

Soccer injury prevention

Semester 1

Learning outcomes

Students will learn to:

1. To identify basic injury mechanisms of soccer
2. To design a basic injury audit of a soccer team
3. To adopt an injury prevention strategy, based on scientific standards
4. To present injury epidemiology results
5. To apply injury prevention exercise programs

Content

1. Introduction - Injury prevention strategic plan
2. Injury risk factor analysis
3. Ligament injuries management
4. Muscle injuries management
5. Epidemiology of injuries: Data report forms.
6. Eccentric exercise and injury prevention
7. A case study of an injury prevention program
8. Applied example: role play
9. Stretching and injury prevention
10. Isokinetics and injury prevention
11. Core muscles and injury prevention
12. Practice in professional soccer club
13. Practice in professional soccer club

Assessment

Assessment consists of a) team project which is presented at the end of the semester (50% and b) short examination quiz (individual) test (50%)

Bibliography/journals

Postgraduate Degree in Soccer Training and Injury Prevention

Science and Football

Sports

American Journal of Sports Medicine

British Journal of Sports Medicine

Medicine and Science in Sports and Exercise

Journal of Sport Sciences

Clinical Biomechanics

Journal of Sport Science and Medicine