



## Information about the subject

**Degree:** Bachelor of Science Degree in Physiotherapy

**Faculty:** Faculty of Medicine and Health Sciences

**Code:** 240316 **Name:** Sports Physiotherapy

**Credits:** 6,00 **ECTS Year:** 3 **Semester:** 1

**Module:** MODULE 2: SPECIFIC

**Subject Matter:** Specific Methods of Intervention in Physical Therapy **Type:** Compulsory

**Field of knowledge:** Health Sciences

**Department:** Physiotherapy

**Type of learning:** Classroom-based learning

**Languages in which it is taught:** English, Spanish

### Lecturer/-s:

|       |   |                          |
|-------|---|--------------------------|
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## Module organization

### MODULE 2: SPECIFIC

| Subject Matter                                       | ECTS  | Subject  | ECTS | Year/semester |
|--|-------|--|------|---------------|
| Fundamentals of Physical Therapy                     | 6,00  | Fundamentals of Physiotherapy                    | 6,00 | 1/1           |
| Assessment in Physiotherapy                          | 6,00  | Assessment in Physiotherapy                      | 6,00 | 1/2           |
| General Procedures for Intervention in Physiotherapy | 12,00 | General Procedures of Intervention I             | 6,00 | 2/1           |
|  |       | General Procedures of Intervention II            | 6,00 | 2/2           |
| Physiotherapy in clinical specialties                | 6,00  | Medical-Surgical Conditions and their Treatments | 6,00 | 2/2           |
| Specific Methods of Intervention in Physical Therapy | 30,00 | Cardiocirculatory and Respiratory Physiotherapy  | 6,00 | 3/1           |
|  |       | Physiotherapy of the Locomotive System I         | 6,00 | 2/2           |
|  |       | Physiotherapy of the Locomotive system II        | 6,00 | 3/1           |
|  |       | Physiotherapy of the Nervous System              | 6,00 | 2/2           |
|  |       | Sports Physiotherapy                             | 6,00 | 3/1           |
| Kinesitherapy  | 6,00  | Kinesitherapy                                    | 6,00 | 2/1           |
| Legislation, Public Health and Health Administration | 12,00 | Community Physiotherapy and Public Health        | 6,00 | 3/1           |



Legislation, Public  
Health and Health  
Administration

Social Morality. Ethics

6,00

4/1

## Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 Makes basic functional bandages of first necessity.
- R2 Knows the physiological changes that occur with the practice of sports.
- R3 Performs his/her professional work in coordination with a multidisciplinary team.
- R4 The student is capable of designing a preventive physiotherapy plan appropriate to each sport.
- R5 The student is capable of performing a sports massage according to the circumstances of the sport performed by the athlete.
- R6 He/she is capable of carrying out a physiotherapy plan, formulating some objectives according to the therapeutic needs of the sportsman/woman and the means available to him/her.
- R7 Skilfully applies different physiotherapeutic techniques to the pathologies of the sportsman's musculoskeletal system.
- R8 Knows the basic principles of the lesional mechanisms that act on the spine, in different sports disciplines.
- R9 Knows the basic principles of the lesional mechanisms that act on the Upper and Lower Limbs, in different sport disciplines.



## Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

| BASIC    |  | Weighting |   |   |   |
|----------|--|-----------|---|---|---|
|          |  | 1         | 2 | 3 | 4 |
| CB1      | Students demonstrate knowledge and understanding in an area of study that is at the core of general secondary education, and is often at a level that, while supported by advanced textbooks, also includes some aspects that involve knowledge from the cutting edge of their field of study. | X         |   |   |   |
| CB2      | Students know how to apply their knowledge to their work or vocation in a professional way and possess the skills usually demonstrated by developing and defending arguments and solving problems within their area of study.  |           |   | X |   |
| CB3      | Students have the ability to gather and interpret relevant data (usually within their area of study) to make judgments that include reflection on relevant social, scientific or ethical issues.   |           |   |   | X |
| CB4      | Students can convey information, ideas, problems and solutions to both specialized and non-specialized audiences.  |           |   | X |   |
| CB5      | Students develop those learning skills necessary to undertake further studies with a high degree of autonomy.  |           |   | X |   |
| SPECIFIC |  | Weighting |   |   |   |
|          |  | 1         | 2 | 3 | 4 |
| CE1      | Students learn human anatomy and physiology, highlighting the dynamic relations between structure and function, especially of the locomotive system and the nervous and cardio-respiratory systems.  |           |   | X |   |
| CE2      | Students identify the physiological and structural changes that can occur as a result of the application of physiotherapy.   |           |   |   | X |
| CE8      | The psychological and social factors that influence the health/disease status of the individual, family and community.   |           | X |   |   |



