REQUIRED COURSES (13)

No	Course	Semester	Hours	ECTS credits	Teachers
2	Sports injuries	1	30	5	Assist. Prof. Igor Borić, PhD Full Prof., Ivan Mikula, PhD Tomislav Pavlović, MD Vid Matišić, MD
3	Treatment of sports injuries	1	30	5	Assist. Prof. Damir Hudetz, MD, PhD Assist. Prof. Željko Jeleč, MD, PhD Eduard Rod, MD, PhD Assist. Prof. Fabijan Čukelj, MD, PhD Assist. Prof. Dinko Vidović, MD Borut Dobričić, MD Marijan Rožanković, MD, PhD Vilim Molnar, MD
4	Pharmacotherapy, pharmacogenomics and regenerative medicine in the treatment of sports injuries	1	12	2	Full Prof. Dragan Primorac, MD, PhD Assoc. Prof. Martina Smolić, MD, PhD Assist. Prof. Damir Erceg, MD, PhD Assist. Prof. Andrea Skelin, MD, PhD Darija Granec, MD, PhD Antonio Klasan, MD, PhD Vid Matišić, MD Vilim Molnar, MD
5	Anatomy and neuromechanics of sport injuries	1	30	5	Assoc. Prof. Marija Rakovac, MD, PhD Assoc. Prof. Pavle Mikulić, PhD Assoc. Prof. Davor Šentija, MD, PhD
6	Physiology of sport injuries and repair processes	1	24	4	Full. Prof. Lana Ružić, MD, PhD Full. Prof. Branka Matković, MD, PhD
7	Injury risk assement in sport	1	30	5	Assist. Prof. Cvita Gregov, PhD Saša Baščevan, PhD Luka Svilar, PhD
8	Sport rehabilitation protocols	2	30	5	Assist. Prof. Tatjana Trošt Bobić, PhD Full Prof. Saša Janković Krešimir Šoš, mag. cin.
9	Injury prevention strategies in sport	2	30	5	Assist. Prof. Cvita Gregov, PhD Marin Dadić, mag. cin.
10	Elective course 1	1	12	2	
11	Elective course 2	2	12	2	
12	Sport practice	2	30	5	Assist. Prof. Cvita Gregov, PhD
13	Clinical practice in sports medicine	2	30	5	Assoc. Prof. Martina Smolić, MD, PhD Assoc. Prof. Ines Bilić Ćurčić, MD, PhD Hrvoje Roguljić, MD, PhD Antonio Klasan, MD, PhD
14	Final specialist thesis	2	36	6	
	Total	360		60	

ELECTIVE COURSES (2)

No	Course	Semester	Hours	ECTS credits	Teachers
a	Health risk and training in female athletes	1 or 2	12	2	Full Prof. Marjeta Mišigoj-Đuraković, PhD Assist. Prof. Sanja Šalaj, PhD Assist. Prof. Maroje Sorić, PhD Ines Čavar, PhD Tomislav Vlahović, MD, PhD
b	Functional movement in everyday life	1 or 2	12	2	Assist. Prof. Josipa Nakić, PhD Prim. Marija Bubaš, MD, PhD
c	Sport injuries research	1 or 2	12	2	Assist. Prof. Sanja Šalaj, PhD Assist. Prof. Nenad Stojiljković, PhD
d	The psychology of sport injury and recovery	1 or 2	12	2	Full Prof. Renata Barić Rebeka Prosoli, mag. psych

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EUROPSKI STRUKTURNI I INVESTICIJSKI FONDOVI
ESF UČINKOVITI LJUDSKI POTENCIJALI

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The content of this material is the sole responsibility of the University of Zagreb Faculty of Kinesiology.

University postgraduate specialist study

PREVENTION AND REHABILITATION OF SPORTS INJURIES

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Study provider and cooperating institutions

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Head of the study:
Associate professor Sanja Šalaj, PhD

Co-Head of the study:
Full professor Dragan Primorac, PhD

Duration of the study: 1 year (2 semesters)

The study programme offers 9 obligatory courses (one differential), 2 elective course, Sport practice, Clinical Practice and a Final Specialist Thesis with a total value of 60 ECTS credits, in a 360-hour class fund which will be organized in the period of 2 semesters.

The academic title acquired upon completing the study

Upon graduation, an academic title of University Specialist in Prevention and Rehabilitation of Sports Injuries (univ. spec. praev. et rehab.) is awarded.

Competences and the learning outcomes the student acquire upon completing the study

This postgraduate university specialist study enables students to acquire a **broad spectrum of basic and specific competences** related to **prevention and rehabilitation of sports injuries.**

Basic competencies include:

◇ understanding of the anatomical, neuromechanical and physiological background of sport and sports injuries,
◇ understanding of injury occurrence mechanisms and the basics of treatment of sport injuries.

Specific competences:

◇ application of contents and creation of procedures for the prevention and rehabilitation of sports injuries in athletes' training.

Study Outcomes:

Upon completion of the study the students will be able to:

◇ Identify the anatomical and biomechanical basis of sport injuries in children, adolescents, adults and older amateur athletes and athletes

◇ Choose appropriate exercises in sports training and prevention programmes according to an athlete's diagnosed condition of varying sports fitness levels and health conditions.

◇ Justify different modalities of physical therapy and kinesitherapy, indications and contraindications for their use in treatment of specific injuries

◇ Measure and interpret injury risk factors

◇ Plan personalized, evidenced-based injury prevention

◇ Plan personalized, evidenced-based outpatient injury rehabilitation

◇ Argument procedures that will ensure a successful return to sport and restore the athlete's overall performance

DESCRIPTION OF THE STUDY PROGRAMME

QUALIFICATION COURSES (1)
for candidates with a graduate degree in kinesiology:

No	Course	Semester	Hours	ECTS credits	Teachers
1a	Introduction to physical therapy modalities	1	24	4	Jakov Ivković, univ. mag. med. Luciana Miljačika, MD

for candidates with a graduate degree in medicine or physiotherapy:

No	Course	Semester	Hours	ECTS credits	Teachers
1b	Sports training and training load	1	24	4	Assist. Prof. Sanja Šalaj, PhD Assist. Prof. Daniel Bok, PhD