

# Professional Master's Degree

## Sports Injury Prevention and Rehabilitation

Endorsed by the NBA





## Professional Master's Degree Sports Injury Prevention and Rehabilitation

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/sports-science/professional-master-degree/master-sports-injury-prevention-rehabilitation](http://www.techtute.com/us/sports-science/professional-master-degree/master-sports-injury-prevention-rehabilitation)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Skills

---

*p. 14*

04

Course Management

---

*p. 18*

05

Structure and Content

---

*p. 26*

06

Methodology

---

*p. 32*

07

Certificate

---

*p. 40*

# 01

# Introduction

The figure of the personal trainer is part of a booming profession, which is growing due to the large number of people who have integrated sport into their daily lives, elite athletes who need qualified professionals to advise them in their training, and sedentary people who need the help of personal trainers to improve their physique and, above all, their health. In this program, TECH provides students with the keys to learn how to guide each person in their training, regardless of their circumstances, but with special emphasis on sports rehabilitation, functional recovery and injury prevention.





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*Each person has different physical characteristics, which means that specific training is needed to recover from injuries. Learn the best way to treat each injury with this comprehensive program"*

More and more people decide to hire a personal trainer to improve their physical condition, increase their sports performance or heal from certain injuries caused by regular physical exercise. All this makes it necessary to have trained professionals who are up to date with the latest technological developments so that they can apply these in their rehabilitation techniques and exercises. In this context arises this Professional Master's Degree in Sports Injury Prevention and Rehabilitation.

This educational program is unique among those that exist in the field, as it is the first to integrate readaptation, rehabilitation, recovery and prevention both for sports injuries and at a functional level. All this in a single program of the highest quality and created by professionals with great impact in this field.

Likewise, this program has a series of qualities that will provide students with extensive knowledge. Accordingly, students will learn about nutritional aspects, such as the importance of the intake of phytochemicals and foods rich in them in the improvement of health, as well as in biological recovery and, above all, the importance of water and hydration as a fundamental part of the recovery process.

On the other hand, the introduction of the Pilates method with its different variants, both in readaptation and rehabilitation, is a novelty in terms of academic courses of this type. It also emphasizes preventive work and the essential role of the personal trainer in promoting and prescribing this type of treatment. Training in coaching and business strategies is also very important in order to guarantee the success of the professional business.

The teaching team of this Professional Master's Degree in Sports Injury Prevention and Rehabilitation has carefully selected each of the topics of this program to offer the student a study opportunity as complete as possible and always linked to current events.

Accordingly, TECH has endeavored to create contents of the highest teaching and educational quality that will turn students into successful professionals, following the highest quality standards in teaching at an international level.

This **Professional Master's Degree in Sports Injury Prevention and Rehabilitation** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ◆ 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
- ◆ It contains exercises where the self-assessment process can be carried out to improve learning
- ◆ Algorithm-based interactive learning system for decision-making
- ◆ Special emphasis on innovative methodologies in personal training
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Immerse yourself in the study of this high-level Professional Master's Degree and improve your skills as a personal trainer"*

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*This Professional Master's Degree is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge as a personal trainer, you will obtain a degree from TECH Global 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 immersive education that is programmed to teach students in real situations.

This program is designed around Problem-Based Learning, whereby the participant 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 developed by renowned and experienced experts in the prevention and rehabilitation of sports injuries.

*This Professional Master's Degree offers training in simulated environments, which provides an immersive learning experience designed to train for real-life situations.*

*This 100% online Professional Master's Degree will allow you to balance 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, in a practical and rigorous way, the application of personal training aimed at sports readaptation, functional rehabilitation and injury prevention.





