

SPORTS UNIVERSITY OF TIRANA
FACULTY OF REHABILITATION SCIENCES
Master in Rehabilitation Physiotherapeutic in Sport

APPROVED
Rector
Prof.Dr. Agron KASA

LESSON PLAN				Subject type: Full time											Academic Year 2023-2024		
Viti / Semestri	Subject Code	Name of the subject/activity	Subject Tipology	Total Load in ECTS credits of the Course						Teaching load in physical hours in the auditorium						Hours for individual study	Total Hours
				ECTS/ Total	Lectures	Seminars	Exercises/ COURSEWORK	Workshops	Laborator y. Professional Clinical Practice	Lectures	Seminars	Exercises/ COURSEWORK	Workshops	Laborator y. Professional Clinical Practice	Total hours in the auditorium		
First Year	1	MANAGEMENT PRINCIPLES AND BUSINESS	A	6	4.5	1.5	0	0	0	45	15	0	0	0	60	90	150
		Applied Psychology in different groups		2	1.5	0.5				15	5				20	30	50
		Management and entrepreneurship		4	3	1				30	10				40	60	100
	2	REHABILITATION IN SPORTS INJURIES	B	9	6	1.5			1.5	60	15			18	93	132	225
		Musculoskeletal injury prevention		3	2	0.5			0.5	20	5			6	31	44	75
		Rehabilitation and exercise treatment of musculoskeletal injuries		3	2	0.5			0.5	20	5			6	31	44	75
		Exercise rehabilitation in optimizing sports performance		3	2	0.5			0.5	20	5			6	31	44	75
	3	PHYSIOLOGY AND MOVEMENT PRINCIPLES IN PHYSICAL PERFORMANCE	B	7	5	1			1	50	10			12	72	103	175
		Advanced principles of human body movement in physical activity and sport		4	2.5	0.5			1	25	5			12	42	58	100
		Fatigue physiology, recovery, adaptation and impact on physical performance		3	2.5	0.5				25	5			0	30	45	75
	4	PAIN, MANAGEMENT AND REHABILITATION	B	4	2	1			1	20	10			12	42	58	100
		Medical treatment of pain in musculoskeletal injuries		1	0.5	0.5				5	5			0	10	15	25
		Non-pharmacological treatment of musculoskeletal injuries		3	1.5	0.5			1	15	5			12	32	43	75
	5	SPORTS MEDICINE IN SPORTS REHABILITATION	C	10	7.5	2.5				75	25				100	150	250
		Sports Medicine		4	3	1				30	10				40	60	100
		First aid in sports		2	1.5	0.5				15	5				20	30	50
		Musculoskeletal pathologies		4	3	1				30	10				40	60	100
	6	NUTRITION IN SPORTS AND PHYSICAL ACTIVITY	C	4	3	1				30	10				40	60	100
	7	MEDICAL AND PHYSIOTHERAPEUTIC CONTROL IN SPORTS	C	4	2	1			1	20	10			12	42	58	100
		Medical control in sports		2	1	0.5			0.5	10	5			6	21	29	50
	Physical therapy assessment in sports		2	1	0.5			0.5	10	5			6	21	29	50	
8	PROFESSIONAL PRACTICE	D	6					6					120	120	30	150	
9	FINAL EXAM	E	10											50	200	250	
		Total		60	30	10	10	0	11	300	95	50	0	174	619	881	1500
Dean Prof. Dr. Robert Cina																	