



1. General information

Course: SPORTS PHYSIOTHERAPY

Type: ELECTIVE

Degree: 333 - UNDERGRADUATE DEGREE PROGRAMME IN PHYSIOTHERAPY

Center: 109 - FACULTAD DE FISIOTERAPIA Y ENFERMERÍA

Year: 4

Main language: Spanish

Use of additional
languages:

Web site:

Code: 17333

ECTS credits: 4.5

Academic year: 2021-22

Group(s): 40

Duration: First semester

Second language:

English Friendly: Y

Bilingual: N

Lecturer: ALBERTO SANCHEZ SIERRA - Group(s): 40

| Building/Office | Department | Phone number | Email | Office hours |
|-------------------|--|--------------|-------------------------|--------------|
| Edificio Sabatini | ENFERMERÍA, FISIOTERAPIA Y TERAPIA OCUP. | por teams | alberto.sanchez@uclm.es | |

2. Pre-Requisites

Not established

3. Justification in the curriculum, relation to other subjects and to the profession

Not established

4. Degree competences achieved in this course

Course competences

| Code | Description |
|------|--|
| CB1 | Prove that they have acquired and understood knowledge in a subject area that derives from general secondary education and is appropriate to a level based on advanced course books, and includes updated and cutting-edge aspects of their field of knowledge. |
| CB2 | Apply their knowledge to their job or vocation in a professional manner and show that they have the competences to construct and justify arguments and solve problems within their subject area. |
| CB3 | Be able to gather and process relevant information (usually within their subject area) to give opinions, including reflections on relevant social, scientific or ethical issues. |
| CB4 | Transmit information, ideas, problems and solutions for both specialist and non-specialist audiences. |
| CB5 | Have developed the necessary learning abilities to carry on studying autonomously |
| E01 | Students must be capable of systematically identifying and describing anatomic structures in order to apply them in Physiotherapy performance. |
| E09 | Students must be capable of identifying psychological and social factors that affect health or disease status, and reflect on the potential consequences of the disease for the individual, family, and community. |
| E12 | Students must understand the psychological aspects of the physiotherapist-patient relationship in order to optimize it. |
| E25 | Students must know the rules and functions of the profession of Physiotherapy and integrate them in the different ambits of performance. |
| E28 | Students must be capable of designing an intervention plan in Physiotherapy, taking into account the individuality of the patient and criteria of adequacy, validity, and effectiveness. |
| E29 | Students must be capable of executing, directing, and coordinating an intervention plan in Physiotherapy, using their own therapeutic tools and taking into account the individuality of the patient. |
| E35 | Students must be capable of properly selecting and applying general physiotherapeutic procedures: massage therapy, electrotherapy, magnet therapy, phototherapy, vibrotherapy, hydrotherapy, thermotherapy, cryotherapy, press therapy, ergotherapy, spa therapy, thalassotherapy, climatotherapy, as well as derivatives and combinations of other physical agents. |
| E37 | Students must be capable of analyzing, programming, and applying movement as a therapeutic procedure. |
| E39 | Students must understand and be capable of selecting and applying specific methods and procedures for physiotherapeutic interventions for the recovery and functional reeducation of the locomotive system, as well as adapting them to the different life stages. |
| E43 | Students must understand, select, and apply methods and procedures for specific physiotherapeutic interventions aimed at the recovery and functional reeducation in orthopedic processes, as well as adapting them to the different life stages. |
| E45 | Students must know the main sport injuries and their treatment, as well as strategies for the recovery and rehabilitation back to physical activity and sports. |
| E52 | Students must know how to prevent occupational injuries. |
| E54 | Students must incorporate ethical and legal principles that apply to their practice of physiotherapy. |
| E56 | Students must be capable of orienting and motivating the patient and relatives in their recovery process. |
| E58 | Students must be capable of recognizing life-threatening situations and executing maneuvers for basic and advanced life support. |
| G01 | Students must show their ability to make educated decisions and solve problems based on available knowledge and information within their field of study. |
| G02 | Students must prove their organizational, planning, and time management skills for the teaching-learning process. |
| G03 | Students must demonstrate their skills in terms of analyzing, summarizing both verbally and in writing, as well as producing and defending arguments. |
| G04 | Students must show their skills in terms of verbal and written communication in Spanish. |
| G05 | Students must show their ability to manage information properly. |
| G06 | Students must show their capabilities and management of ITCs in their field of study. |

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|-----|---|
| G09 | Students must know how to think critically. |
| G10 | Students must show sensitivity and respect towards personal and cultural diversity in their professional activity. |
| G11 | Students must show motivation for the continuous quality improvement of both personal and professional aspects. |
| G12 | Students must show the ability to adapt to new situations in their professional area. |
| G13 | Students must show creativity when tackling problems in diverse contexts. |
| G14 | Students must show initiative and entrepreneurial spirit. |
| G16 | Students must show sensitivity towards environmental issues. |
| G19 | Students must show respect, appreciation, and sensitivity towards the work of others. |
| G21 | Students must know and adapt to the limits of their professional competences. |
| G23 | Students must have acquired knowledge and understanding of Health Sciences, based on advanced textbooks and cutting-edge knowledge in their field of study. |
| G26 | Students must show respect for Human Rights, fulfilling principles of equality between genders, non-discrimination, and universal accessibility for people with disabilities. |

5. Objectives or Learning Outcomes

Course learning outcomes

Description

To value the importance of taking care of nutrition and hydration for improving sports performance, justifying the intake of solids and liquids depending on the time of sports practice.

