



# Postgraduate Certificate Invisible Training in Brain Development

» Modality: online

» Duration: 6 weeks

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

 $We b site: {\color{blue}www.techtitute.com/us/education/postgraduate-certificate/invisible-training-brain-development} \\$ 

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## tech 06 | Introduction

In recent years and thanks to the support of scientific research in neuroeducation, knowledge of the so-called "invisible training" has been promoted among teachers. In this way, the relationship between physical activity and health has gone a step further, to take into account the relevance of nutrition, active rest or the importance of sleep in learning.

This scientific evidence leads the teaching professional to transfer through their teaching methods, healthy habits that prevent diseases, improve body posture and know the effects of motor action on health. In this line, TECH has created this 100% online program, which offers the teacher an intensive and advanced agenda on Invisible Training in Brain Development.

Through video summaries, detailed videos, essential readings and case studies, students can learn about the main programs and tools used to improve people's quality of life, prevent diseases and promote learning. A set of concepts that will be assimilated in a much more effective way, thanks to the *Relearning* method used by this institution.

An excellent opportunity to grow professionally through a flexible Postgraduate Certificate that you can access comfortably, whenever and wherever you want. Students only need an electronic device with an Internet connection to be able to view the content hosted on the virtual platform at any time. A unique academic option compatible with the most demanding responsibilities.

This **Postgraduate Certificate in Invisible Training in Brain Development** contains the most complete and up-to-date educational program on the market. The most important features include:

- Case studies presented by experts in Neuroeducation and Physical Education
- The graphic, schematic and practical contents with which it is conceived scientific and practical information on those disciplines that are essential for professional practice
- Practical exercises where the self-assessment process can be carried out to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



A 100% online Postgraduate Certificate that will allow you to delve into how the brain arranges the body posture and influences the way we feel and think"



An academic option that will give you the keys to bring to your classroom the different strategies to carry out active rest"

The program's teaching staff includes professionals from sector who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professionals with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

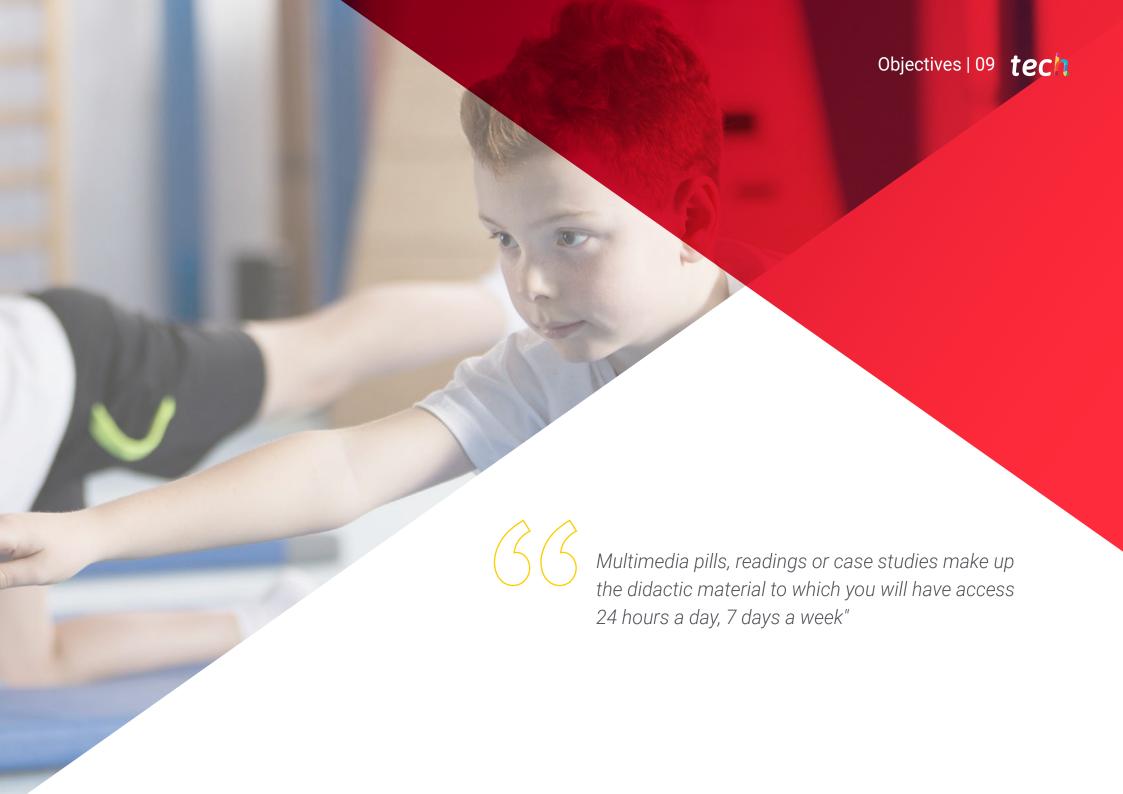
This program is designed around Problem-Based Learning, whereby the professionals must try to solve the different professional practice situations that arise throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.