|      |  |   |   |   |
|------|--|---|---|---|
| CE9  | Students assimilate theories of communication and interpersonal skills.  | X |   |   |
| CE12 | The general aspects of pathology of endogenous and exogenous etiology related to physiotherapy of all devices and systems with their medical, surgical, physiotherapeutic and orthopedic treatments.   |   | X |   |
| CE13 | The structural, physiological, functional and behavioral changes that occur as a result of the intervention of physiotherapy.  |   |   | X |
| CE14 | Students identify the theoretical bases of Physiotherapy as a science and profession. The models of action in Physiotherapy. The theoretical bases of the assessments, tests and functional verifications: knowledge of their modalities and techniques as well as the scientific evaluation of their utility and effectiveness. The diagnosis of Physiotherapy. Methodology of the research applied to Physiotherapy. |   | X |   |
| CE15 | General physiotherapeutic procedures: Kinesitherapy, Massage and Massage Therapy, Electrotherapy, Magnetic Therapy, Ergotherapy, Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy; Thermotherapy, Cryotherapy, Vibrotherapy, Phototherapy, Pressotherapy, and the derivatives of other physical agents   | X |   |   |
| CE16 | Physiotherapeutic Procedures based on specific Methods and Techniques of physiotherapeutic actions to be applied in the different pathologies of all the apparatuses and systems, and in all the specialties of Medicine and Surgery, as well as in the promotion and conservation of the health, and in the prevention of the disease.  |   |   | X |
| CE21 | Students give proof of the criteria and indicators that guarantee the quality in the provision of the physiotherapy service, through the use of good clinical practice guidelines and professional standards.  |   | X |   |
| CE28 | Students prepare and systematically fill in the complete Physiotherapy Clinical History, where all the steps followed from the reception of the patient/user to the report at the discharge of Physiotherapy are properly and efficiently recorded.  |   | X |   |
| CE29 | Students assess the functional state of the patient/user, considering the physical, psychological and social aspects.  |   |   | X |
| CE30 | Students determine the Physiotherapy Diagnosis according to the internationally recognized standards and international validation instruments. This competency includes prioritizing the needs of the patient/user to attend with priority to those that most compromise the recovery process.   |   | X |   |



**Year 2025/2026**  
**240316 - Sports Physiotherapy**

| TRANSVERSAL |                  | Weighting |   |   |   |
|-------------|------------------|-----------|---|---|---|
|             |                  | 1         | 2 | 3 | 4 |
| CT1         | Decision-making  |           | X |   |   |
| CT2         | Problem solving. |           |   | X |   |



|      |  |   |   |   |
|------|--|---|---|---|
| CT3  | Capacity for organization and planning.                |   |   | X |
| CT4  | Analysis and synthesis capacity.                       |   |   | X |
| CT5  | Oral and written communication in the native language. |   |   | X |
| CT6  | Information management capacity.                       |   |   | X |
| CT7  | Computer skills related to the field of study.         | X |   |   |
| CT8  | Knowledge of a foreign language.                       | X |   |   |
| CT9  | Ethical commitment.                                    | X |   |   |
| CT10 | Teamwork.  |   | X |   |
| CT11 | Interpersonal relationship skills.                     | X |   |   |
| CT12 | Work in an interdisciplinary team                      | X |   |   |
| CT13 | Critical Reasoning                                     |   |   | X |
| CT14 | Work in an international context.                      | X |   |   |
| CT15 | Recognition of diversity and multiculturalism          | X |   |   |
| CT16 | Motivation for quality                                 |   |   | X |
| CT17 | Adaptation to new situations.                          |   | X |   |
| CT18 | Creativity   |   |   | X |
| CT19 | Autonomous learning                                    |   |   | X |
| CT20 | Initiative and entrepreneurship                        |   | X |   |
| CT21 | Leadership.  |   | X |   |
| CT22 | Knowledge of other cultures and customs                | X |   |   |



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## Course guide

Year 2025/2026  
240316 - Sports Physiotherapy

CT23 Sensitivity to environmental issues.

