

Postgraduate Certificate Sports Injuries in Football

Endorsed by the NBA





Postgraduate Certificate Sports Injuries in Football

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/postgraduate-certificate/sports-injuries-football

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01

Introduction

Football is a high physical impact sport in which players can suffer a wide range of injuries. Therefore, it is essential for sports health professionals, coaches and physiotherapists to have a solid knowledge of how to prevent, treat and rehabilitate this type of affectations. Therefore, this program designed by TECH is an excellent option for those professionals looking to improve their skills in this area of knowledge. This qualification will provide a comprehensive view of football injuries and their treatment, and will focus on prevention, correct bandaging and primary care. All this in a convenient 100% online program, without the need to attend an on-site center.



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*Develop this program at your convenience,
without having to attend on-site centers or
concurrent classes”*

Football is one of the most popular sports in the world, with millions of players participating in all kinds of competitions, from amateur tournaments to World Cups. However, it is a discipline that involves the risk of contracting any type of injury due to its impact and intensity.

Therefore, it is crucial that field professionals have a thorough knowledge of how to prevent, treat and rehabilitate their players' injuries.

Faced with this need, TECH has created the following program with the aim of providing students with all the necessary updating tools to qualify them in a booming sector. This Postgraduate Certificate focuses on the different types of injuries that exist, their treatment and prevention methods. All this in a high-impact educational package, nourished in turn with audiovisual materials, complementary readings and practical exercises developed with the Relearning methodology.

The program is delivered in a convenient 100% online format, which means that the materials can be accessed from anywhere and at any time. In addition, there is no need to go to any on-site center and the teaching content can be downloaded to any device, accessing it at the times preferred by each professional.

This **Postgraduate Certificate in Sports Injuries in Football** 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 Sports Injuries in Football
- ♦ The graphic, schematic and practical contents of the book provide technical and practical information on those disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out 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



Stand out in a booming sector with enormous potential and become a part of the technical staff of world-class teams"

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You will create plans for returning to the sport, prioritizing the welfare of your players"

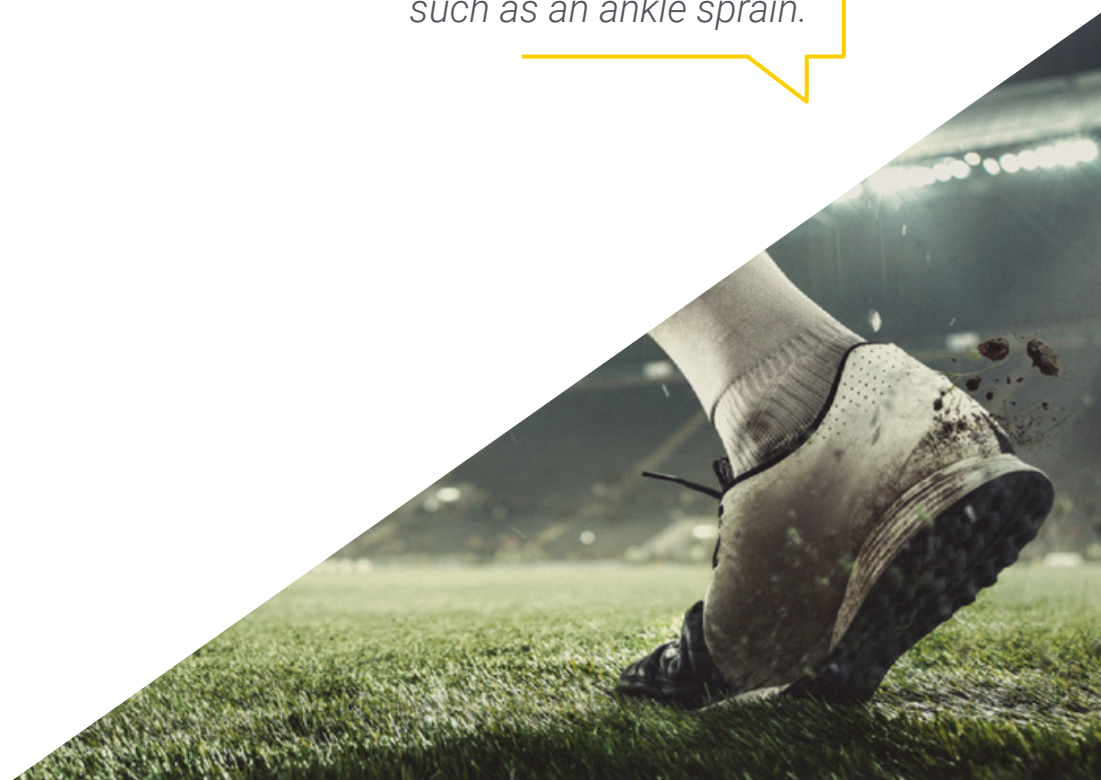
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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 prepare for 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 course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will learn about the most frequent football injuries and their recovery times.

