

**EXPERT IN SPORTS
INJURY PREVENTION**



PREVENTION OF SPORT INJURIES



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FutbolLab

PRESENTATION

Currently, sports is one of the most requested and sought after areas by many people, in fact, 70% of Spaniards practice some type of sport. Thus, it has become a great area to do as a professional, either for coach or player.

Expert in Sports Injury Prevention

you will gain knowledge about different items. In addition, another advantage is that it is endorsed by the Catholic University of Avila, which gives it the quality of being highly prestigious and recognized by multiple institutions.

GOALS

- Improve decision-making related to soccer. Specialization in general and specific soccer knowledge.
- Tactical periodization of Professor Paco Seirul-lo at FC Barcelona.
- To know the bases and measures to take into account in soccer. To explore the knowledge, tools and means to be used in a match.
- Training techniques, which are currently in trend.
- To be able to determine harmful behaviors that can cause injuries. (Prevention).

MAIN INFORMATION

MASTER'S DEGREE ISSUED BY THE UNIVERSIDAD CATÓLICA DE ÁVILA



ONLINE CLASSES

Access to the content 24/7,
during 5 months of course,
36 ECTS (900 teaching hours).



OFFICIAL TITLE

Homologated by the Catholic University
of Avila.
- Validity: outside and inside Spain



LANGUAGES

Taught in 2 languages:
Spanish and English



FINANCING

Up to 12 months

UNITS: 8

START AND ENROLLMENT: **IMMEDIATE**

This degree has the same validity outside and inside Spain, since it is a curricular title of studies, and covered by the Organic Law of Universities. No specific homologation or accreditation is required, since the Universities have the capacity to issue their own degrees, as stated in article 2.g) of the Organic Law of Universities 6/2001.

STUDY PLAN

TOPIC 1: Sports injuries. Terminology and typology

TOPIC 2: Magnitude of the problem: Incidence and consequences.

TOPIC 3: Epidemiology. Multifactorial model and risk factors.

TOPIC 4: Prevention measures from physical activity: Proprioception, Strength, Flexibility and Endurance.

TOPIC 5: Contextualization of sports physical rehabilitation and effort retraining.

TOPIC 6: Re-education of basic conditional capacities.

TOPIC 7: Control and follow-up of the injured player. Return to the group.

TOPIC 8: Psychology of the injured soccer player.

TARGET AUDIENCE

- **Technicians who have experience in soccer.**
- **Coaches who are graduates.**
- **Graduates or graduates in Physical Activity and Sports Sciences.**

Each of the program's lines of action are aimed at capturing and developing talent and aptitude in football.

METHOD

VIRTUAL CLASSROOM | LEARNING COMMUNITY

DISCOVERY-INDUCED ACTIVITIES

The activities in which the student will be able to carry out a contextualized learning by working, in the Virtual Classroom and in a collaborative way, a real or simulated situation that will allow him/her to make a **first approach to the different topics of study.**

PRACTICAL APPLICATION ACTIVITIES

Includes problem-solving, project development and similar activities that allow the **application of the conceptual, procedural and attitudinal aspects worked on in other parts of the courses.**

INTERACTION AND COLLABORATION ACTIVITIES

The activities in which different topics related to the subjects of each subject will be discussed and argued, and which will serve to **guide the process of induced discovery.**

PRESENTATIONS AND EXERCISES

It includes the joint elaboration in the Virtual Classroom and, if applicable, the virtual defense of the assignments and exercises requested in accordance with the defense procedures established in the **teaching guides.**

SEMINARS

Includes face-to-face or virtual attendance to small group sessions, dedicated to specific topics of each subject.

METHOD

VIRTUAL CLASSROOM : STUDENT-TUTOR INTERACTION

TUTORIES

They allow direct **interaction between teacher and student** for the resolution of doubts and individualized advice on different aspects of the subjects.

PRESENTATIONS AND EXERCISES

It includes the individual preparation and, if necessary, virtual defense of the requested papers and exercises, in accordance with the defense procedures established in the teaching guides.

