

MASTER IN

Sports and Exercise Physiotherapy

Boost your career in sports physiotherapy thanks to a practical methodology led by prestigious and highly regarded professionals. Some things can only be learnt from the inside.

TRAIN YOUR DREAMS



Escuela Universitaria
Real Madrid
Universidad Europea

MASTER IN

Sports and Exercise Physiotherapy

The "complexity and range" of the Physiotherapy profession has grown beyond the limits of general Practice. Continuous professional development is now essential in order to guarantee a quality service and has become a professional responsibility.

This Master's aims to provide specialist training in physiotherapeutic needs and recovery of function in the world of sports competitions, both for elite athletes and beginners.

In their professional practice, an expert physiotherapist has to be, from a scientific perspective, flexible and capable of adapting to all sorts of changes. They also need to be prepared to survive in the complex world of healthcare and take the reins of their own professional development. Consequently, this program is an opportunity to further specialise in sports as an area of professional development.

The training will be oriented towards providing efficient and effective healthcare, given that therapies are carried out with the aim of benefitting the patient and delivering results.

There is currently a high demand for labour in the sports physiotherapy market, as we are facing an increase in healthcare and sports practice. There is an ever-increasing culture of preventing and treating injuries caused by physical activity. As a result, this specialist course is taught in English to cover the existing need for physiotherapists who want to specialise in sports and also be able to work in English, thereby increasing the opportunities available to them as professionals. Graduates will be able to provide services to athletes who do not speak Spanish and increase their ability to get work from other countries in Europe, America and Asia, where demand is growing for physiotherapists who have trained and gained experience in Spain.



1 What makes us different

- **Work placements** guaranteed at the end of the program. The students who stand out the most may be able to do a placement with Real Madrid.
- Specialist training, with an **extremely practical methodology**, in order to respond to the current demand for professionals by Clubs, athletes and sports entities, which all need specialist physiotherapists.
- Teaching staff includes international experts in sports physiotherapy and members of the medical team for Real Madrid C.F.
- Training in **the use of techniques** to recover from and prevent injuries, both through manual therapy and exercise-based therapy.
- Knowledge of the **latest trends and technologies** in the sports physiotherapy industry.
- **Comprehensive approach to the athlete** and knowledge of important aspects during the recovery from and treatment of injuries, for example, psychology and nutrition.
- This program gives you the **practical tools** you need to carry out this profession, introducing you to the latest trends being used in High Performance Centres for sports and the most prestigious clubs.



AIMED AT

- Graduates in Physiotherapy, Kinesiology and/or Injury Rehabilitation.
- Sports medics.
- Graduates in Physical Activity and Sports Sciences and in Health Sciences, with proven experience in the prevention and treatment of injuries.
- Professionals from the Physiotherapy industry with proven experience (WITHOUT RLA), and an interest in improving their knowledge of sports physiotherapy in order to promote and enhance correct interdisciplinary work.



DURATION OF PROGRAM

9 months



MODE (FACE-TO-FACE/ONLINE)

FACE-TO-FACE CLASSES



TIMETABLE

- Friday afternoon classes
- Saturday morning and afternoon classes
- Sunday morning classes



LOCATION

Universidad Europea de Madrid, Villaviciosa de Odón Campus.

2 Programme

MODULE I. THE ATHLETE'S PHYSIOLOGICAL ENVIRONMENT: TRAINING

- Physiological Basis of Sports Training
- Training Program

MODULE II. PREVENTION AND PLANNING THE RETURN TO PLAY AFTER A SPORTS INJURY

- Epidemiology and prevalence of sports injuries
- Individual functional analysis of athletes
- Program for sports injuries according to changes in structure and functional ability
- Return to Play models

MODULE III. DIAGNOSIS AND CONSERVATIVE APPROACH TO MYOFASCIAL PAIN. MANUAL SPORTS THERAPY. FUNCTIONAL DRESSINGS AND KINESIO TAPING

- Myofascial pain in sport: clinical diagnosis
- Chronic pain in sport
- Functional wound dressings in sport
- Kinesio Taping
- Mulligan method
- Myofascial therapy
- Global Active Stretching
- Foam Roller