To know the most characteristic injuries of sports practice, evaluating prevention, treatment, and activities for the reincorporation or rehabilitation into sports practice, as well as the sports where they most commonly occur.

To know the times of sports activity where a physiotherapist can act, and to explain the role of the professional and methods of performance.

To know and correctly apply specific methods of sport physiotherapy (sports massage, functional bandaging, stretching, cryotherapy) and the different modalities of orthosis and sport footwear, justifying their application depending on the stage of sports practice.

To determine exercises, both on land and in water, for different phases of a sport session (warming up, main phase, cooling down), aimed at improving coordination, balance, power, speed, and proprioception, and also for correcting joint problems and strengthening weak musculature.

To identify the prevention of sports injuries as one of the main functions a physiotherapist can accomplish within a sports team, enumerating different exercises and preventative habits for each of the sports pathologies studied in the subject.

6. Units / Contents

Unit 1:

Unit 2:

Unit 3:

Unit 4:

Unit 5:

Unit 6:

Unit 7:

Unit 8:

Unit 9:

Unit 10:

Unit 11:

Unit 12:

Unit 13:

Unit 14:

Unit 15:

Unit 16:

Unit 17:

7. Activities, Units/Modules and Methodology

| Training Activity | Methodology | Related Competences (only degrees before RD 822/2021) | ECTS | Hours | As | Com | Description |
|--|-------------------------------|---|------|-------|----|-----|-------------|
| Class Attendance (practical) [ON-SITE] | Combination of methods | CB2 CB4 CB5 E01 E43 E56 G09 G10 G19 G21 G23 G26 | 0.48 | 12 | Y | N | |
| Class Attendance (theory) [ON-SITE] | Combination of methods | E01 E09 E12 E25 E28 E29 E35 E37 E39 E43 E45 E52 E54 E56 E58 G01 G02 G03 G04 G05 G06 G09 G10 G13 G14 G16 G21 | 1.2 | 30 | Y | N | |
| Group tutoring sessions [ON-SITE] | Problem solving and exercises | G11 G12 G13 G14 G16 | 0.04 | 1 | Y | N | |
| Final test [ON-SITE] | Assessment tests | CB1 CB2 CB3 CB4 CB5 E01 E09 E12 E25 E28 E29 E35 E37 E39 E43 E45 E52 E54 E56 E58 G01 G02 G03 G04 G05 G06 G09 G10 G11 G12 G13 G14 G16 G19 G21 G23 G26 | 0.08 | 2 | Y | N | |
| Study and Exam Preparation [OFF-SITE] | Combination of methods | E01 E09 E12 E28 E29 E35 E37 E39 E43 E45 E52 E54 E58 G01 G02 G03 G04 G05 G06 G09 G10 G21 | 2 | 50 | Y | N | |

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|---|--|-------------|--|-------|---|---|
| Other off-site activity [OFF-SITE] | Reading and Analysis of Reviews and Articles | G05 G09 G23 | 0.7 | 17.5 | Y | N |
| Total: | | | 4.5 | 112.5 | | |
| Total credits of in-class work: 1.8 | | | Total class time hours: 45 | | | |
| Total credits of out of class work: 2.7 | | | Total hours of out of class work: 67.5 | | | |

As: Assessable training activity

Com: Training activity of compulsory overcoming (It will be essential to overcome both continuous and non-continuous assessment).

| 8. Evaluation criteria and Grading System | | | |
|---|-----------------------|----------------------------|-------------|
| Evaluation System | Continuous assessment | Non-continuous evaluation* | Description |
| Final test | 20.00% | 20.00% | |
| Theoretical papers assessment | 10.00% | 10.00% | |
| Final test | 70.00% | 70.00% | |
| Total: | 100.00% | 100.00% | |

According to art. 4 of the UCLM Student Evaluation Regulations, it must be provided to students who cannot regularly attend face-to-face training activities the passing of the subject, having the right (art. 12.2) to be globally graded, in 2 annual calls per subject, an ordinary and an extraordinary one (evaluating 100% of the competences).