EVALUATION ACTIVITIES

More information can be found in the "Evaluation" section on page 13 of this Master's program.

METHOD

AUTONOMOUS WORK OF THE STUDENT

INDIVIDUAL WORK ACTIVITIES

Individual work of the materials used in the subjects, although supported by the resolution of doubts and construction of knowledge through a forum enabled for these purposes.

This activity will be **the basis for the development of debates, problem-solving, etc.**

PRACTICAL APPLICATION ACTIVITIES

It includes **personal** work in problem-solving, project development and similar activities that allow the **application of the conceptual, procedural and attitudinal aspects worked** in the other parts of the course.

CRITICAL READING, ANALYSIS AND RESEARCH

These are activities in which the student approaches the different fields of study with a critical eye that allows an approach to research. **Examples include book reviews or critiques of articles and research projects.**

EVALUATION

The student chooses the following evaluation system, according to his or her personal situation and training needs:

Continuous evaluation + TFM

60% of the final grade is due through the activities which should be done through the course and that will be assessed in "continuous evaluation"; the student's completion of these activities will be subject to a verification by the professors.

The remaining 40% of the last grade will be obtained from the Master's Final Project (TFM) to be carried out at the end of the course.

The FINAL project will include all the areas studied and will always involve the development of a real case, since from **FutbolLab** we want our courses to be directed to the real training situation that coaches find in their teams.

EVALUATION

VIRTUAL CLASSROOM

The course is taught entirely in online mode. They will be conducted through our virtual campus that is accessed from **the official website of Futbollab** (**www.futbollab.com**).

From there you will be able to use the syllabus, explanatory presentations, demonstrative videos, analysis of the teachers, assignments that the teachers will send and correct.

TUTORS

The teachers offer **continuous tutoring**, establishing telephone and/or videoconference tutorials explaining any doubts that may arise. They will guide your training evolution throughout the course, depending on your profile and level of dedication or study schedule.

As we have indicated, **the syllabus, videos, articles, interviews with experts are part of your evolution in the course, so you will do periodic exercises that are corrected by the teacher** to give you a clearer idea of the subject being worked on.

EVALUATION

At the end of the course you will carry out a final project that will include all the areas studied and that will always involve the development of a real case, since from FutbolLab we want our courses to be directed to the real training situation that the coaches find in their teams.

ENROLLMENT PROCESS

To enroll you only have to click on the **Enroll** tab, from there you will be asked to enter your personal data necessary for the academic record and in the last part of the process you will be able to choose the payment format of this program.

Remember that in this course you can go at your own pace and complete it according to your availability, as long as you do not exceed the greatest time to complete it, which in the case of the master's degree is **2 and a half years**. However, if you still need more time, you must ask authorization from the admissions department to extend the time. If you get a positive response, the new time will be automatically extended.

PROFESSIONAL OPPORTUNITIES

A physical trainer graduated from our Expert in Sports Injury Prevention (endorsed by the Catholic University of Avila). Has the ability to develop in multiple sports areas, having the necessary skills may be hired in:

Professional soccer teams (in any modality: indoor, beach bubble, among others).

- As a private trainer of athletes.
- Coach of children's soccer groups.

PROFESSIONAL OPPORTUNITIES

JOB OPPORTUNITIES

- If you decide to take this specialization, congratulations! It has been an excellent choice, it is one of the most required knowledge in the soccer field.
- Not only do we give quality education, but we are pleased to bring our students closer to the field of work performance, to enhance their skills, and thus get a better knowledge about their specialization. Quality and incredible services, that's what we are!
- So, we want to give you great news, and that is that, through our website we offer you the possibility to reach institutions and clubs that ask the services of a physical trainer like you. How? In a simple way, once you have completed your studies, you can enter our page, in the job section, you can enter your data and that's it. In this easy way, you will be exposed to infinite possibilities that will allow you to fill a job place according to the skills of your job profile.