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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

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- ◆ 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 rehabilitation and recovery work as well as comprehensive individualized work
- ◆ Acquire a specialization in the pathologies of the locomotor system with the highest incidence in the population as a whole
- ◆ Be able to plan prevention, readaptation and functional rehabilitation programs
- ◆ Deepen in the characteristics of the different types of injuries most frequently suffered by athletes nowadays
- ◆ Assess the subject's nutritional needs and make nutritional recommendations and suggest nutritional supplements to support the recovery process
- ◆ 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 greater and more efficient recovery after the injury
- ◆ Use coaching techniques to address general psychological aspects of the athlete or injured subject, that favor an effective approach from the personal training work
- ◆ Understand marketing as a key tool for success in personal training in the field of rehabilitation, prevention and functional recovery





## Specific Objectives

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### Module 1. Personal Training

- ◆ Acquire a better understanding of the different characteristics of the personal trainer profession
- ◆ Integrate the concepts of training in balance, cardiovascular, strength, plyometrics, speed, agility, etc. as a key tool for staff in the prevention and readaptation of injuries
- ◆ Design training programs adapted to the characteristics of the subject in order to achieve better results

### Module 2. Preventive Work for Sports Practice

- ◆ Identify the risk factors involved in the practice of physical-sports activities
- ◆ Use different types of materials for the planning of different types of exercises in a personalized training program
- ◆ Learn Pilates exercises with different types of machines designed to be fundamental in preventive work
- ◆ See Stretching and Postural Re-Education as essential methods for the prevention of injuries and alterations of the locomotor system

### Module 3. Structure of the Locomotor System

- ◆ Manage the different anatomical concepts: axes, planes and anatomical position.
- ◆ Differentiate the different elements that make up the locomotor system
- ◆ See the functioning processes of the integrated active and passive locomotor system

#### **Module 4. Fitness, Functional and Biomechanical Assessment**

- ◆ Use biomechanics of movement as a key tool in the prevention and rehabilitation process
- ◆ Clarify the importance of nutritional, biochemical, genetic and quality of life assessment from the initial period to the end of the process
- ◆ Evaluate the different parameters related to physical fitness: strength, speed, flexibility, endurance, etc
- ◆ Detect anomalies that hinder or prevent a correct recovery/rehabilitation process

#### **Module 5. Frequent Injuries in Athletes**

- ◆ Determine the etiology of the most frequent injuries that occur in sports practice
- ◆ Identify the causes of the main injuries in sports
- ◆ Distinguish the different types of injuries: tendon, muscle, bone, ligament and joint injuries

#### **Module 6. Exercise for Sports Injury Readaptation**

- ◆ Establish exercise and physical activity as a strategy for improving health
- ◆ 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

#### **Module 7. Frequent Locomotor System Diseases**

- ◆ Analyze the severity of ligament diseases and their assessment for a better and more efficient rehabilitation
- ◆ Focus on the analysis of joint diseases due to their high incidence in sports
- ◆ Examine the most common diseases that usually occur in the spine
- ◆ Assess pain as an element to be taken into account in the diagnosis of a greater or lesser degree of injury

#### **Module 8. Exercise for Functional Recovery**

- ◆ Analyze the different possibilities offered by functional training and advanced rehabilitation
- ◆ Apply the Pilates method as an integral system for the rehabilitation of the locomotor system in functional recovery
- ◆ Plan specific Pilates exercises and programs for the different areas of the locomotor system with and without apparatus

#### **Module 9. Nutrition for Functional Recovery and Rehabilitation**

- ◆ Approach the concept of integral nutrition as a key element in the process of readaptation and functional recovery
- ◆ Distinguish the different structures and properties of both macronutrients and micronutrients
- ◆ Prioritize the importance of both water intake and hydration in the recovery process
- ◆ Analyze the different types of phytochemicals and their essential role in improving the state of health and regeneration of the organism



### Module 10. Coaching and Personal Trainer Business

- ◆ In-depth knowledge of specific elements of the personal trainer profession
- ◆ Acquire and understand the different healthy habits and lifestyles, as well as their implementation possibilities
- ◆ Apply motivational strategies to achieve better results in the process of sports rehabilitation and functional recovery
- ◆ Plan and design spaces that favor a better development of the specific personal training work to be performed
- ◆ Understand the personal training process where the relationship with the client and the feedback provided by the client are fundamental to the process

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

# 03 Skills

After passing the assessments of the Professional Master's Degree in Sports Injury Prevention and Rehabilitation, the professional will have acquired the skills required for a quality and up-to-date practice based on the most innovative teaching methodology.



