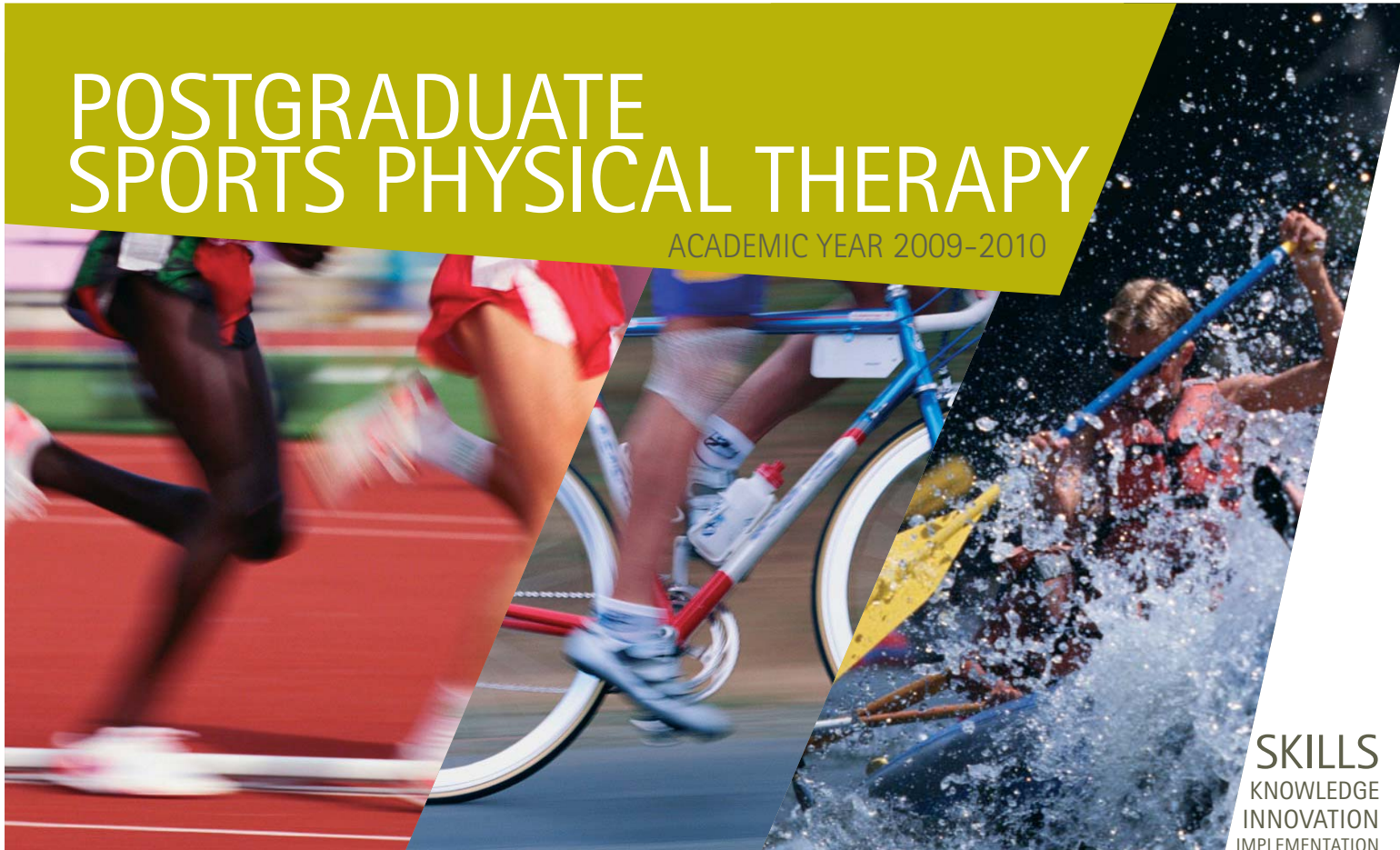


POSTGRADUATE SPORTS PHYSICAL THERAPY

ACADEMIC YEAR 2009-2010



SKILLS
KNOWLEDGE
INNOVATION
IMPLEMENTATION



Vrije
Universiteit
Brussel



iPAVUB
instituut voor PostAcademische vorming VUB

POSTGRADUATE SPORTS PHYSICAL

We face challenges everyday in our profession and so do athletes in their sports. Sports participants, either recreational or elite, demand specific approaches for athletic enhancement. Graduated sports physical therapists have to go beyond the athletes' specific injury or physical condition. Answering the goals of an athlete requires state-of-the-art knowledge and skills concerning prevention of injuries, diagnosis and treatment of the injured athletes as well as providing the athletes well-defined guidelines concerning athletic training, sports nutrition, doping and sports psychology. This postgraduate consists of 10 modules, where experts from the academic world and the field will be invited to lecture on the different topics.