MODULE IV. FUNCTIONAL REHABILITATION, MOTOR CONTROL AND PHYSICAL-SPORT READAPTATION

MODULE V. PATHOLOGY AND MEDICINE FOR TREATING SPORTS INJURIES

MODULE VI. SPORTS NUTRITION, SPORTS PSYCHOLOGY AND SPORTS EMERGENCIES

MODULE VII. WORK PLACEMENTS

MODULE VIII. MASTER'S THESIS

PROGRAM DIRECTORS

Mr. Sergio Vázquez González

Co-director of Premium Madrid Health and Rehabilitation Center. Works as a physiotherapist for members of the National Junior Swimming and Synchronized Swimming Team at the Premium Madrid Health and

Rehabilitation Center, as well as with professional athletes, amateurs and lower categories from a variety of different sports: indoor football, football, tennis, mountaineering, volleyball and running. Physiotherapist for the Fuenlabrada ACB Basketball Club.

Dr. Álvaro Solano Tavira

Head of physiotherapy for the Real Madrid C.F. reserve team

The University reserves the right to make any appropriate changes to the proposed teaching staff, the syllabus, or the venue where the postgrad course is to take place. The University also reserves the right to delay the start of the course or to cancel it if the minimum number of students is not reached.

3

A unique Postgraduate School model **in the World**

We are proud to once again be pioneers and to share with society such an exciting project as a university program dedicated to training professionals who are experts with specific knowledge and skills in areas such as health, management, communication, and physical activity, all of which are linked to sports.

Emilio Butragueño

General Manager of the Real Madrid - Universidad Europea International School

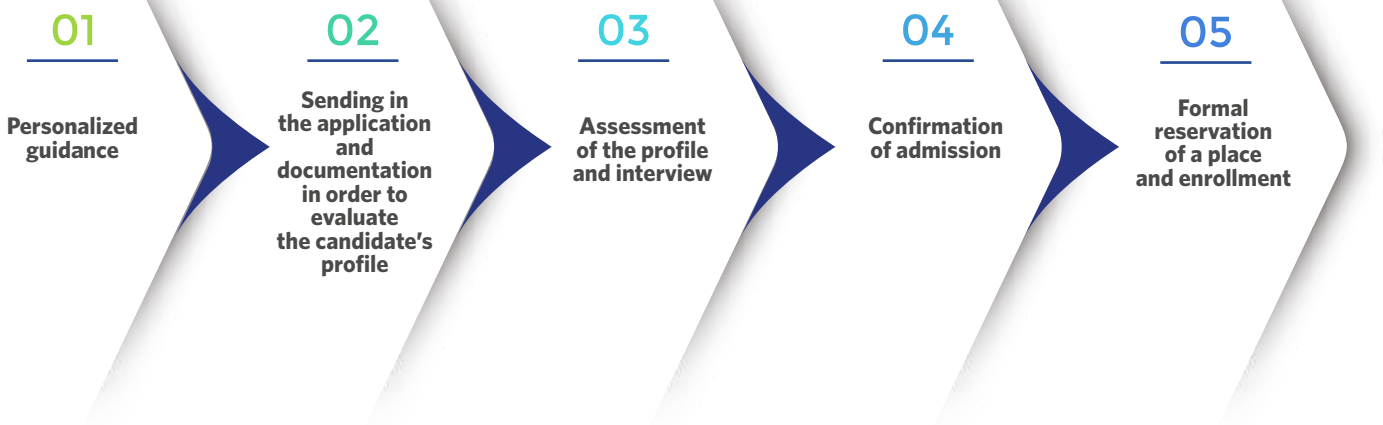
4 Admissions process

The admissions process for **Real Madrid Graduate School - Universidad Europea** programs runs throughout the whole year, although enrollment in all graduate programs depends on the availability of places.

For personalized guidance, you can go to either of our university campuses (**Alcobendas or Villaviciosa de Odón**), or contact us via phone: **(+34) 91 112 88 50** or e-mail: **escuelauniversitariarealmadrid@universidadeuropea.es** to receive advice from the Graduate Degree Admissions staff.

Once candidates have received guidance and have provided the necessary documentation, the Graduate Degree Admissions staff will send them a date for taking the **entrance exams** for the program they are interested in, and for a **personal interview** with the Master's Program Director or a member of the Admissions Committee.

The admissions process does not involve any costs or commitment for candidates, until their place is formally reserved.





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