillermo

- ♦ Physiotherapist of the Spanish Basketball Federation
- ♦ Physiotherapist at Estudiantes de Baloncesto
- ♦ Degree in Physiotherapy, CEU San Pablo University
- ♦ Professional Master's Degree in Biomechanics and Sports Physiotherapy at the Pontificia Comillas University

### Mr. Pérez, Diego

- ♦ Physiotherapist at Sergas
- ♦ Physiotherapist at Quirón A Coruña Hospital
- ♦ Physiotherapist at the Hospital San Rafael A Coruña
- ♦ Physiotherapist at Ibermutua Gallega
- ♦ Physiotherapist in the Cáceres Basquet youth academy
- ♦ Physiotherapy from University of La Coruña



# 04

## Structure and Content

The syllabus of this university degree has been designed to offer, in only 6 weeks, the most advanced and current content on Physiotherapy applied to Basketball. From a theoretical-practical perspective, the students will delve into the most frequent injuries, their approach from this discipline, as well as their prevention. All this, through numerous didactic materials hosted in the virtual library, accessible 24 hours a day, from any electronic device with internet connection.







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*A study plan of 150 teaching hours with the best didactic content on Physiotherapy applied to Basketball"*

## Module 1. Physiotherapy

- 1.1. Sports Injuries
  - 1.1.1. Concept of injury vs. Sports Injury
  - 1.1.2. When is a basketball player injured?
  - 1.1.3. Who dictates that a player is injured?
- 1.2. Types of injuries and Treatment
  - 1.2.1. Muscle injuries
  - 1.2.2. Ligament Injuries
  - 1.2.3. Tendon injuries
  - 1.2.4. Joint and bone injuries
- 1.3. The medical staff and its objectives with an injured basketball player
  - 1.3.1. The physician
  - 1.3.2. Physiotherapists
  - 1.3.3. The Sports Rehabilitation
  - 1.3.4. The physical trainer and coach
- 1.4. The most frequent injuries in basketball
  - 1.4.1. Injuries in the ischiosural area
  - 1.4.2. Sprains and the most affected areas
  - 1.4.3. Knee injuries and their types
  - 1.4.4. Quadriceps injuries
- 1.5. Why does a basketball player get injured? The most frequent causes
  - 1.5.1. Intrinsic factors of the basketball player
  - 1.5.2. Extrinsic factors of the basketball player
  - 1.5.3. Other factors:
  - 1.5.4. Injury incidence
- 1.6. Injury relapses and their possible causes
  - 1.6.1. What is a relapse?
  - 1.6.2. Can a relapse be avoided?
  - 1.6.3. What are the most frequent causes of relapse?
  - 1.6.4. How do we know if it's okay now?





- 1.7. Physical-sports re-adaptation and its phases on an injured basketball player
  - 1.7.1. Phases
  - 1.7.2. Functional Sports Recovery
  - 1.7.3. Physical-Sports Recovery
  - 1.7.4. Sports Retraining
- 1.8. Stress Retraining
  - 1.8.1. What is stress retraining?
  - 1.8.2. How do we control stress retraining?
  - 1.8.3. What parameters or tests do we take into account to assess the basketball player's aptitude?
  - 1.8.4. A basketball player's feelings are important
- 1.9. Return to performance of an injured basketball player
  - 1.9.1. Aspects to be taken into account when reincorporating the player into the team
  - 1.9.2. First Steps
  - 1.9.3. Reincorporation into the team
  - 1.9.4. Example of planning for the return to competition
- 1:10. Injury prevention in a basketball player
  - 1.10.1. Prevention of the most common injuries
  - 1.10.2. The importance of strength in injury prevention
  - 1.10.3. When and how do we perform an injury prevention protocol?
  - 1.10.4. The work of the basketball player outside the team in the prevention of injuries



*Do you want to be updated on injury prevention strategies in basketball players? Do it with TECH. Enroll now”*

# 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.

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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.



# 06 Certificate

The Postgraduate Certificate in Physiotherapy Applied to Basketball 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 certificate without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Physiotherapy Applied to Basketball** 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 Physiotherapy Applied to Basketball**

Official N° of hours: **150 h.**

Endorsed by the NBA



\*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  
personalized service innovation  
knowledge present  
online training  
development languages  
virtual classroom



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