X





## Assessment system for the acquisition of competencies and grading system

| Assessed learning outcomes | Granted percentage | Assessment method   |
|----------------------------|--------------------|---|
| R2, R3, R4, R6, R8, R9     | 50,00%             | TEST TYPE: Multiple choice test with one correct answer out of five possible ones. It allows the student to know in greater detail the contents acquired by him/her. It allows the following generic or transversal competences to be assessed: 2 Problem solving 1 Decision making 13 Critical thinking  |
| R3, R6, R9                 | 10,00%             | WORKS: The student, individually or in a group, elaborates a revision or research topic and presents it, in writing, for the evaluation by the teacher. The following generic or transversal competences are valued: 4 Capacity for analysis and synthesis. 3 Capacity for organisation and planning. 7 Computer skills. 6 Information management skills. 10 Teamwork. 14 Working in an international context. 11 Interpersonal skills. 13 Critical thinking. 19 Autonomous learning. 18 Creativity. 21 Leadership. 20 Initiative and entrepreneurship. 16 Motivation for Quality. 70 Maintaining an attitude of learning and improvement. 72 Knowing one's own skills and limitations. |
| R1, R5, R6, R7, R9         | 40,00%             | PRACTICAL EXAM: The student is faced with a test in which s/he must demonstrate through practical application the acquisition of certain knowledge. For example, histological or anatomopathological diagnosis, image interpretation or diagnostic tests. This test evaluates the following generic or transversal skills: 13 Critical reasoning. 19 Autonomous learning.   |

### Observations

The theoretical exam will consist of 30-40 multiple choice questions with 4 possible answers, subtracting one correct question for every three wrong ones.

Only those students who have passed the theoretical exam (Test) with a grade of at least 5 out of



10 will be able to take the practical exam.

It is necessary to have passed both exams (Theoretical and Practical) to be able to pass the subject.

Evaluation of the work: the completion, delivery and presentation of the work in the classroom will have a weight of 10% of the grade for the subject.

### **Use of AI: The use of AI is recommended for:**

- Consulting questions about training activities - Assisted learning (alternative explanations or self-assessment exercises) - Searching for alternative resources and references for study. If AI is used in any of the activities, it must be cited in which part of the activity it was used, which AI tool was used, and its purpose (source consultation, style analysis, knowledge expansion, etc.). Citation and attribution criteria: - All use of AI tools must be explicitly declared in the submitted document (for example, in a footnote or appendix). - The name of the tool, its purpose (e.g., grammar check, organization of ideas, writing example), and in which part of the work it was used must be indicated. - The responsible use of AI will be evaluated as part of the criteria for originality and academic honesty.

### **MENTION OF DISTINCTION:**

In accordance with the regulations governing the assessment and grading of subjects in force at UCV, the distinction of "Matrícula de Honor" (Honours with Distinction) may be awarded to students who have achieved a grade of 9.0 or higher. The number of "Matrículas de Honor" (Honours with Distinction) may not exceed five percent of the students enrolled in the group for the corresponding academic year, unless the number of enrolled students is fewer than 20, in which case a single "Matrícula de Honor" (Honours with Distinction) may be awarded. Exceptionally, these distinctions may be assigned globally across different groups of the same subject. Nevertheless, the total number of distinctions awarded will be the same as if they were assigned by group, but they may be distributed among all students based on a common criterion, regardless of the group to which they belong. The criteria for awarding "Matrícula de Honor" (Honours with Distinction) will be determined according to the guidelines stipulated by the professor responsible for the course, as detailed in the "Observations" section of the evaluation system in the course guide.

## Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- |    |   |
|----|---|
| M1 | Master class Problem solving Exposition of contents by the teacher. Explanation of knowledge and skills   |
| M2 | Case resolution: Analysis of sample realities - real or simulated - that allow the student to connect theory with practice, to learn from models of reality or to reflect on the processes used in the cases presented. |



- M4 Personalized attention. Period of instruction and/or guidance by a tutor with the aim of analyzing with the student their work, activities and their evolution in learning the subjects.
- M5 Set of tests carried out to know the degree of acquisition of knowledge and skills of the student.
- M11 Oral presentation
- M12 Group work: Group work sessions supervised by the teacher. Knowledge construction through student interaction and activity.
- M14 Group work to search, discuss and filter information about the subjects
- M15 Seminar, supervised monographic sessions with shared participation
- M16 Student's study: Individual preparation of readings, essays, problem solving, seminars.