TRAINER



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*This program will help you acquire the skills you need to excel in your daily work”*



## General Skills

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- ◆ Program, plan and investigate the process of prevention, sports readaptation and functional recovery through an individualized training program
- ◆ Plan and execute programs aimed at prevention, sports rehabilitation and functional recovery to be carried out in a sports club, sports federation and/or sports centers, entities related to physical activity for health, and centers working with people with physical disabilities or injuries

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*Increase your skills with our high-quality program and give your career a boost”*







## Specific Skills

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- ◆ Know the particularities of personal training adapted to each person and to design individualized and specific programs according to the needs of the athletes
- ◆ Plan the specific exercises for each training, applying machines for functional training or pilates method techniques
- ◆ In-depth knowledge of the locomotor system
- ◆ In-depth knowledge of the biomechanics of movement and its application in the rehabilitation process
- ◆ Know and identify the main sports injuries
- ◆ Design and carry out customized training
- ◆ Identify the main joint and ligament diseases
- ◆ Plan rehabilitation exercises using the Pilates method for the rehabilitation of the locomotor system
- ◆ Provide nutritional diets adapted to the needs of each athlete and taking into account their type of injury
- ◆ Apply coaching techniques to personal training and apply motivation to obtain better results in the recovery of the athlete

04

# Course Management

The teaching staff, experts in Personal Training, enjoys considerable prestige in the profession and are professionals with years of teaching experience who have come together to help the student to give a boost to their career. To this end, they have created this Professional Master's Degree with the latest developments in the field that will allow you to train and enhance your skills in this sector.



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*Learn from leading professionals  
and become a successful  
professional yourself”*

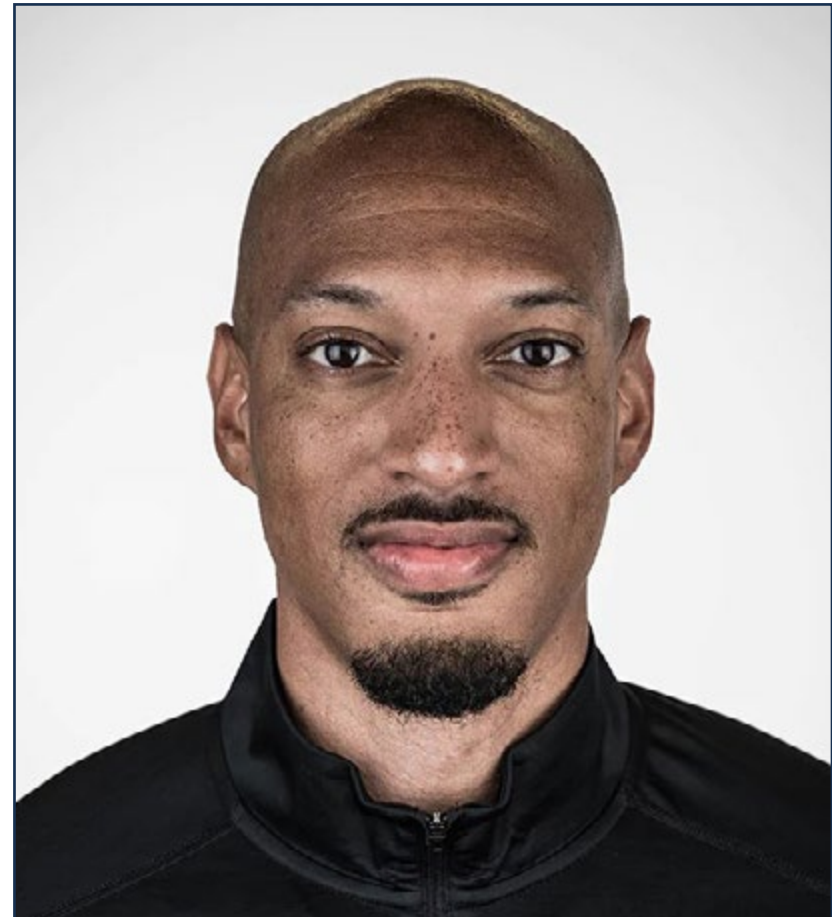
## International Guest Director

Dr. Charles Loftis is a renowned specialist who serves as a **sports performance therapist** for the **Portland Trail Blazers in the NBA**. His impact on the world's premier basketball league has been significant, bringing distinguished expertise in creating strength and conditioning programs.

