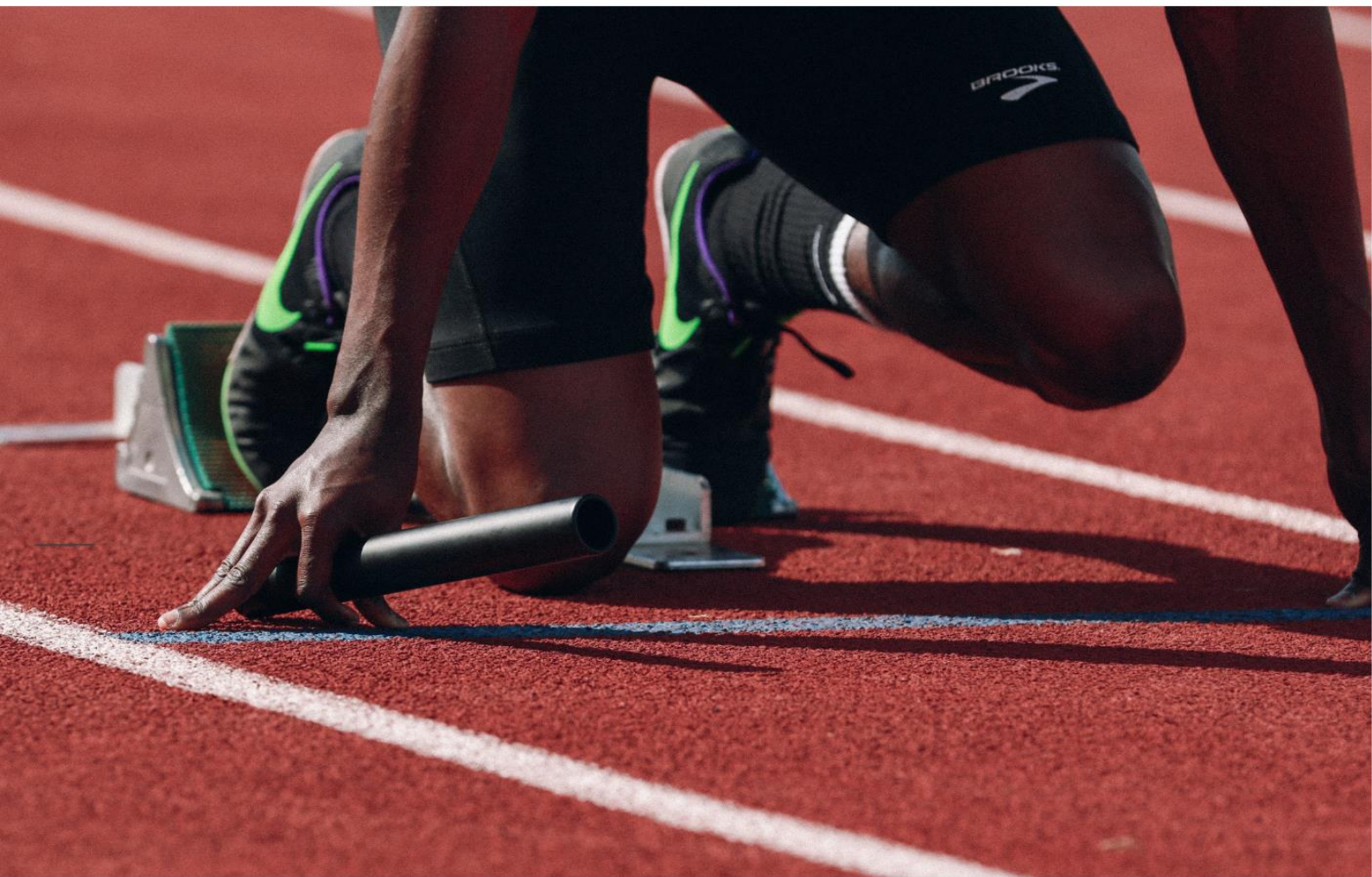


PROSPECTUS



Short Course

WELCOME LETTER

A welcome message from
Founder, Daniel Biggs

CURRICULUM

Overview of Common Injuries
short course content

SUITABILITY

For UK-based Exercise
Professionals

Table Of Contents



03

Welcome Letter

Founder, Daniel Biggs

04

Curriculum

Short Course

05

**Overview of
Common Injuries**

06

Short Course

Pre-requisites



Edu-Fi.co.uk

Discover@Edu-Fi.co.uk

@EduFi_Academy

WELCOME

from Edu-Fi Academy Founder, Dr. Daniel Biggs

It is with pleasure to thank you for your interest in Edu-Fi Academy. I started Edu-Fi Academy in 2022 with the aim to upskill and increase knowledge in exercise practitioners. My 15 years' experience takes me through a personal training, strength and conditioning, physiotherapy and academic researcher pathway. This has presented the opportunity to provide education from a contemporary research perspective and from personal experience.