You will further boost your professional profile, being able to handle an injury such as an ankle sprain.



02 Objectives

With the main objective of enhancing the professional's skills through educational resources, TECH has selected the syllabus for this program. Throughout the program, you will delve into essential aspects and elements that will allow you to acquire new skills. In addition to this, you will develop practical exercises and will have at your disposal high-impact audiovisual material, thereby acquiring a vision of the current challenges faced by the sector.





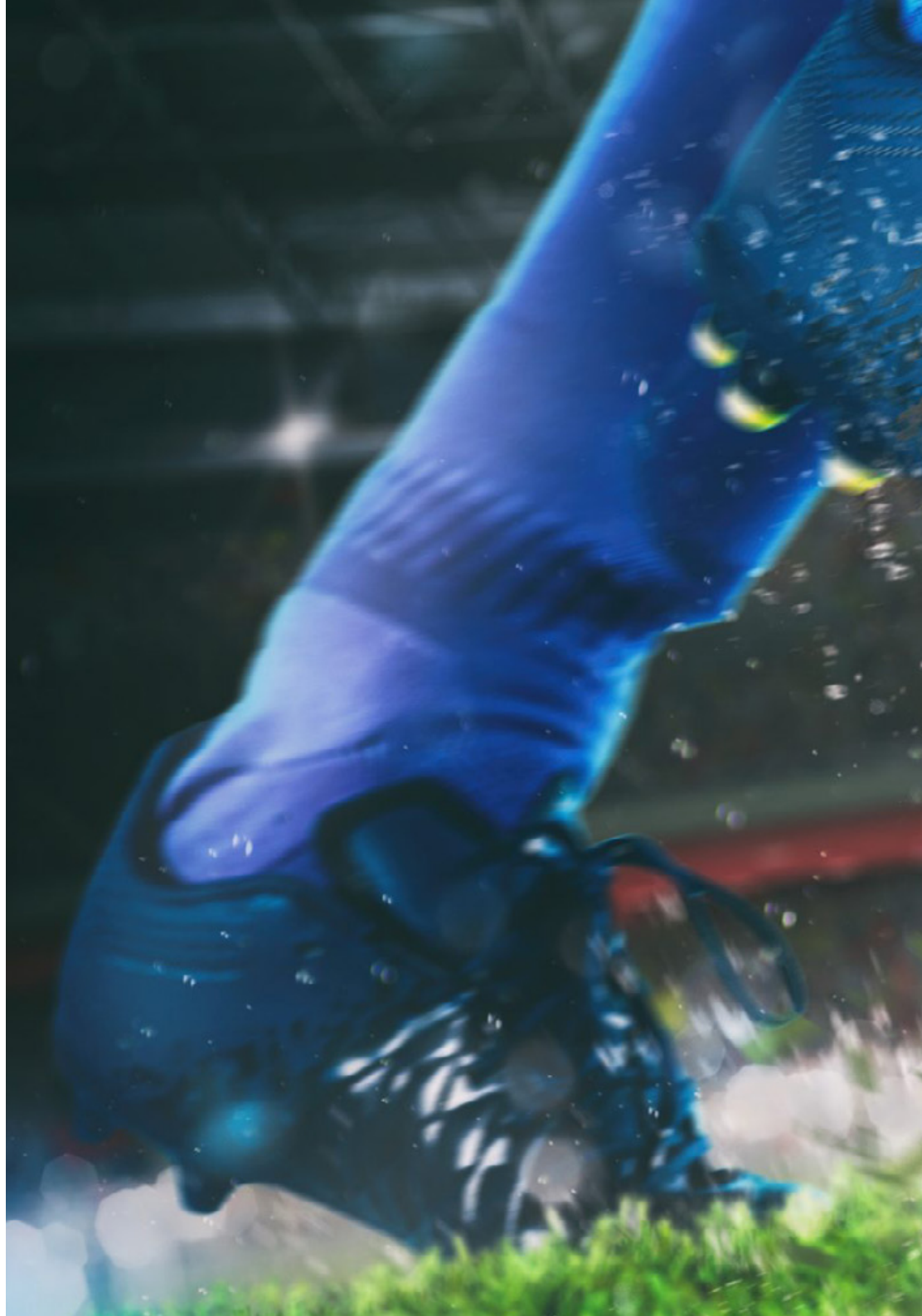
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This qualification will be the best investment you can make to get up to date with the most common football injuries and their treatment process"



