

**Tbilisi State Medical University**



**Faculty of Physical Medicine and Rehabilitation**

The Second Cycle of Academic Higher Education Program

**“Sport Rehabilitation”**

**Language of the study – Georgian**

**Date of accreditation - 2019**

**Program Director – Professor Lela Maskhulia**

<b>Title of the Educational Program</b>	Sport Rehabilitation
<b>Level of the Higher Academic Education</b>	The Second Cycle of Academic Higher Education
<b>Qualification to be awarded</b>	Master of Physical Medicine and Rehabilitation
<b>Program Volume/Credits</b>	120 ECTS Credits (1 ECTS credit – 30 hours)
<b>Duration of the Program</b>	2 Academic Years (4 Semesters)
<b>Language of the Study</b>	Georgian
<b>The Structure and Content of the Program (Short description)</b>	<p>The program is designed using the methodology of planning and developing educational programs at TSMU. The program's content fully covers the requirements for admission and learning outcomes.</p> <p>The educational program includes teaching plan and appropriate Syllabuses. The learning outcomes of the educational program are in line with the Higher Education Qualifications Framework. The program sets learning objectives, learning outcomes and the qualification. The program is developed in accordance with the European Credit Transfer System (ECTS). Educational program is focused on student and learning outcomes.</p> <p>Each course in the curriculum is corresponding to the appropriate stage of learning, and it is based on the knowledge and skills acquired by the student, and is itself a prerequisite for mastering the inherited component. Program is multi-component and structured as sequential order of blocks and module.</p> <p>The educational program includes:</p> <ul style="list-style-type: none"> <li>• Theoretical-practical block (54 credits), including 11 mandatory theoretical and practical courses;</li> <li>• Clinical practice module (22 credits), including 3 clinical placements- Clinical Placement in out-patient Sports</li> </ul>

	<p>Rehabilitation setting (8 credits); Clinical Placement in in-patient setting (6 credits); Clinical Placement in sports team environment (8 credits);</p> <ul style="list-style-type: none"> <li>• Research block – 36 credits, among them mandatory courses “Epidemiologic research and dissemination of research results” (3 credits) and “Biostatistics” (3 credits) and Research project - preparation of Master Thesis (30 credits)</li> <li>• 12 elective courses – 8 credits.</li> </ul>
<p><b>Aims of the Educational Program</b></p>	<p><b>Aim of the program is to develop highly competitive practitioners with a critical awareness of the field, equipped with wide spectrum of professional skills and independent research competency essential for the Sport Rehabilitation sector, and able:</b></p> <ul style="list-style-type: none"> <li>• to apply deep and systemic knowledge, using clinical reasoning and evidence-based practice while oriented on problem solving approach to reduce injury risk and prevent various pathological conditions, provide rehabilitation assessment, intervention and efficient rehabilitation management of elite athletes, representatives of professional sports, as well as amateurs involved in physical training, for optimal restoration of physical condition and return to sport;</li> <li>• to search new ways of solution to the complex problems related to the field, based on evidence and/or conduct independent research with academic integrity, and report the results of the study to the academic and professional society, as well as to general public;</li> <li>• to cooperate in multi-/interdisciplinary professional team and demonstrate ethical management of working environment, taking into account societal needs and legal obligations in various sport-specific conditions, as well as in in-patient and out-patient settings.</li> <li>• to utilize all available forms of continuing professional development to upgrade/improve own practice and promote professional growth and advancement; able to care for and take responsibility for the professional development of others.</li> </ul>

<p><b>Requirements/Prerequisites to the Program</b></p>	<p>The candidate to be admitted to the Master program “Sport Rehabilitation” should be:</p> <ul style="list-style-type: none"> <li>• Bachelor degree in Physical Medicine and Rehabilitation of TSMU,</li> <li>• Bachelor degree in above-mentioned or neighboring fields of other higher educational institutions of Georgia,</li> <li>• the individual having medical education being granted with the diploma equivalent to that of a master.</li> </ul> <p>All above-mentioned candidates must overcome the minimum barrier established for the Unified Master’s Examinations and successfully pass the intra-university exams in English language (B2 level test) and the sports rehabilitation field-specific test.</p> <p>The right to study on the program without the Unified Master’s Examinations is defined by the Georgian Law on “Higher Education” (Article 52<sup>1</sup>).</p>
<p><b>Learning Outcomes</b></p>	<p><b><u>Knowledge and Understanding:</u></b></p> <p><b>LO-1. Deep and systemic knowledge of the field and its critical awareness:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate deep and systemic knowledge of the field and its critical understanding, among them theories, evidence-based practice and field-specific research methods regarding rehabilitation of sports injuries; knowledge of the bio-psycho-social model of the functioning, disability and health and critical understanding of organization and practice of rehabilitation system based on this model, considering health condition, chronic conditions or long-term functional limitation and age-related peculiarities; demonstrate critical understanding of the complex problems associated with sport injury and strategies for their solution, based on the most recent achievements of the field; knowledge of effective rehabilitation programs of sport injuries for athletes with different functional capabilities and needs, across the lifespan (adolescent to senior), critically appraise preventive measures of sport related injuries;</li> </ul> <p><b><u>Skills:</u></b></p> <p><b>LO 2-1 Problem solving and research skills:</b></p> <ul style="list-style-type: none"> <li>• Identify, critically appraise and interpret current research knowledge evaluating rehabilitation and sports practice; utilize clinical reasoning skills in rehabilitation management of the</li> </ul>

patient/athlete, critically analyze complex information based on most recent research, innovatively synthesize information, and make valid conclusions considering social and ethical responsibilities; conduct research independently to solve complex rehabilitation problem; communicate oral and written information regarding conclusions and arguments of the research within the academic and professional society in the sports rehabilitation context- considering academic integrity.