Prior to joining the Trail Blazers, he was the head strength and conditioning coach for the Iowa Wolves, implementing and overseeing the development of a comprehensive player program. In fact, his experience in the sports performance field began with the establishment of XCEL Performance and Fitness, of which he was the founder and head coach. There, Dr. Charles Loftis worked with a wide range of athletes to develop strength and conditioning programs, in addition to working on the **prevention and rehabilitation of sports injuries**.

His academic background in the field of chemistry and biology gives him a unique perspective on the science behind sports performance and physical therapy. As such, he holds CSCS and RSCC designations from the National Strength and Conditioning Association (NSCA), which recognize his knowledge and skills in the field. He is also certified in PES (Performance Enhancement Specialist), CES (Corrective Exercise Specialist) and dry needling.

All in all, Dr. Charles Loftis is a vital member of the NBA community, working directly with both the strength and performance of elite athletes as well as the necessary prevention and rehabilitation of various sports injuries.



## Dr. Loftis, Charles

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- ♦ Sports Performance Specialist at the Portland Trail Blazers - Oregon, U.S.A.
- ♦ Head strength and conditioning coach for the Iowa Wolves
- ♦ Founder and head coach at XCEL Performance and Fitness
- ♦ Head performance coach for the Oklahoma Christian University men's basketball team
- ♦ Physical Therapist at Mercy
- ♦ Doctor of Physical Therapy from Langston University
- ♦ B.S. in Chemistry and Biology from Langston University

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## International Guest Director

Isaiah Covington is a highly skilled performance coach with extensive experience in treating and addressing various injuries in elite athletes. In fact, his professional career has been directed to the **NBA**, one of the most important sports leagues around the world. He is the **performance coach of the Bolton Celtics**, one of the most important teams in the Eastern Conference and with the greatest projection in the United States.

His work in such a demanding league has made him specialize in maximizing the **physical and mental potential** of the players. His past experience with other teams, such as the Golden State Warriors and the Santa Cruz Warriors, has been key. This has also allowed him to work on sports injuries, focusing on the **prevention and rehabilitation** of the most common injuries in elite athletes.

In the academic field, his interest has focused on the field of kinesiology, exercise science and high performance sport. All of this has led him to excel prolifically in the NBA, working day-to-day with some of the top basketball players and coaching staffs from around the world.



## D. Covington, Isaiah

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- Boston Celtics Performance Coach - Massachusetts, U.S.A.
- Performance coach of the Golden State Warriors.
- Head Performance Coach of the Santa Cruz Warriors
- Performance Coach at Pacers Sports & Entertainment
- B.S. in Kinesiology and Exercise Science from the University of Delaware
- Specialization in Training Management
- Master's degree in Kinesiology and Exercise Science from Long Island University
- Master's Degree in Performance Sport from Australian Catholic University

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## 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





05

# Structure and Content

The structure of the content has been designed by a team of professionals who understand about 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 academic program in the market. We want to provide you with the best specialization”*

### Module 1. Personal Training

- 1.1. Personal Training
- 1.2. Flexibility Training
- 1.3. Endurance and Cardiorespiratory Training
- 1.4. Core Training
  - 1.4.1. Core Musculature
  - 1.4.2. The Training of Stabilization Systems
  - 1.4.3. Core Science and Training
  - 1.4.4. Core Training Guidelines
  - 1.4.5. Core Training Program Design
- 1.5. Balance Training
- 1.6. Plyometric Training
  - 1.6.1. Principles of Plyometric Training
  - 1.6.2. Designing a Plyometric Training Program
- 1.7. Speed and Agility Training
- 1.8. Strength Training
- 1.9. Integrated Program Design for Optimal Performance
- 1.10. Exercise Modalities

### Module 2. Preventive Work for Sports Practice

- 2.1. Risk Factors in Sports
- 2.2. Working with Mat Exercises
- 2.3. Reformer and Cadillac
- 2.4. Wunda Chair
- 2.5. Active Global Stretching and Global Postural Re-Education
- 2.6. Fitball
- 2.7. TRX
- 2.8. Body Pump
- 2.9. Medicine Ball and Kettlebells
- 2.10. Thera Band
  - 2.10.1. Advantages and Properties
  - 2.10.2. Individual Exercises
  - 2.10.3. Exercises in Pairs
  - 2.10.4. Respiratory Muscles

