



# Sports Rehabilitation Course

Information (short version english)

Training places:

**Rehamed Therapy** – UOA Business Park

Accredited / Endorsed:

International Amateur Athletics Foundation

Malaysian Physiotherapy Association

International Olympic Committee



**Physiotherapy in Sports** began around 1970 as part of the Olympic Games in Munich with the goal to raise the qualification of supervising physicians and masseurs in elite sport. **Sports in Physiotherapy** is more to achieve the goals of successful therapy and to stabilise health through sports and exercise in general – Sport as medical-fitness or -health training.

**Sports Therapy** covers a wide field of possibilities. Therefore our curriculum and teaching contents are based on the current knowledge in sports medicine, physiotherapy and exercise sciences. Physiological principles and practical skills presented by a number of experts offer, for example, knowledge in clinical diagnosis and manual therapy in sports, taping and sports massage, medical training therapy, performance testing, sport-specific rehabilitation and athletic training.

## Level 1 – Fundamentals of Sports Rehabilitation

Day 1	Day 2	Day 3
Fundamental of Orthopaedics	Fundamentals Sports Medicine	Sports Traumatology
Muscle Physiology	Sports Massage	Strength and Conditioning 2
Basic Kinesiology	Sports Taping 1	Balance & Coordination Therapy
Fundamentals of Biomechanics	Strength & Conditioning 1	Manual Therapy 1
Basic Motor Control and Learning	Performance Analysis 2	Sports Specific Rehabilitation 2
Performance Analysis 1	Sports Specific Rehabilitation 1	

## Level 2 – Advanced Sports Rehabilitation

Day 1	Day 2	Day 3
Sports Injury 1	Sports injury 2	Modalities 2
Basic Pharmacology in Sports	Mental Training	Power Training Rehabilitation
Science of Athletics	Modalities 1	Exercise Physiology 1
Strength and Conditioning 3	Risk Management & Safety in Training	Stochastic Resonance Therapy
Exercise for Special Population	Sports Taping 2	Sports Specific Rehabilitation 3
Injury Prevention 1	Injury Prevention 2	

## Level 3 – Specialised Sports Rehabilitation

Day 1	Day 2	Day 3
Corrective Exercises	Basic Sports Psychology	Internal Medicine in Sports
Back Rehabilitation	Aqua Sports Therapy	Shoulder Rehabilitation
Calisthenics core	Active assisted stretching	Ankle and Foot
Acute and Chronic Rehabilitation	Knee Rehabilitation	Diet in sports
Lumbopelvic Stability	Exercise Physiology 2	Legals/Ethics Sports Rehabilitation
Performance Analysis 3	Manual Therapy 2	

The educational program for Sports Therapy accreditation is spread into three courses called “Levels” – each consisting of 4 Sundays in a row within one month, per quarter.

The training includes in total 9 days with about 51 teaching lessons (each 60min) in theory and practice and additional introductions in different sports. The fourth day of each level will host a final examination, and throughout the course a project will also be graded.

## Accreditation/Certification

Completion certificates will be supplied after each level with full accreditation achieved upon completion of the whole course.

The qualification as a sports therapist is officially endorsed by the

- International Amateur Athletics Foundation (IAAF);

We are currently in discussion with three (3) additional local and regional associations regarding further endorsement and accreditation. To be updated.

**Course Structure**

<b>Levels 1-3</b>	Increasing degree of difficulty; with pass needed at each level to progress to next level.	Certificate provided at end of level, with Overall Accreditation achieved at completion.
<b>Daily Schedule</b>	Intro/Summary of day (15min) 3 Topics (180min) Lunch (45min) 3 Topics (180min) Conclusions (15min)	In total, we will divide each Level into 17 modules. Each module will comprise of lecture slides (plus notes) and practical training.
<b>Homework</b>	Mini-project assigned to cover the topics and, more importantly, application of learnings of the level.	1 mini-project per level, counting towards 25% of grade in total.
<b>Examination</b>	Will have both <ul style="list-style-type: none"><li>• Theoretical; and</li><li>• Practical</li></ul> components and will be marked on the day by supervising therapists.	Will count towards 75% of grade in total.

**Administration and Teaching Staff**

## Professional Leadership and Management

Dr. Alwin Joshen	(Curriculum Lead)
Joerg Teichmann	(Program Director, Sports Therapist)
Rachel Tan / Fahmi Abdul Rahman	(Sports Scientist / Physiotherapist)
Harald Burchardt	(Program Manager)

## Medical Director

Dr. Chan Kin Yuen	(Orthopedic Specialist)
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**Certification and Costs**

The following requirements should be met to achieve Sports Therapy and Rehabilitation Specialist "Sports Therapist" Accreditation:

- Regular participation in class ( maximum absence of 3 lectures (half day) per level);
- Satisfactory completion of work assignments;
- Successful completion of a written final exam;
- Successful participation in a practical audit;

across all 3 Levels of the Sports Rehabilitation course. Completion certificates will be issued after each Level acknowledging their successful completion.

The **Participation Fee** for each Level of the course will be **RM1,499 net**.