During 150 teaching hours you will learn about the latest scientific postulates that highlight the importance of sleep and nutrition in student performance.

Promote educational actions that encourage healthy habits in your students through invisible training.





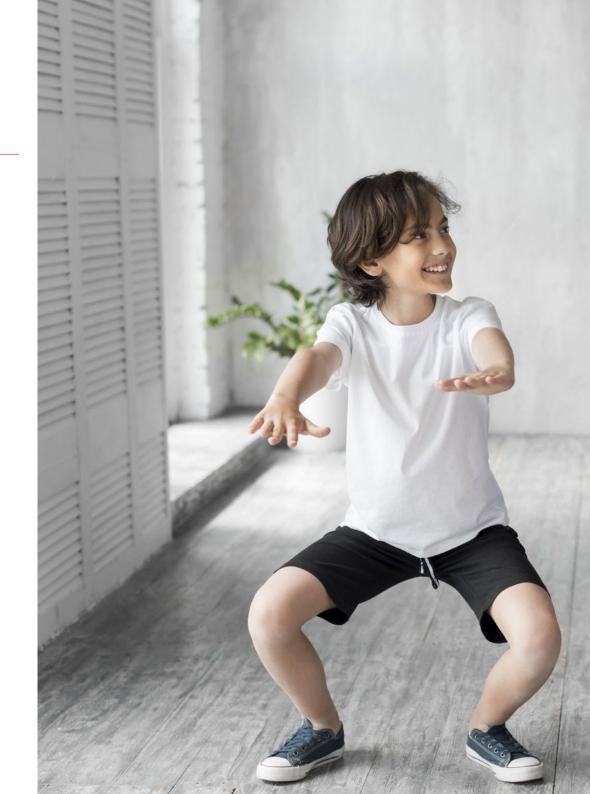


## tech 10 | Objectives



## **General Objectives**

- Know the basis and main elements in Neuroeducation
- Integrate the new contributions of brain science in the teaching-learning processes
- Discover how to enhance brain development through motor action
- Implement the innovations in Neuroeducation in the subject of Physical Education
- Achieve specialized skills as Neuroeducation professionals in the field of Motor Action