Due to the ever-increasing access to new knowledge and remote working. Digital learning through means of eLearning models have become more relevant and are at the forefront of concurrent education. As skills, knowledge and experience can be accrued through distance learning, the possibility to observe and practice expands professional and personal development. It is our goal to upskill exercise practitioners through the recognised Edu-Fi Academy standard of continued professional development courses to meet these needs. We feel there are gaps in professional knowledge and there are further networking opportunities, Edu- Fi Academy aims to address.

I look forward to discussing exercise practice with yourself and playing a part in your professional development.

Yours Sincerely

D. Biggs

Dr. Daniel Biggs
DPT FHEA MCSP

Overview of Common Injuries (Level 1)

In this section, it will show the course plan, the course structure and what content is delivered. The session provides learning and networking opportunities for the enrolled learners.

Session 1	2 hours in duration
Introduction to the course	Meet and Greet
Course Information	Course organisation details and learning aims
Learning Session 1 led by tutor	Medial Tibial Stress Syndrome (Shin Splints)
Break	
Learning Session 2 led by tutor	Tendinosis (Golfer's and Tennis Elbow)
Networking and Learning Task	Solidify of above learning content

Session 2	2 hours in duration
Session 1 recap	Discussion and reflection
Learning Session 1 led by tutor	Mild Traumatic Brain Injury (Concussion)
Break	
Learning Session 2 led by tutor	Anterior Cruciate Ligament Rupture
Networking and Learning Task	Solidify of above learning content

Short Course Curriculum

As part of Edu-Fi Academy's soft launch, we have developed a short course centred around common sports injuries. This short course aims to provide opportunity to learn or refresh on common sporting injuries and offer professional networking opportunities amongst attending individuals.

Course Topics

The short course topics focus upon:

- Medial Tibial Stress Syndrome (Shin Splints)
- Tendinosis (both Tennis and Golfer's Elbow)
- Mild Traumatic Brain Injury (Concussion)
- Anterior Cruciate Ligament Rupture

These topics are typically delivered through PowerPoint tutor-led lectures and then knowledge further solidified by Learning and Networking Tasks. Specifically, the course topics will include:

- What the injury is
- Risk Factors
- Prevention
- Management
- Hypothetical Treatments

The course materials will be available to attendees after the sessions.

Course Synopsis

This short course offers two two-hour online sessions. The course will be delivered through the online learning session which involves knowledge content on three common injuries and a Learning and Networking Task. The Networking task includes group work where group members can meet likeminded people to aid in professional network growth and enhance knowledge on the featured common injuries. Learners will utilise the information provided about Medial Tibial Stress Syndrome (Shin Splints) or Tendinosis (either Tennis and Golfer's Elbow) and work on a group task to ascertain the level 1 recognition. Further details can be provided upon request.

The course is designed to promote interaction between learners as this course will require inter-learner working, with the aim for each learner to expand their networking occasions. During enrolment, each learner will be asked confidential questions about their chosen inter-learner studying preferences and opportunity to disclose perceived relevant information as well.

This short course would be suitable for exercise professionals that are interested in developing their knowledge and further their understanding on the four included pathologies.

The knowledge and content that is delivered within the short course should also be used appropriately by each respective exercise professional and adhere to the chosen realms of their profession.

The Pre-requisites

Prospective learners should be 18 or over and are currently undertaking work or study towards qualifying within (not an exhaustive list):

Pre-requisites and Suitability

- Personal Training
- Sports Therapy
- Sports Coaching

As this course uses an eLearning model, it requires learners to have appropriate Internet bandwidth that enables clear connection to understand the learning sessions and can communicate with other learners. It is highly encouraged for each learner to have a working webcam and microphone to interact through the sessions.