**LO 2-2 Practical skills:**

- Conduct evaluation of sport-related injury, apply safe and effective physical therapy intervention, rehabilitation management and prevention (among them, by involvement in the pre-participation screening programs and preventive activities); monitor and measure the outcomes of rehabilitation strategies; provide appropriate consultation regarding the rehabilitation strategy, recognize the need for referral/ refer to appropriate qualified service providers; elaboration of an intervention plan based on specific, measurable, attainable, realistic, and time-bound (SMART) goals, considering patient's needs and goals, priorities, sporting discipline, and characteristics of the existed condition; elaborate evidence-based rehabilitation program, during rehabilitation process make appropriate professional records.

**Responsibility and autonomy:**

**LO 3-1 Cooperate in multi-/ interdisciplinary professional environment and demonstrate autonomy:**

- Able to cooperate in multi-/interdisciplinary professional environment using appropriate interpersonal communication skills, manage working environment, ensure successful achievement of the goals of rehabilitation team; work independently and as part of a multidisciplinary team, demonstrating initiative in the selection of a range of practical skills in the treatment and rehabilitation intervention process; to operate in the complex, unpredictable environment of the sport-related activity, as well as in in-patient and out-patient setting to ensure incremental efficiency of the rehabilitation management/service and athlete's return to sport in optimal physical condition.

	<p><b>LO 3-2 Professionalism, attitudes, values and ethics:</b></p> <ul style="list-style-type: none"> <li>• By emphasising evidence-based practice, contribute to development and incorporation of innovations of the field of sport rehabilitation into practice; safely and effectively apply evidence informed rehabilitation practices in selected practice contexts, responding to physical, social and cultural factors that influence the individual athlete and outcomes of rehabilitation; direct professional activity with high responsibility, according to the current research and evidence based practice data, in compliance with ethical standards, legal and professional obligations, including Doping Code related requirements, ensure patient’s dignity, protection of his/her rights show respect to beliefs and values of others and provide equal opportunities to everyone regardless of gender, race, religious, social, and cultural belongings.</li> </ul> <p><b>LO 3-3 Independent learning and continuous professional development:</b></p> <ul style="list-style-type: none"> <li>• Plan and manage effectively independent learning and develop sustainable strategies for lifelong learning and reflective practice, considering needs and priorities; confident engagement in academic and professional work-based learning across a multidisciplinary team; able to care and incur responsibility regarding the professional development of others.</li> <li>• Demonstrate appropriate learning skills and ability to continue study on the third cycle of higher education.</li> </ul>
<p><b>Areas of Employment</b></p>	<p>The graduates of the Master degree “Sport Rehabilitation” program - Masters of Physical Medicine and Rehabilitation, can be employed in the rehabilitation departments of multi-profile hospitals and specialized rehabilitation clinics, in in-patient and out-patient settings, private clinics, sports clubs and sports rehabilitation clinics/centers, in medical services of sports teams, resorts and wellness centers, in different level of educational organizations, schools, in community-based rehabilitation programs/services; can be involved in academic and scientific activities.</p>
<p><b>Postgraduate Education</b></p>	<p>Graduate of the program - Master of Physical Medicine and Rehabilitation, can proceed to the third cycle of higher education and earn doctorate degree</p>

## Curriculum Courses Referring to Student Workload for Academic Year 2023-2024

N	Course	ECTS	Number of Hours			Course and ECTS Distribution in Semesters			
			Contact	Independent Work	Total	I Semester	II Semester	III Semester	IV Semester
<b>Core Courses</b>									
1	Health facilitation, sports, rehabilitation principles and ethics in sport	4	50	70	120	4			
2	Sports physiology and biochemistry	3	38	52	90	3			
3	Sports injury biomechanics and radiologic diagnostics	8	98	142	240	8			
4	Musculoskeletal injuries in sport, clinical assessment and management	9	110	160	270	9			
5	Injuries to nervous system in sports, clinical assessment and management	3	38	52	90	3			
6	Sports cardiology	6	74	106	180		6		
7	Kinesiotherapy and functional rehabilitation	6	74	106	180		6		
8	Physical Agents in rehabilitation of sport injuries	5	62	88	150		5		
9	Epidemiologic research and dissemination of research results	3	38	52	90		3		
10	Sports massage	4	50	70	120		4		
11	Sport nutrition, pharmacology and doping issues in sport	3	38	52	90		3		
12	Youth Sport and rehabilitation	3	38	52	90			3	
13	Biostatistics	3	38	52	90			3	
14	Clinical practice module: <ul style="list-style-type: none"> <li>• Clinical Placement in out-patient Sports Rehabilitation setting</li> <li>• Clinical Placement in in-patient setting</li> <li>• Clinical Placement in sport team environment</li> </ul>	22 8 6 8	332	328	660			22	
15	<b>Research project – preparation of Master Thesis</b>	<b>30</b>	92	808	900				30
<b>Elective Courses</b>									
1	English (C1) 1	3	32	58	90	3			-
2	German (C1) 1	3	32	58	90	3			-

3	Stress psychology: theory and practice	3	32	58	90	3			-
4	Environmental factors in Sports medicine	3	26	64	90	3			-
5	English (C1) 2	3	32	58	90		3		-
6	German (C2) 2	3	32	58	90		3		-
7	Dry needling technique in sports rehabilitation	3	32	58	90		3		-
8	Pedagogics and psychology of higher education	3	32	58	90		3		-
9	Healthcare finances and planning	2	22	38	60			2	-
10	Analytic writing	2	22	38	60			2	-
11	Various medical conditions in sports	2	26	34	60			2	-
12	Manual Lymphatic Drainage in Sports Rehabilitation Practice	2	26	34	60			2	-