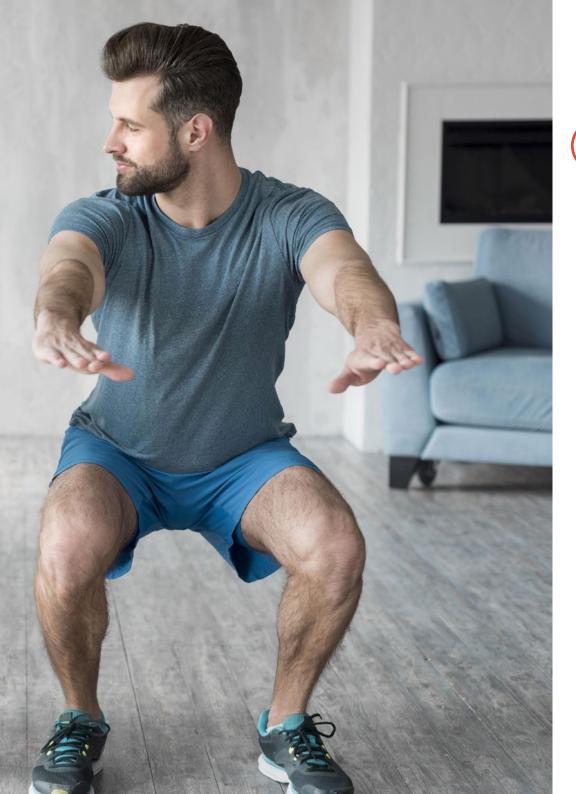


## **Specific Objectives**

- Understand the role of the main myokines in relation to exercise and health
- Identify new postulates for disease prevention and improvement of quality of life in cardiovascular risk diseases (obesity, diabetes or metabolic syndrome)
- Analyze the relevance of body posture from a neuroscientific point of view



Discover in this Postgraduate
Certificate the importance of myokines
and their relationship with exercise and
the well-being of the person"





## tech 14 | Course Management

### Management



#### Ms. Pellicer Royo, Irene

- Postgraduate Diploma in Emotional Education at the Jesuitas-Caspe School, Barcelona
- Professional Master's Degree in Medical Sciences Applied to Physical Activity and Sport by the University of Barcelona
- Professional Master's Degree in Emotional Education and Well-being from the University of Barcelona
- Degree in Physical Activity and Sport Sciences at the University of Lérida

#### **Professors**

#### Dr. De la Serna, Juan Moisés

- Psychologist and Writer expert in Neurosciences
- Writer specializing in Psychology and Neurosciences
- Author of the Open Chair in Psychology and Neurosciences
- Scientific disseminator
- PhD in Psychology
- Degree in Psychology. University of Seville
- Professional Master's Degree in Neurosciences and Behavioral Biology Pablo de Olavide University, Seville
- Postgraduate Diploma in Teaching Methodology. La Salle University

- University Specialist in Clinical Hypnosis, Hypnotherapy. National University of Distance Education - UNED
- Diploma in Social Graduate, Human Resources Management, Personnel Administration. University of Seville
- Postgraduate Diploma in Project Management, Administration and Business Management.
   Federation of Services U.G.T
- Trainer of Trainers. Official College of Psychologists of Andalusia



