

1. BASIC INFORMATION

Course	Module 6: Sports Injuries
Degree program	Master's Degree in Sports Training and Nutrition
School	Real Madrid Graduate School/School of Sports Sciences
Year	First
ECTS	2 ECTS
Credit type	Mandatory
Language(s)	English
Delivery Mode	Campus-Based
Semester	Annual
Academic Year	2020/2021
Coordinating professor	Dr. HELIOS PAREJA/GERMAN DÍAZ UREÑA

2. PRESENTATION

“Sports Injuries” is a complementary module closely related to one of the main master’s degree modules, namely Module 3: Sports Training, and at the same time fundamentally linked to the biomechanics of movement in sports. This module covers fundamental aspects such as epidemiology of sports injuries, their treatment, rehabilitation and retraining in elite sportspeople in their respective sports.

3. COMPETENCIES AND LEARNING OUTCOMES

Core competencies:

- *CB1. Students should possess and understand knowledge that provides a basis or opportunity to be innovative in the development and/or application of ideas, often in a research context.*
- *CB2. Students should be able to apply their acquired knowledge and problem-solving ability in new or little-known environments within broader (or multidisciplinary) contexts related to their area of study.*

- *CB3. Students should be able to integrate knowledge and tackle the complexity of formulating judgements based on information that, being incomplete or limited, includes reflections on social and ethical responsibilities related to the application of their knowledge and judgements.*
- *CB4. Students should be able to communicate their conclusions –and the ultimate reasons that support them– to specialized and non-specialized audiences in a clear and unambiguous way.*
- *CB5. Students should possess learning skills that allow them to continue studying in a largely self-directed or autonomous way.*

Cross-curricular competencies:

- *CT1. Self-learning skills:* being able to choose the most effective strategies and tools at the most appropriate time to learn and autonomously put our learning into practice.
- *CT7. Responsibility:* being able to fulfill the commitments a person makes to themselves and to others when performing a task and trying to achieve a set of goals as part of the learning process. The ability of any individual to acknowledge and accept the consequences of their own actions.
- *CT9: Teamwork: being able* to participate and cooperate actively with other people, areas and/or organizations in order to achieve common goals.

Specific competencies:

- *CE1. Having in-depth knowledge of how the human organism adapts to different physical loads in individuals of different ages and performance levels, or that belong to special population groups.*
- *CE11. Acquiring knowledge independently (self-learning).*

Learning outcomes:

- *RA1. Understanding of fundamental concepts related to prevention, treatment and rehabilitation of sports injuries.*
- *RA2. Determining, based on case studies, practical sessions, reading and information searches, the available evidence on the prevention, treatment and rehabilitation of sports injuries.*
- *RA3. In-depth analysis and synthesis based on searching fundamental bibliographic sources related to the prevention and treatment of sports injuries.*
- *RA4. Developing and implementing rehabilitation programs to help sportspeople recover from the different injuries that can occur during sporting activity.*

The table below shows the relationship between the competencies developed in the course and the learning outcomes pursued:

Competencies	Learning outcomes
CB1, CB2, CB3, CB4, CB5 CT1, CT7, CT9 CE1, CE11	RA1
CB1, CB2, CB3, CB4, CB5 CT1, CT7, CT9 CE1, CE11	RA2
CB1, CB2, CB3, CB4, CB5 CT1, CT7, CT9 CE1, CE11	RA3
CB1, CB2, CB3, CB4, CB5 CT1, CT7, CT9 CE1, CE11	RA4

4. COURSE CONTENT

1. Fundamentals of preventive and therapeutic interventions in the field of sports.
2. General concepts in attending to the injured sportsperson.
3. Short and long-term goals in the functional recovery of the injured sportsperson.
4. Biological fundamentals of tissue healing.
5. Main foot, ankle and leg injuries. Classification. Prevention and rehabilitation strategies.
6. Main knee, thigh and pelvis injuries. Classification. Prevention and rehabilitation strategies.
7. Chronic lower back pain and physical exercise. Therapeutic interventions based on exercise.
8. Main shoulder injuries. Prevention and rehabilitation strategies. Neuromuscular reeducation.

5. LEARNING METHODOLOGIES

The types of teaching methodologies are listed below:

- Master Class
- Case Method
- Cooperative learning
- PBL

6. LEARNING ACTIVITIES

Listed below are the types of learning activities and the number of hours the student will spend on each one:

Learning activity	Number of hours
Epidemiology of sports injuries	10 hours on campus 10 hours of self-directed learning
Treatment and return to play in sports injuries	15 hours on campus 15 hours of self-directed learning
TOTAL	50 h

7. ASSESSMENT

Listed below are the assessment systems used and the weight each one carries towards the final course grade:

Assessment system	Weight
Activity 1. Epidemiology of sports injuries	PASS or FAIL
Activity 2. Treatment and return to play in sports injuries	100%

When you access the course on the *Campus Virtual*, you'll find a description of the activities you have to complete, as well as the deadlines and assessment procedures for each one. The activities can be changed due to master's needs.

7.1. First exam period

To pass the course in the first exam period, you must obtain a final course grade of at least 5 out of 10.

7.2. Second exam period

To pass the course in the second exam period, you must obtain a final grade of at least 5 out of 10. The student must deliver the activities not successfully completed in the first exam period

after having received the corresponding corrections from the professor, or those that were not delivered in the first place.

8. SCHEDULE

This section indicates the schedule with delivery dates of evaluable activities of the subject:

Assessable activity	Date
Activity 1. Epidemiology of sports injuries	JUNE
Activity 2. Treatment and return to play in sports injuries	JUNE

This schedule may undergo modifications for logistical reasons of the activities. Any modification will be notified to the student in a timely manner.

9. BIBLIOGRAPHY

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10. DIVERSITY ATTENTION UNIT

Students with specific educational support needs:

Adaptations or curricular adjustments for students with specific educational support needs, in order to guarantee equal opportunities, will be guided by the Diversity Attention Unit (UAD).

The issuance of a report of curricular adaptations / adjustments by said Unit will be essential, so students with specific educational support needs should contact through: unidad.diversidad@universidadeuropea.es at the beginning of each semester.

11. ONLINE SURVEYS

Your opinion matters!

The Universidad Europea encourages you to participate in several surveys which help identify the strengths and areas we need to improve regarding professors, degree programs and the teaching-learning process.

The surveys will be made available in the “surveys” section in virtual campus or via e-mail.

Your assessment is necessary for us to improve.

Thank you very much for your participation.