

# MINOR SPORTS PHYSICAL THERAPY

## INTERNATIONAL MINOR SPORTS PHYSICAL THERAPY

A SPORTS AND EXERCISE COLLEGE STUDENT (MALE, 19 YEARS OLD), ATHLETIC PRACTITIONER, AND SPOTTED AS A TALENT FOR NATIONAL LEVEL ATHLETICS, RECOVERS AFTER AN OPERATIVE CORRECTION OF A PATELLAR TENDON RUPTURE. ALTHOUGH ACCORDING TO THE GUIDELINE THE REHABILITATION IS GOING WELL, HE HAS GAINED CONSIDERABLE WEIGHT IN THE PAST MONTHS, IS CLEARLY NOT IN SHAPE AND HE INCREASINGLY FEARS THAT HE CAN NO LONGER PARTICIPATE IN THE TALENT SELECTION TEAM. DO YOU KNOW HOW TO PROVIDE THE BEST GUIDANCE FOR THIS PATIENT TO ACHIEVE RETURN TO SPORT?

### FACTS

- ▶ Faculty of Health, Amsterdam University of Applied Sciences.
- ▶ Semester 1
- ▶ 15 contact hours a week
- ▶ 30 ECTS
- ▶ Propaedeutic certificate -60 ECTS- and 40 ECTS from second or third year

Are you passionate about the athlete world and do you want to prevent injuries or are you keen to guide the rehabilitation of athletes in outpatient medical centers or sports associations? The International Minor Sports Physical Therapy is the perfect gateway to achieve your goals. Get ready to sweat as you are going to experience the context of an athlete who recovers from injury during some intense sporting hours!

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## PROGRAM

The minor has a balanced mix of theoretical and practical courses, workshops and assignments. In the theoretical course you will deepen your knowledge in:

- ▶ Applied Sport Biomechanics
- ▶ Sports and Exercise Physiology
- ▶ Sport Psychology
- ▶ Energy balance and Exercise

In the practical courses you learn more about:

- ▶ Sport Specific Orthopedic Diagnostics
- ▶ Sports Motion Analysis and prevention
- ▶ Return to Play, testing and monitoring of Athletic Performance (e.g. VO2max, Wingate anaerobic test)

Specific assignments are part of the minor: monitoring lower back pain in rowers or assessing physical fitness in professional dancers. The second part of the minor focuses on more complex topics like burnout, overtraining and sport cardiology.

In the module Applied Research Methods you learn to gather and analyze data with subjects.

Examination consist of two theoretical exams, a practical exam, case report, reflective report and three professional products.

The main learning objectives of this minor are:

- knowledge of athletic performance and sport related injuries,
- assess and monitor athletes with sport related diseases,
- help achieve preventive or rehabilitation goals,
- basic practical research skills and attitude,
- transfer knowledge and skills on sports physiotherapy to patients with chronic diseases.

## IS THIS THE RIGHT MINOR FOR YOU

This minor is suitable for Physiotherapy and Exercise Therapy students. If you do not have a background in performing orthopedic or/and diagnostic tests, this minor will not be suitable for you.

We expect a high level of self-study and a proactive and professional attitude. Doing a case study on an athlete means it is possible you have to attend in the evening hours. The assignments offer you the opportunity to deepen your knowledge in a sport of interest. Participating in a research project is an excellent way to explore the scientist in you. This minor is the perfect kick off for a future master in Sports Physiotherapy.

## ADDITIONAL COSTS

Books approximately € 250, software € 20 (SPSS) and Clinics/materials approximately € 20.

## REQUIREMENTS

- ▶ Relevant education or background (Physiotherapy, Exercise Therapy).
- ▶ An average proficiency of the English language (B2).
- ▶ Affinity with Sports and Exercise.
- ▶ Affinity with transferring sport physiotherapy to patients with chronic diseases.
- ▶ Affinity with applied science and ambition to excel in operational performance.

## MORE INFORMATION?

Contact the International Office.

E-mail: [internationalofficehealth@hva.nl](mailto:internationalofficehealth@hva.nl)

