



## 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: 2022-23

Group(s): 42 40

Duration: First semester

Second language:

English Friendly: Y

Bilingual: N

Lecturer: ALBERTO SANCHEZ SIERRA - Group(s): 40 42

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.

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 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.

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 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.

## 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	

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%	
<b>Total:</b>	<b>100.00%</b>	<b>100.00%</b>	

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
<b>Unit 1 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Group tutoring sessions [PRESENCIAL][Problem solving and exercises]	1
Final test [PRESENCIAL][Assessment tests]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	2
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 23-09-2019	<b>End date:</b>
<b>Unit 2 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	2
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1.5
Group 40:	
<b>Initial date:</b> 25-09-2019	<b>End date:</b>
<b>Unit 3 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	2
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 30-09-2019	<b>End date:</b>
<b>Unit 4 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	2
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 02-10-2019	<b>End date:</b>
<b>Unit 5 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	2
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 07-10-2019	<b>End date:</b>
<b>Unit 6 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	2
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 09-10-2019	<b>End date:</b>
<b>Unit 7 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>

Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	2
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 14-10-2019	<b>End date:</b>
<b>Unit 8 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	2
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 16-10-2019	<b>End date:</b>
<b>Unit 9 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	4
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 21-10-2019	<b>End date:</b>
<b>Unit 10 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	4
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 21-10-2019	<b>End date:</b>
<b>Unit 11 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (practical) [PRESENCIAL][Combination of methods]	1
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	4
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 28-10-2019	<b>End date:</b>
<b>Unit 12 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	4
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 30-10-2019	<b>End date:</b>
<b>Unit 13 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (practical) [PRESENCIAL][Combination of methods]	1
Class Attendance (theory) [PRESENCIAL][Combination of methods]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	4
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 04-11-2019	<b>End date:</b>
<b>Unit 14 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2
Class Attendance (theory) [PRESENCIAL][Combination of methods]	1
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	4
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 06-11-2019	<b>End date:</b>
<b>Unit 15 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (practical) [PRESENCIAL][Combination of methods]	1
Class Attendance (theory) [PRESENCIAL][Combination of methods]	1
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	4
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 11-11-2019	<b>End date:</b>
<b>Unit 16 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (practical) [PRESENCIAL][Combination of methods]	1
Class Attendance (theory) [PRESENCIAL][Combination of methods]	1

Study and Exam Preparation [AUTÓNOMA][Combination of methods]	2
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 18-11-2019	<b>End date:</b>
<b>Unit 17 (de 17):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2
Class Attendance (theory) [PRESENCIAL][Combination of methods]	1
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	4
Other off-site activity [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	1
Group 40:	
<b>Initial date:</b> 11-12-2019	<b>End date:</b>
<b>Global activity</b>	
<b>Activities</b>	<b>hours</b>
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
<b>Total horas:</b> 112.5	

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
Córdova 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
Roald Bahr; Sierre Maehlum	Lesiones deportivas: diagnóstico, tratamiento y rehabilitación	Panamericana	Madrid	9788498350067	2007	Libro donde aprenderá a evaluar y tratar un amplio espectro de lesiones deportivas y a indicar ejercicios de rehabilitación
ALBERTO SANCHEZ SIERRA Y EVA SANZ VARONA	GUÍA PRÁCTICA DE EJERCICIOS BÁSICOS DE PROPIOCEPCIÓN	EDITORIAL ACADEMICA ESPAÑOLA		978-3-330-09279-2	2017	ejercicios básicos para mejora del sistema propioceptivo y control motor para trata y prevenir lesiones