Module 1 • Sports Physical Therapy: from science to practical applications – 9 ECTS-credits

How can a sports physical therapist translate current scientific knowledge into therapy and training?

Module 2 • Sports Rehabilitation: from First Aid to damage assessment – 9 ECTS-credits

How should a sports physical therapist (re)act properly towards acute situations that involve physical damage, either musculoskeletal or cardio-respiratory? How is a sports physical therapist able to assess both acute and overuse injuries? How does a sports physical therapist decide which further actions are necessary?

Module 3 • Sports Injury Prevention: from models to implementation – 4 ECTS-credits

How can we prevent sports injuries? Which actions or preventive measures are effective? To what kind of athletes do they apply? How can these strategies be implemented in real-life situations?

Module 4 • Sports and Nutrition: from (re)hydration to optimal performance – 3 ECTS-credits

How does nutrition influence performance? Is nutrition specific for different sports disciplines? How do we gain optimal performance taking into account proper nutritional aspects?



Vrije
Universiteit
Brussel

THERAPY

Module 5 • Capita Selecta – 8 ECTS-credits

What is new in Sports Traumatology and Orthopedics? How can sports physical therapists be successful? How to optimize lifelong learning?

Module 6 • Training: from rehabilitation to performance enhancement – 9 ECTS-credits

What does an athlete demand after injury occurrence? How do we go beyond their existing level of physical condition? How can we prepare them for safe sports participation after injury? What state-of-the-art knowledge and skills can enhance a proper rehabilitation?

Module 7 • Pharmacology and Doping – 3 ECTS-credits

How can medication influence performance? What kind of medication is allowed? What are the consequences of medication usage?

Module 8 • Internships – 9 ECTS-credits

How can we integrate our knowledge and skills into daily practice?



Module 9 • Sports Law and Ethics of Sports – 3 ECTS-credits

How important are ethics in sports participation? How does sports law differ between sports disciplines?

Module 10 • Training: from cellular mechanisms to therapeutic applications – 3 ECTS-credits

Which molecular mechanisms are responsible for a muscle cell increasing its aerobic capacity after endurance training? Why strength training increases muscle volume? How can these mechanisms be used during an athlete's training? How can these mechanisms help cardiac patients or patients with chronic diseases?

WWW.VUB.AC.BE/IPAVUB

REGISTRATION

Complete course (10 modules): 1500 euro. Modular registration is possible.

Online: www.vub.ac.be/iPAVUB or iPAVUB@vub.ac.be

Tel. 02-629 20 93

Exemptions for certain modules or internships can only be obtained individually and after approval of the Educational Commission Postgraduate Sports Physical Therapy.

ADMISSION REQUIREMENTS

Graduate's degree in Physical Therapy, licentiate's degree in Motor Rehabilitation and Physical Therapy, licentiate's or master's degree in Rehabilitation Sciences and Physical Therapy, and HBO Physiotherapy.

CERTIFICATE

The post academic certificate '**Postgraduate Sports Physical Therapy**', signed by the rector and promotors, will be handed out, based on a complete and successful finishing of all 10 modules, by the Institute for Continuous Education of the Vrije Universiteit Brussel (iPAVUB).

LOCATION

- Campus Etterbeek, Pleinlaan 2, 1050 Brussel
- Campus Jette, Laarbeeklaan 103, 1090 Brussel

CLASSES

On Tuesday (all day) and on Saturday (morning).

All classes will be given in English (unless only Dutch speaking participants subscribe).

INFORMATION AND COORDINATION

Prof. dr Romain Meeusen (rmeeusen@vub.ac.be)

dr E. Cumps (ecumps@vub.ac.be)

Department of Human Physiology and Sport Medicine

Tel. 02-629 22 22