| 9. Assignments, course calendar and important dates | |
|--|------------------|
| Not related to the syllabus/contents | |
| Hours | hours |
| Group tutoring sessions [PRESENCIAL][Problem solving and exercises] | 1 |
| Group tutoring sessions [PRESENCIAL][Problem solving and exercises] | 2 |
| Final test [PRESENCIAL][Assessment tests] | 2 |
| Study and Exam Preparation [AUTÓNOMA][Combination of methods] | 50 |
| Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles] | 17.5 |
| Unit 1 (de 17): | |
| Activities | Hours |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 1 |
| Group tutoring sessions [PRESENCIAL][Problem solving and exercises] | 2 |
| Group 40: | |
| Initial date: 23-09-2019 | End date: |
| Unit 2 (de 17): | |
| Activities | Hours |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 1 |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group tutoring sessions [PRESENCIAL][Problem solving and exercises] | 2 |
| Group 40: | |
| Initial date: 25-09-2019 | End date: |
| Unit 3 (de 17): | |
| Activities | Hours |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 1 |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 30-09-2019 | End date: |
| Unit 4 (de 17): | |
| Activities | Hours |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 1 |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 02-10-2019 | End date: |
| Unit 5 (de 17): | |
| Activities | Hours |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 1 |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 07-10-2019 | End date: |
| Unit 6 (de 17): | |
| Activities | Hours |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 1 |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 09-10-2019 | End date: |
| Unit 7 (de 17): | |
| Activities | Hours |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 1 |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |

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| Group 40: | |
| Initial date: 14-10-2019 | End date: |
| Unit 8 (de 17): | |
| Activities | Hours |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 1 |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 16-10-2019 | End date: |
| Unit 9 (de 17): | |
| Activities | Hours |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 1 |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 21-10-2019 | End date: |
| Unit 10 (de 17): | |
| Activities | Hours |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 1 |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 21-10-2019 | End date: |
| Unit 11 (de 17): | |
| Activities | Hours |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 1 |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 28-10-2019 | End date: |
| Unit 12 (de 17): | |
| Activities | Hours |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 1 |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 30-10-2019 | End date: |
| Unit 13 (de 17): | |
| Activities | Hours |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 04-11-2019 | End date: |
| Unit 14 (de 17): | |
| Activities | Hours |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 06-11-2019 | End date: |
| Unit 15 (de 17): | |
| Activities | Hours |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 11-11-2019 | End date: |
| Unit 16 (de 17): | |
| Activities | Hours |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 2 |
| Group 40: | |
| Initial date: 18-11-2019 | End date: |
| Unit 17 (de 17): | |
| Activities | Hours |
| Group tutoring sessions [PRESENCIAL][Problem solving and exercises] | 2 |
| Group 40: | |
| Initial date: 11-12-2019 | End date: |
| Global activity | |
| Activities | hours |
| Final test [PRESENCIAL][Assessment tests] | 2 |
| Study and Exam Preparation [AUTÓNOMA][Combination of methods] | 50 |
| Class Attendance (practical) [PRESENCIAL][Combination of methods] | 12 |
| Class Attendance (theory) [PRESENCIAL][Combination of methods] | 30 |
| Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles] | 17.5 |
| Group tutoring sessions [PRESENCIAL][Problem solving and exercises] | 1 |
| Total horas: 112.5 | |

| 10. Bibliography and Sources | | | | | | |
|------------------------------|------------|------------------|------|------|------|-------------|
| Author(s) | Title/Link | Publishing house | Citv | ISBN | Year | Description |

| | | | | | | |
|--|--|------------------------------|--------|-------------------|------|---|
| Córdoba A | Masaje deportivo | Síntesis | Madrid | 978-84-975681-8-0 | 2012 | Se abordan todos los aspectos relacionados con el masaje deportivo, desde los fundamentos del masaje y la descripción de las técnicas más importantes desarrolladas para una buena recuperación del deportista, hasta otros factores complementarios que facilitan la aplicación del masaje |
| Gregory S. Kolt | Fisioterapia del deporte y el ejercicio físico. | Elsevier España | Madrid | 9788481747225 | 2004 | Reúne toda la información de interés, diagnóstico, prevención y tratamiento, sobre la terapia física en el deporte y el ejercicio. Libro donde aprenderá a evaluar y tratar un amplio espectro de lesiones deportivas y a indicar ejercicios de rehabilitación |
| Roald Bahr; Sierre Maehlum | Lesiones deportivas: diagnóstico, tratamiento y rehabilitación | Panamericana | Madrid | 9788498350067 | 2007 | ejercicios básicos para mejora del sistema propioceptivo y control motor para tratar y prevenir lesiones |
| ALBERTO SANCHEZ SIERRA Y EVA SANZ VARONA | GUÍA PRÁCTICA DE EJERCICIOS BÁSICOS DE PROPIOCEPCIÓN | EDITORIAL ACADEMICA ESPAÑOLA | | 978-3-330-09279-2 | 2017 | |