### Module 3. Locomotor System Structure

- 3.1. Anatomical Position, Axes and Planes
- 3.2. Bone
- 3.3. Joints
  - 3.3.1. Etiology
  - 3.3.2. Synarthrosis
  - 3.3.3. Amphiarthrosis
  - 3.3.4. Diarthrosis
- 3.4. Cartilage
- 3.5. Tendons and Ligaments
- 3.6. Skeletal Muscle
- 3.7. Musculoskeletal System Development
- 3.8. Musculoskeletal System Components
- 3.9. Nervous Control of Skeletal Muscles
- 3.10. Muscle Contraction
  - 3.10.1. Functioning of Muscle Contraction
  - 3.10.2. Types of Muscle Contraction
  - 3.10.3. Muscle Bioenergetics

### Module 4. Fitness, Functional and Biomechanical Assessment

- 4.1. Anatomy and Kinesiology
- 4.2. The Science of Human Motion
- 4.3. Applied Biomechanics
- 4.4. Initial Customer Inquiry
- 4.5. Functional Movement Assessment
  - 4.5.1. Motion Detection, Testing and Evaluation
  - 4.5.2. Functional Movement Screen (FMS)
  - 4.5.3. Selective Assessment of Functional Movement
  - 4.5.4. Specific Functional Performance Tests
- 4.6. Nutritional Assessment, Genetic Evaluation, Biochemistry and Quality of Life

- 4.7. Biomechanics
  - 4.7.1. Biomechanical Fundamentals
  - 4.7.2. Biomechanics of Human Movement
  - 4.7.3. Muscular Control of Movement
  - 4.7.4. Biomechanics of Resistance Exercise
- 4.8. Evaluation of Physical Fitness
- 4.9. Risk Detection and Stratification

## Module 5. Frequent Injuries in Athletes

- 5.1. Shoulder Injuries in Sports
  - 5.1.1. Relevant Aspects of the Shoulder
  - 5.1.2. Injuries and Disorders Related to Acute and Chronic Shoulder Instability
  - 5.1.3. Clavicular Injuries
  - 5.1.4. Nerve Injuries in the Shoulder Region
  - 5.1.5. Brachial Plexus Injuries
- 5.2. Upper Arm Injuries
- 5.3. Elbow Injuries in Sports
- 5.4. Forearm, Wrist and Hand Injuries in Sports
- 5.5. Head and Facial Injuries in Sports
- 5.6. Throat, Chest and Abdominal Injuries in Sports
- 5.7. Back/Spine Injuries in Sport
  - 5.7.1. Relevant Aspects of the Back and Spine
  - 5.7.2. Diagnosis of Back Pain
  - 5.7.3. Neck and Cervical Injuries
  - 5.7.4. Thoracic and Lumbar Area Injuries
- 5.8. Hip Joint, Pelvic and Groin Injuries in Sports
- 5.9. Thigh, Knee and Leg Injuries in Sport
- 5.10. Ankle and Foot Injuries in Sport

