

The sports industry is in the midst of a revolution. Every day we see athletes and teams from different sports overcoming their limits and setting new and challenging objectives. However, the constant, increasing pressure to achieve can bring about an increase in injuries.

Within this context, the team physician becomes a crucial role with greater scope and complexity, creating a major need for specificity in terms of teaching and courses on the market. Sports medicine professionals are key to the health of athletes at all levels as they are involved in the diagnosis and treatment of injuries and the prevention of pain, injuries, and poor habits.

In the Certificate in Team Sports Physician Fundamentals, Gil Rodas develops the essential concepts inherent to team sports medicine, including improvements in nutritional control, a deeper understanding of the physiology of effort to obtain better physical results, the establishment of therapeutic criteria for fast recovery, the detailed study of ergogenic aids before and after effort, and of course, an understanding of the serious issue of doping. At the end of this certificate, you will be trained to make better decisions in the sports science environment, as applied to team sports.

DISCLAIMER. This certificate does not provide accreditation for the professional practice of sports medicine.

Gil Rodas Font

EXPERT INSTRUCTOR



Medical Doctor and Surgeon. Specialist in Physical Education and Sports Medicine. Head of the Barça Innovation Hub Medical Service area.



- **DELIVERY MODE ONLINE**
- **DURATION 4 MONTHS**
- **ACADEMIC DEGREE EXECUTIVE EDUCATION**
- **DELIVERED IN ENGLISH, PORTUGUESE, SPANISH**

OBJECTIVE

Developing essential concepts intrinsic to team sports medicine. This certificate does not provide accreditation for the professional practice of sports medicine.

TARGET AUDIENCE

- Physicians.
- High performance team physicians/Team sports medical team.
- Coaches.
- Rehabilitation specialists.
- Physical Trainers.
- Physiotherapists.
- Nutritionists.
- Kinesiologists handling management or prevention of injuries for team sports.
- Students/ Graduates in Sport Science or Exercise Science.

LEARN TO

- Handle and manage data from evaluations and monitoring of performance and team injuries, compared to data from science and training.
- Get to know the fundamental characteristics for both prevention strategies and injury rehabilitation, as well as the different injury mechanisms in team sports.
- Handle pathologies and specific injuries corresponding to each sport.
- Master complementary topics inherent to sports medicine.

COURSES

The Certificate is composed of four one-month courses. This Certificate is completed sequentially (the course is enabled and each course is completed over a month).

Role of the team sports physician

Data management and methodology

TEAM SPORTS PHYSICIAN AND DATA MANAGEMENT

Sports injuries in other populations

Monitoring workload

Prevention of and readaptation from injuries

Muscle injury and tendinitis management

INJURIES AND TEAM SPORTS

Management of medical pathology 1

Management of medical pathology 2

TEAM SPORTS PATHOLOGY

Sports specific pathologies

Special Sports and competitions

Management of Joint and bone injury

Decision-making and returning to competition

INHERENT ASPECTS OF THE TEAM SPORTS PHYSICIAN

Diagnostic imaging: Ultrasound as the team sports physician's basic tool.

Nutrition and ergogenic aids

The fight against doping

Communication, leadership and group management

EXPERIENCE

All your learning experience will take place in an online platform where you will find all the resources you need to study:

LECTURES

which address the main topics.

VIDEOS

that deepen some subjects of the readings.

ACTIVITIES

to apply the content addressed in each module.

RUBRICS

that will evaluate you in each module.

ONLINE EXPERT

In every course, you will have the support and virtual follow-up of a subject-matter expert. This online expert will perform interventions throughout the different modules to ensure your learning, as well as the interaction with the rest of your peers.

In addition, he will be available in the forum and by internal messaging so that you can appeal to him as many times as you need.

FORUMS

where you can interact with your colleagues.

SELF-ASSESSMENTS

which will help you measure your learning progress.



BENEFITS

- **World-class content, designed by experts and sports-industry oriented for an immediate impact.**
- **Round-the-clock access to study material, wherever you want and from any device.**
- **Custom feedback for every individual and teamwork activity.**
- **Spaces of discussion and interaction with industry professionals from all over the world.**
- **Certificate of participation for each course, issued by Barça Innovation Hub - Universitas. If you pass each of the courses that make up the program, and complete and pass the comprehensive final exam, you will also receive a verified certificate of completion for the entire program, with confirmation of identity, issued by Barça Innovation Hub - Universitas.**



BARÇA INNOVATION HUB

**CREATING A NEW GENERATION OF
SPORTS PROFESSIONALS**