

MODULE DESCRIPTION (SUMMARY PROGRAM)

1. Module Information Code:	
• Name of the Institution and School	Universidad Autónoma de Nuevo León, School of Medicine
• Name of the learning Unit	Sports Medicine and Rehabilitation
• Total classroom hours for theory and/or practice.	31 hours
• Total extra classroom hours	59 hours
• Course Modality	Schooled
• Type of academic period in which the module is offered	4° Semester
• Type of Learning Unit in the Curriculum	Elective
• Curriculum area:	ACFB
• UANL credit points	3.
• Date of module creation:	October 7, 2014.
• Date of last amendment:	April 14, 2020.
• Person(s) responsible for the module design and amendments:	Dr. Ángel González Cantú. Dr. Oscar Salas Fraire. Dra. Karina Salas Longoria.

2. Purpose(s)

This Learning Unit aims to contribute to the training of doctors capable of solving health problems at the three levels of prevention, through knowledge and prescription of physical activity, as well as the diagnosis, treatment and rehabilitation of functional or functional problems. physical disability of the individual. It contributes to achieving the graduation profile by developing the necessary skills to evaluate the morphological and functional state of the individual to establish a diagnosis of health and physical capacity that allows making decisions regarding whether to indicate or contraindicate exercise. All this in a framework that allows the acquisition of ethical and humanistic values, broad social commitment and professional performance with the highest quality, and focused on continuing education and research.

It is closely related to Anatomy, Physiology, Biochemistry, as they provide the basis for understanding the changes that occur during physical activity and / or injuries. Also with Imaging since it provides tools to corroborate and determine diagnoses. With Preventive Medicine, as a coadjuvant instrument in the preventive management of the most prevalent diseases in the community. With Introduction to the Clinic for the preparation and management of the clinical file. With Pharmacology, due to the indication for different conditions and their effects during exercise. With trauma by recognizing the most frequent injuries that occur during physical activity for their prevention, treatment and rehabilitation. Regarding Internal Medicine for the indication of exercise as a benefit emphasizing chronic-degenerative diseases and / or rehabilitation in various pathologies. With Pediatrics by relating the changes in physical capacities during the stages of development.

3. Competences of the graduate profile

a) General competences of the graduate profile to which the learning unit contributes:

Instrumental competences:

1.-Apply autonomous learning strategies in the different levels and fields of knowledge that allow them make appropriate and relevant decisions in the personal, academic and professional field

3.- Use the information and communication technologies as access tools to information and its transformation in knowledge, as well as for learning and collaborative work with cutting-edge techniques that allow its constructive participation in society.

8.- Use methods and techniques of traditional and cutting-edge research for the development of their academic work, the practice of their profession and the generation of knowledg

Personal and social interaction skill

10.- Intervene in front of the challenges of contemporary society at the local and global level with a critical attitude and human, academic and professional commitment to help consolidate the general wellness and sustainable developm

11.- Practice the values promoted by the UANL: truth, equality, honesty, liberty, solidarity, respect for life and anyone's, peace, respect for

nature, integrity, ethics behavior and justice, within their personal and professional environment in order to make a sustainable society

Integrative skills

14.- Resolve personal and social conflicts in accordance with specific techniques in the academic field and their profession for the proper decision making.

15. Achieve the adaptability required in uncertain professional and social environments of our time to improve living conditions.

a. Specific competences of the graduate profile that contributes to the learning unit

1.- Use the medicine scientific fundaments considering economical, psychological, social, cultural and environmental factors which contribute to the development and evolution of a disease for decision-making and medical actions.

2.- Solves clinical problems through deductive reasoning, interpretation of findings and definition of their nature with the aim of making decisions and determine action principles of the medical practice to follow in a responsible way, impacting individual and collective health.

3. Manages information and communication technologies as a tool for accessing to information and transform it into knowledge, as well as for learning purposes and collaborative work with cutting-edge techniques which allow an edifying participation in society.

7.- Applies the scientific method for the resolution of medical problems with an innovative, analytic and self-critical attitude for preventing, diagnosing and treating diseases.

8.- Integrates professional values and ethics into his medical practice, making no difference due to gender, race, political or sexual preference, religious beliefs, activities developed, disabilities or socioeconomic level, promoting social inclusion and contributing to the population's well-being, their life quality and human development.

9.- Respects the patient's integrity keeping the patient's medical information as an essential part of their professional secret in order to preserve his rights.

10.- Promotes an organizational work culture for the health field, acknowledging the multidisciplinary work, respect for institutional policies and the observance of rules in order to contribute to a comprehensive treatment of patients.

11.- Applies effective communication principles, establishing a respectful and sympathetic relationship with the patient, relatives, the community and other health professionals in order to use the information properly.

4. Summative evaluation

- Written Report
- Exam
- Course Integrative Product

5. Course Integrative Product.

Case analysis, related to the concepts of sports medicine and rehabilitation. Based on a real case.

6. References

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Websites

Colegio Americano de Medicina del Deporte
<http://www.acsm.org>
Federación Internacional de Medicina del Deporte
<http://www.fims.org>
Federación Española de Medicina del Deporte
<http://www.femede.es/>