## Module 6. Exercise for Sports Injury Readaptation

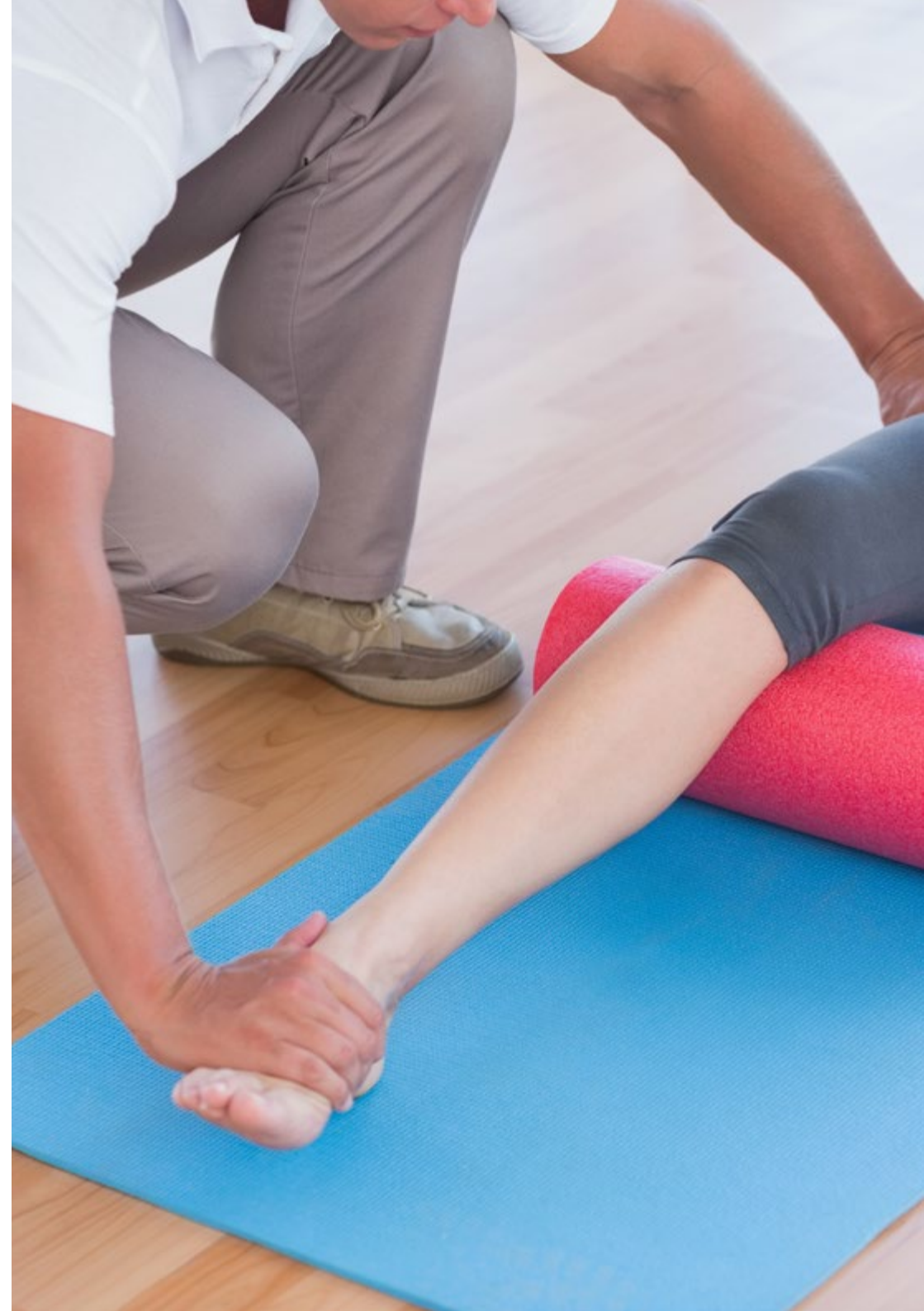
- 6.1. Physical Activity and Physical Exercise for Health Improvement
- 6.2. Classification and Selection Criteria for Exercises and Movements
- 6.3. Principles of Sports Training
  - 6.3.1. Biological Principles
    - 6.3.1.1. Functional Unit
    - 6.3.1.2. Multilaterality
    - 6.3.1.3. Specificity
    - 6.3.1.4. Overload
    - 6.3.1.5. Supercompensation
    - 6.3.1.6. Individualization
    - 6.3.1.7. Continuity
    - 6.3.1.8. Progression
  - 6.3.2. Pedagogical Principles
    - 6.3.2.1. Transfer
    - 6.3.2.2. Efficacy
    - 6.3.2.3. Voluntary Stimulation
    - 6.3.2.4. Accessibility
    - 6.3.2.5. Periodization
- 6.4. Techniques Applied to the Treatment of Sports Injuries
- 6.5. Specific Action Protocols
- 6.6. Phases in the Process of Organic Recovery and Functional Recovery
- 6.7. Design of Preventive Exercises
- 6.8. Specific Physical Exercises by Muscle Groups
- 6.9. Proprioceptive Re-Education
  - 6.9.1. Bases of Proprioceptive and Kinesthetic Training
  - 6.9.2. Proprioceptive Consequences of Injury
  - 6.9.3. Development of Sport Proprioception
  - 6.9.4. Materials for Proprioception Work
  - 6.9.5. Phases of Proprioceptive Re-Education
- 6.10. Sports Practice and Activity During the Recovery Process