General Objectives

- ♦ Gain knowledge about the origin, history and evolution of football
- ♦ Delve into the organization of a club and everything that surrounds the sporting environment
- ♦ Go deeper into current technical-tactical knowledge
- ♦ Investigate the change in football analysis with the introduction of new technologies
- ♦ Explain physical preparation and re-training as a fundamental part of today's football
- ♦ Highlight the importance of good nutrition for good sports performance
- ♦ Recognize each member of a coaching staff and their roles in a football club
- ♦ Delve into Psychology as a fundamental part of a football player's performance





Specific Objectives

- ◆ Get to know the most common injuries in professional football
- ◆ Identify extrinsic and intrinsic factors affecting injuries
- ◆ Delve into the role and functions of physicians, physiotherapists and sports rehabilitators



You will achieve your goals thanks to the tools TECH has designed especially for you"

03

Course Management

In order to guarantee a rigorous education with great results, TECH has selected an experienced and active teaching staff to manage the program. They are experts and specialists in the management and prevention of football injuries. They have deposited in the syllabus all their knowledge and years of experience, so the student will have access to an exclusive, rigorous and up-to-date educational material.



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You will achieve your professional goals with the help of the best experts and specialists in the sports field and the world of football"

Management



Mr. Angel Fernández Fernández

- Coach in Real Oviedo Women's Football grassroots level
- Responsible for the North Zone of JV Sports Representation Agency
- Level III Football Coach
- Former Sports Manager CD Mosconia (3RFEF)



Professors

Mr. García Santamaría, Alberto

- ♦ Physical Trainer and Fitness Trainer
- ♦ Superior Sports Technician in Football Level III
- ♦ Master's Degree in Prevention and Rehabilitation of Football Injuries by the University of Castilla la Mancha
- ♦ Master's Degree in Sports Science Research from the University of Castilla la Mancha
- ♦ Master's Degree in Physical Preparation in Football by the University of Castilla la Mancha
- ♦ Graduate in Physical Activity and Sport Sciences from the University of Castilla la Mancha



A unique, key, and decisive educational experience to boost your professional development"

04

Structure and Content

The syllabus of this program has been designed following the guidelines required by the sports sector. Inside, the professionals will find up-to-date and rigorous information on the management and prevention of football injuries. In addition, they will delve into aspects such as primary care, physical-sports rehabilitation, and the influence of physiotherapists in the return of football players to the field of play. All this in an educational package of great impact, as well as audiovisual resources and complementary readings.





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Download the contents of this program to your everyday device and review it as often as you need to"

Module 1. Football Injuries

- 1.1. Sports Injuries
 - 1.1.1. Concept of Injury vs. Sports Injury
 - 1.1.2. When is a Player Injured?
 - 1.1.3. Who Decides that a Player is Injured?
 - 1.1.4. Medical Discharge, Sports Discharge and Competitive Discharge
- 1.2. Types of Injuries and their 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 Player
 - 1.3.1. The Doctor
 - 1.3.2. Physiotherapists
 - 1.3.3. The Sports Rehabilitator
 - 1.3.4. The Physical Trainer and Coach
- 1.4. The Most Frequent Injuries in Football
 - 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 Football Player Get Injured? The Most Frequent Causes
 - 1.5.1. Intrinsic Factors of the Football Player
 - 1.5.2. Extrinsic Factors of the Football Player
 - 1.5.3. Other Factors:
 - 1.5.4. Incidence of an Injury
- 1.6. Recurrences of Injuries and their Possible Causes
 - 1.6.1. What is a Recurrence?
 - 1.6.2. Can a Recurrence be Avoided?
 - 1.6.3. What Are the Most Frequent Causes of Recurrence?
 - 1.6.4. How Do We Know if it's Okay Now?



- 1.7. Physical-Sports Rehabilitation and its Phases of an Injured Football 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 Player's Fitness?
 - 1.8.4. The Player's Sensations are Important
- 1.9. Return to Performance of an Injured Football 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 Group
 - 1.9.4. Example of Planning for the Return to Competition
- 1.10. Injury Prevention in a Football 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 Player's Work Outside the Team in Injury Prevention



This Postgraduate Certificate features the innovative Relearning model, so you will be faced with real and simulated cases"

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 Sports Injuries in Football 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 Injuries in Football** contains the most complete and up-to-date scientific 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 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 Sports Injuries in Football**

Modality: **Online**

Duration: **6 weeks**



*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.

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

tech technological
university

Postgraduate Certificate Sports Injuries in Football

- › Modality: online
- › Duration: 6 weeks
- › Certificate: TECH Technological University
- › Schedule: at your own pace
- › Exams: online

Postgraduate Certificate Sports Injuries in Football

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