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I am an assistant professor in the School of Medicine and Health Science of Universidad del Rosario, and I currently lead the Physical Activity and Sports Area in the program of Physiotherapy.

I am physiotherapist (Universidad del Rosario) with a Masters in Epidemiology (Munich University) and I also work in the sports physiotherapy area, specifically in sports rehabilitation. My teaching coheres around: 1) Epidemiology in rehabilitation science and sports where I teach basic epidemiological tools to do critical reading of scientific evidence. 2) Exercise prescription where the students learn how to apply principles and characteristics of exercise

prescription in order to design programs for individuals with different conditions, and 3) Sports physiotherapy, where students identify the scope of physiotherapy in the sports area: injury prevention programs, emergency in sports and sports rehabilitation. These courses are intended for undergraduate students.

My research is concerned with the epidemiology in sports: identifications of risk factors of sports injuries, the design and application of specific functional evaluation in each sport and the design of optima prevention protocols to avoid incidence and re-incidence of injuries, in conventional and Paralympic sports. Additionally, we conceive sports as a social promoter; currently Colombia is going through post-conflict process, where soldiers, who are in disability condition due to war, need to redirect their lives and many of them decide to become sports men. Through sports, we teach values and help the soldiers to integrate into civil life. We support these processes in partnership with the Ministry of National Defense of Colombia.

I have experience in the sports field, specifically in injury prevention and rehabilitation in football players. I have played professional football and I had the opportunity to compete for my country in a World Cup. This experience gave me experience to know about Physiotherapy from the perspective of a sports woman and patient.

Topics for the 13th International Teaching Week:

1) Application of Motor and Sensitivity Complexity in Exercise Prescription Program

2) Characteristics of Exercise and Biological and Pedagogical Principles in Exercise Prescription Programs