## Module 7. Frequent Locomotor System Diseases

- 7.1. Cervical Pain, Dorsalgia and Lumbago
- 7.2. Scoliosis
- 7.3. Herniated Disc
- 7.4. Shoulder Tendinitis
- 7.5. Epicondylitis
  - 7.5.1. Epidemiology
  - 7.5.2. Anatomical Pathology
  - 7.5.3. Clinical Symptoms
  - 7.5.4. Diagnosis
  - 7.5.5. Treatment
- 7.6. Hip Osteoarthritis
- 7.7. Gonarthrosis
- 7.8. Plantar Fasciitis
  - 7.8.1. Conceptualization
  - 7.8.2. Risk Factors
  - 7.8.3. Symptoms
  - 7.8.4. Treatment
- 7.9. Hallux Valgus and Flat Feet
- 7.10. Sprained Ankle

## Module 8. Exercise for Functional Recovery

- 8.1. Functional Training and Advanced Rehabilitation
  - 8.1.1. Function and Functional Rehabilitation
  - 8.1.2. Proprioception, Receptors and Neuromuscular Control
  - 8.1.3. Central Nervous System: Integration of Motor Control
  - 8.1.4. Principles for the Prescription of Therapeutic Exercise
  - 8.1.5. Restoration of Proprioception and Neuromuscular Control
  - 8.1.6. The 3-Phase Rehabilitation Model
- 8.2. The Science of Pilates in Rehabilitation
- 8.3. Principles of Pilates
- 8.4. The Integration of Pilates in Rehabilitation
- 8.5. Methodology and Equipment Required for Effective Practice



- 8.6. Cervical and Thoracic Spine
- 8.7. Lumbar Spine
- 8.8. Shoulder and Hip
- 8.9. Knee
- 8.10. Foot and Ankle

## Module 9. Nutrition for Functional Recovery and Rehabilitation

- 9.1. Integral Nutrition as a Key Element in Injury Prevention and Recovery
- 9.2. Carbohydrates
- 9.3. Proteins
- 9.4. Fats
  - 9.4.1. Saturation
  - 9.4.2. Unsaturated
    - 9.4.2.1. Monounsaturated
    - 9.4.2.2. Polyunsaturated
- 9.5. Vitamins
  - 9.5.1. Water-Soluble
  - 9.5.2. Fat-Soluble
- 9.6. Minerals
  - 9.6.1. Macrominerals
  - 9.6.2. Microminerals
- 9.7. Fiber
- 9.8. Water
- 9.9. Phytochemicals
  - 9.9.1. Phenols
  - 9.9.2. Thiols
  - 9.9.3. Terpenes
- 9.10. Food Supplements for Prevention and Functional Recovery

## Module 10. Coaching and Business of the Personal Trainer

- 10.1. The Beginning of the Personal Trainer
- 10.2. Coaching for the Personal Trainer
- 10.3. The Personal Trainer as a Promoter of Exercise and the Effects on Health and Performance
  - 10.3.1. Basic Fundamentals of Physical Exercise
  - 10.3.2. Acute Exercise Responses
  - 10.3.3. Health Effects of Exercise
    - 10.3.3.1. Resistance
    - 10.3.3.2. Strength and Power
    - 10.3.3.3. Balance
  - 10.3.4. Health Effects of Exercise
    - 10.3.4.1. Physical Health
    - 10.3.4.2. Mental Health
- 10.4. Need for Behavioral Changes
- 10.5. The Personal Trainer and the Relationship with the Client
- 10.6. Motivational Tools
  - 10.6.1. Appreciative Exploration
  - 10.6.2. Motivational Interview
  - 10.6.3. Building Positive Experiences
- 10.7. Psychology for the Personal Trainer
- 10.8. Personal Trainer's Career Path
- 10.9. Design and Maintenance and Material Installations



*A unique, key and decisive program to boost your professional development”*

06

# 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.

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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.