## IN-CLASS LEARNING ACTIVITIES

|                           | LEARNING OUTCOMES                     | HOURS        | ECTS        |
|---------------------------|---------------------------------------|--------------|-------------|
| Theoretical lessons<br>M1 | R2, R3, R4, R6, R8, R9                | 30,00        | 1,20        |
| Practice lessons<br>M2    | R1, R5, R7                            | 14,00        | 0,56        |
| Seminar<br>M12, M15       | R4                                    | 6,00         | 0,24        |
| Office Hours<br>M4        | R1, R2, R3, R4, R5, R6, R7,<br>R8, R9 | 5,00         | 0,20        |
| Assessment<br>M5          | R1, R2, R3, R4, R5, R6, R7,<br>R8, R9 | 5,00         | 0,20        |
| <b>TOTAL</b>              |                                       | <b>60,00</b> | <b>2,40</b> |

## LEARNING ACTIVITIES OF AUTONOMOUS WORK

|                        | LEARNING OUTCOMES                     | HOURS        | ECTS        |
|------------------------|---------------------------------------|--------------|-------------|
| Autonomous work<br>M16 | R1, R2, R3, R4, R5, R6, R7,<br>R8, R9 | 53,00        | 2,12        |
| Group work<br>M14      | R1, R2, R3, R4, R5, R6, R7,<br>R8, R9 | 37,00        | 1,48        |
| <b>TOTAL</b>           |                                       | <b>90,00</b> | <b>3,60</b> |



## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

| Content block   | Contents   |
|---|--|
| BLOCK 1.- SPORTS INJURY<br>PHIOPATHOLOGY. BASES OF<br>PREVENTION. | 1.1 Muscular injuries.<br>1.2 Tendinous injuries.<br>1.3 Low back injuries.                                      |
| BLOCK 2.- UPPER AND LOW LIMB<br>INJURIES IN SPORTS:               | 2.1 Soccer<br>2.2 Basketball<br>2.3 Swimming<br>2.4 Athletics  |
| BLOCK 3.- SPECIAL SPORT<br>PHIOTHERAPY TECHNIQS.                  | 3.1 Sport taping<br>3.2 Sport Massage  |
| BLOCK 4.- PREVENTION IN SPORT.                                    | 4.1. Description, application and interpretation of functional<br>tests in sport.<br>4.2. "Return to play" (RTP) |



## Temporary organization of learning:

| Block of content  | Number of sessions | Hours |
|---|--------------------|-------|
| BLOCK 1.- SPORTS INJURY PHISIOPATHOLOGY. BASES OF PREVENTION. | 9,00               | 18,00 |
| BLOCK 2.- UPPER AND LOW LIMB INJURIES IN SPORTS:              | 9,00               | 18,00 |
| BLOCK 3.- SPECIAL SPORT PHISIOTHERAPY TECHNICS.               | 7,00               | 14,00 |
| BLOCK 4.- PREVENTION IN SPORT.                                | 5,00               | 10,00 |

## References

- Kolt, G.S, Zinder-Mackler, L.: Fisioterapia del Deporte y el Ejercicio. Elsevier, Madrid. 2003
- Neiger, H.: Estiramientos analíticos manuales. Panamericana, Madrid. 1998
- Bové, A.: El vendaje funcional. Elsevier, España. 2015.
- Izquierdo, M. Biomecánica y bases neuromusculares de la actividad física y el deporte. Panamericana. 2008
- Kapandji Al. Cuadernos de fisiología articular. 5ed. Vol. 1, vol 2 y vol 3. Panamericana; 1998.
- Schünke, Schulte, Schumacher. Prometheus texto y atlas de anatomía. 1ed. Vol. 1 y 2. Panamericana; 2005.
- Buckup K. Pruebas clínicas para patología ósea, articular y muscular. 3ed. Masson; 2007.
- Goodman CC, Snyder TK. Patología médica para fisioterapeutas. 3ed. McGrawHill; 2003.
- Hoppenfeld, S. Exploración física de la columna vertebral y las extremidades. 28ed. Manual moderno; 1979.
- Benítez, J. Recuperación deportiva. Reeducción funcional, neuromotriz y propioceptiva. Carena. 2008.
- López Chicharro J, López Mojares LM. Fisiología clínica del ejercicio. Buenos Aires: Médica Panamericana; 2008.