

SHORT-TERM STUDY ABROAD

Sports Nursing

- **Campus/building.** Villafranca and Almagro
- **Type of course.** In-person
- **Duration.** 2 weeks

In this course, the participants will identify the roles and skills of nurses in the world of exercise and sports physical activity area, both in prevention, emergency response and recovery from injuries. They will also understand the management of exercise as a therapy as well as the competencies and nursing skills necessary to work in different sporting disciplines. Moreover, they will obtain specific training on sports nutrition, psychology, doping and the legal framework surrounding it.

This course is ideal for medical staff or health-sports staff that are interested in the activities, skills and competencies that a nurse requires in sports. The course also welcomes anyone interested in the subject matter.



STUDIES
Short-Term
Study Abroad



LANGUAGE
English



DURATION
2 weeks



DATE
June-July



TYPE OF COURSE
In-person



HOURS
80 hours



Objectives

General objective

- Update nursing professionals on the methods and procedures most used within the field of physical activity and sport for the prevention and treatment of injuries, as well as the management of exercise as a therapeutic tool for the treatment of different pathologies, in collaboration with the rest of the multidisciplinary team of health and sports.

Specific objectives

- Bring the nursing professional closer to the field of health related to exercise, providing them with knowledge related to different sports disciplines, management of injuries in emergency situations, therapeutic use of physical activity in chronic pathologies, particularities of nutrition in sport, the importance of sports psychology, fighting against doping and the legal framework of the profession in this workplace.

Learning outcomes

- Identify the role and competencies of nurses in physical activity.
- Expanding the knowledge of nursing techniques in the management of exercise as a therapy.
- Increase the competencies and nursing skills to be able to work in different sports disciplines.
- Train nurses on nutrition and sports, psychology, doping and the legal framework.

Methodologies

The learning methodology will follow these phases:

- Explanatory and participatory masterclasses.
- Simulations in the classroom and in the exercise physiology laboratory of the UCJC, Villafranca campus.
- Participants will have online teaching material, available through the Blackboard educational platform.
- Simulated emergency care in the field, exercise prescription and stress tests will be included.

Overview

- 80-hour programme taught over two weeks.
- Complementary Spanish language classes taught by highly qualified native teachers.
- Active methodologies combining masterclasses, workshops and industry visits.
- Cultural activities and visits (museums, excursions to other cities, etc.).
- All class material costs and room + board (three meals a day) included in tuition.
- MediaLab workshops to document student progress via audiovisuals.
- A maximum of 14 students per class.
- Certificate awarded by University Camilo José Cela.

Accommodation

Students will live at UCJC's halls of residence located at the university's main campus in Villafranca, Madrid, Spain.

Accommodation included in price: Yes.

Dates

June/July (please enquire if you would like other dates).

Example:

- Date of arrival: 30 June 2021; Date of first class: 1 July 2021.
- Date of last class: 15 July 2021; Date of departure: 16 July 2021.

Contents

Anatomy and physiology of physical activity

- Anatomical and physiological review of the cardiovascular system and the locomotor system.
- Basics of exercise physiology.
- Physiological adaptations to physical and sports activity.
- Assessment of physical condition. Stress tests.

Sports pathology and nursing care

- Characteristics of the different individual and team sports and their main pathologies: racket sports, cycling, combat, ball sports, water sports and rowing, athletics, gymnastics, other sports.
- Prevention of sports injuries.
- Immobilisations, bandages, wounds and emergency care.

Other health problems in sports. Education for health and sport. Exercise prescription

- Cardiocirculatory conditions and exercise. Cardiac rehabilitation.
- Metabolic conditions and exercise.
- Respiratory conditions and exercise.
- Musculoskeletal conditions and exercise.
- Dermatological, ear, nose and throat conditions and exercise.

Sports nutrition and psychology

- Anthropometry and body composition. Assessment of energy expenditure.
- Nutrients and physical activity. Diet and hydration of the athlete.
- Nutritional alterations in athletes. Female athlete triad.
- Fundamentals of sports psychology.
- Psychology and sports injuries.

Management and legislation. Anti-doping measures

- Sports law
- Management of a sports nursing service.
- Doping and anti-doping control. Nursing interventions.

About us

UCJC is one of the youngest and fastest-growing universities in Spain and Europe. Founded in 2000, UCJC is part of SEK Education Group, whose proven track record in teaching excellence stretches back over 125 years. As a young university, UCJC is forward-looking and uniquely placed to bridge the gap between traditional and modern times, through a liberal arts and applied sciences approach to higher education.

The university has four different schools: Communications and Humanities, Education, Health and Technology and Science, offering a range of Spanish and European official undergraduate and graduate programmes.

MORE INFORMATION

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