

7.0 credits

75.0 h

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| Teacher(s) : | Nielens Henri ; |
| Language : | Français |
| Place of the course | Louvain-la-Neuve |
| Main themes : | <p> Etiology of sports injuries: the "technopathy" concept and specific preventive and therapeutic approach, Sports injuries: physiotherapy specific approach and treatments Eccentric exercises protocols for chronic tendinopathy Orthosis and taping Physiotherapy coverage of training camps and competitions Physiotherapy management of the injured athlete including specific training to resume sport participation Doping and other ethical issues: some relevant aspects for the physiotherapist </p> |
| Aims : | <p> At the end of this educational module, the student will master most of the aspects of common sport injuries (etiology, symptoms, complications, physiotherapy treatments). The student will be able to master common evaluation and physiotherapy therapeutic modalities specific to sport injuries. He will be able to provide athletes with a specific sport physiotherapy approach adapted to each individual level of practice (recreational, professional level of practice). He will be aware of the important ethic issues that competitive athletes are confronted with (doping, high-level sport in children), as he will have participated to discussions on such topics. <i>The contribution of this Teaching Unit to the development and command of the skills and learning outcomes of the programme(s) can be accessed at the end of this sheet, in the section entitled "Programmes/courses offering this Teaching Unit".</i> </p> |
| Content : | <p> The student will know key aspects (aetiopathogenesis, symptoms, complications, evolution, physiotherapy treatment) of the main sports injuries (accidents and injuries surcharge). He controlled key techniques for evaluation and treatment of sports injuries. It will be able to understand and support the athlete in a relevant and tailored to each athlete according to his level of practice (recreational sport, competitive sport high-level ...). It will be informed and aware of key ethical issues in the world of elite sport (doping, high-level sports in children ...). He has participated in discussions on these issues as part of this course. </p> <p> Theoretical </p> <ul style="list-style-type: none"> - Aetiopathogenesis sports injuries: the concept of therapeutic approach and technopathie curative and preventive adapted the concept of technopathie - Additional pathology of sports + physiotherapy treatment: primary lesions of the major sports (running, cycling, sports al. Etc.) - Reflect on some ethical problems encountered in sport: doping, elite sport in children ... <p> Practical </p> <ul style="list-style-type: none"> - Specific technical rehabilitation of the athlete - Eccentric strengthening protocols for chronic tendinopathies - Re-athlétisation or specific preparation for the return to the field after injury - Orthotics and taping - Accompanying the top-level sports on the ground |
| Other infos : | <p> Pre-requisite : KINE 1021, KINE 1022, KINE 1027, KINE 1031 Evaluation : Written and/or oral examination Support : Syllabus and/or reference books Supervision : Titularis professor and assistants </p> |
| Cycle and year of study : | > Master [120] in Motor Skills: General |
| Faculty or entity in charge: | FSM |