

# MINOR SPORTS PHYSICAL THERAPY

## INTERNATIONAL MINOR SPORTS PHYSICAL THERAPY

More and more people are doing sports or exercise. However, with more than 4.7 million sport related disorders a year in the Netherlands, the Faculty Health of the Amsterdam University of Applied Sciences (HvA) strives to make a difference with respect to the Urban Vitality of people who live and do sports in Amsterdam. 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 of Sports Physical Therapy is the perfect gateway to achieve your goals.

### FACTS

- Faculty of Health, Amsterdam University of Applied Sciences.
- Semester 1
- Number of ECTS: 30
- Contact hours 12-15 hours a week

The minor is set up in courses around recognizable cases and common injuries from the most common sports practiced in the municipality of Amsterdam. You will learn more about sports specific orthopaedic diagnostics, clinical decision making and testing and monitoring of athletes. You'll take a short internship and do a case study about the recovery of an athlete. A specific assignment is part of the minor. For example, you can implement an injury prevention strategy in a soccer association, you monitor lower back pain in rowers or you study on overtraining in triathletes. 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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### PROGRAMME

The program is based on the following topics:

- Kinesiology and fascia
- Functional biomechanics
- Sport specific orthopaedic diagnostics and taping
- Sports and exercise physiology
- Psychological factors of Injury and rehabilitation
- Nutrition and exercise
- Testing concepts and monitoring performance - VO2max, Wingate
- Prevention and return in sports.
- Applied sports physical therapy in patients with chronic diseases
- Applied research methods

The main learning objectives of this minor are:

- Knowledge of sport related injuries, prevention and rehabilitation.
- Assess and monitor athletes with sport related diseases
- Guide, train and coach athletes, sport associations or patients to achieve preventive or rehabilitation goals
- Knowledge and understanding athletic performance.
- To develop skills in field and laboratory tests and collecting data for validation of the selected tests.
- To transfer knowledge and skills on sports physiotherapy to patients with chronic diseases.
- Basic practical research skills and attitude at an introductory level.

### 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 orthopaedic or/and diagnostic tests, this minor will probably not be apt for you. This minor provides a program that integrates basic principles of Sports and Exercise Science and Physical Therapy. We have a critical focus on physiology, exercise, pathophysiology and psychological factors of injury. We expect self-study and an independent attitude. The assignment offers 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)

### REQUIREMENTS

- 2nd, 3rd and 4th year students (100 ECTS completed).
- Relevant education or background
- English language level at at least 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;  
[internationalofficehealth@hva.nl](mailto:internationalofficehealth@hva.nl)