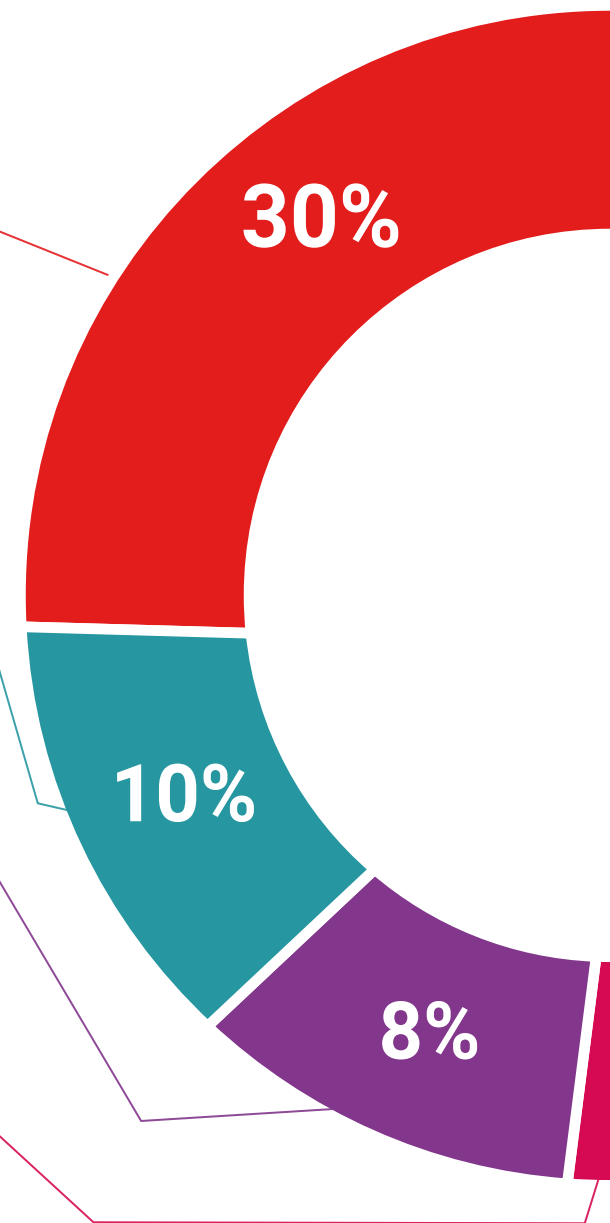
#### Practising Skills and Abilities

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.



07

# Certificate

This Professional Master's Degree in Sports Injury Prevention and Rehabilitation guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree issued by TECH Global University.





“

*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This program will allow you to obtain your **Professional Master's Degree diploma in Sports Injury Prevention and Rehabilitation** 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** title 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: **Professional Master's Degree in Sports Injury Prevention and Rehabilitation**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



**tech global university**

Mr./Ms. \_\_\_\_\_ with identification document \_\_\_\_\_  
has successfully passed and obtained the title of:

**Professional Master's Degree in Sports Injury Prevention and Rehabilitation**

This is a program of 1,500 hours of duration equivalent to 60 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024



Dr. Pedro Navarro Illana  
Rector



The Official Online  
University of the NBA

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: APWDR0238 techsite.com/certificates




**Professional Master's Degree in Sports Injury Prevention and Rehabilitation**

Subject type	ECTS
Compulsory (CO)	60
Optional (OP)	0
External Work Placement (WP)	0
Master's Degree Thesis (MDT)	0
<b>Total</b>	<b>60</b>

Year	Subject	ECTS	Type
1º	Personal Training	6	CO
1º	Preventive Work for Sports Practice	6	CO
1º	Structure of the Locomotor System	6	CO
1º	Fitness, Functional and Biomechanical Assessment	6	CO
1º	Frequent Injuries in Athletes	6	CO
1º	Exercise for Sports Injury Readaptation	6	CO
1º	Frequent Locomotor System Diseases	6	CO
1º	Exercise for Functional Recovery	6	CO
1º	Nutrition for Functional Recovery and Rehabilitation	6	CO
1º	Coaching and Personal Trainer Business	6	CO



Dr. Pedro Navarro Illana  
Rector



\*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.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

**tech** global  
university

personalized service innovation

knowledge present quality

online training  
Sports Injury Prevention  
and Rehabilitation

development language

virtual classroom

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree

## Sports Injury Prevention and Rehabilitation

Endorsed by the NBA



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