## Course Management | 15 tech

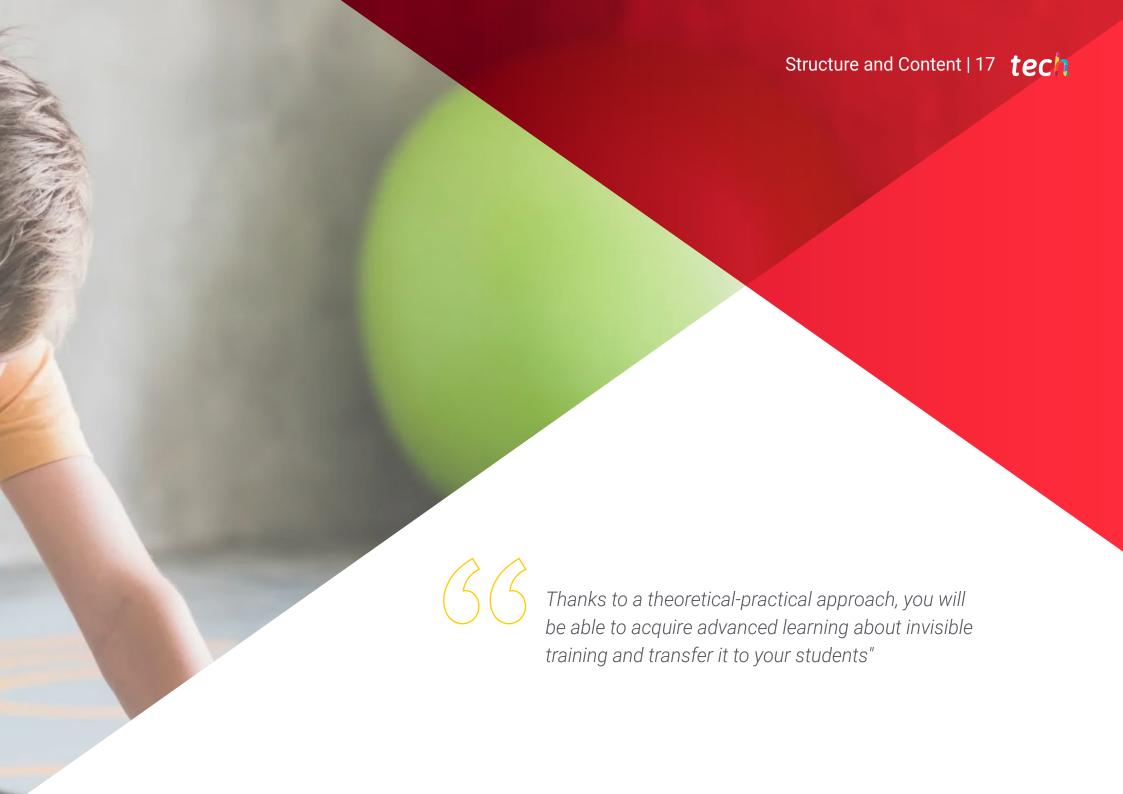
#### Dr. Navarro Ardoy, Daniel

- Principal CEO at Teacher MBA
- PROFITH (PROmoting FITness and Health) Research Group
- SAFE Research Group
- EFFECTS 262 Research Group
- Physical Education Teacher
- PhD in Physical Education Applied to Health by the Physical Activity and Health Program
  of the University of Granada
- PhD in Physical Education Applied to Health with research stay at Karolinska Institutet in Stockholm
- Degree in Physical Activity and Sport Sciences from the University of Granada

#### Ms. Rodríguez Ruiz, Celia

- Clinical Psychologist at EVEL Center
- Psychopedagogical Area Manager at Atenea Study Center
- Pedagogical Advisor at Cuadernos Rubio
- Editor of Hacer Familia Magazine
- Editor of Webconsultas Healthcare Medical Team
- Collaborator at the Eduardo Punset Foundation
- Degree in Psychology, UNED
- Degree in Pedagogies from the Complutense University of Madrid
- University Specialist in Cognitive Behavioral Therapy in Childhood and Adolescence by the UNED
- Specialist in Clinical Psychology and Child Psychotherapy by INUPSI
- Trained in Emotional Intelligence, Neuropsychology, Dyslexia, ADHD, Positive Emotions and Communication





## tech 18 | Structure and Content

#### Module 1. Invisible Training in Brain Development

- 1.1. Invisible Training Concept
  - 1.1.1. Invisible Training
  - 1.1.2. The Relevance of Invisible Training for Performance Enhancement
  - 1.1.3. Basic Attitudes of Everyday Life
  - 1.1.4. Sports Hygiene
  - 1.1.5. Positive Mental Disposition
  - 1.1.6. The Principle of Supercompensation
  - 1.1.7. Discipline to Promote Invisible Training
  - 1.1.8. The Role of Key Myokines in Relation to Exercise and Health
- 1.2. The Role of Main Myokines in Relation to Exercise and Health
  - 1.2.1. What are Myokines? How Important are They?
  - 1.2.2. Physical Inactivity, Inflammation and Metabolic Syndrome
  - 1.2.3. Main Myokines and Their Role
  - 1.2.4. Conclusions Myokines
- 1.3. Nutrition
- 1.4. Relevance of Sleep in Learning
  - 1.4.1. The Functions of Sleep
  - 1.4.2. What is the Anatomical Substratum of Sleep
  - 1.4.3. What is the Role of Sleep in Learning and Memory
  - 1.4.4. Phases of Sleep and Memory Consolidation
  - 1.4.5. Sleep Favors the Insgiht or Creative Thinking
  - 1.4.6. Sleep Hygiene
  - 1.4.7. The Consequences of Not Sleeping Well
  - 1.4.8. Sleep and Harmful Substances



## Structure and Content | 19 tech

- 1.5. Active Breaks
  - 1.5.1. What is Active Rest?
  - 1.5.2. Difference Between Active Rest and Passive Rest
  - 1.5.3. The Importance of Active Rest for Muscle Recovery
  - 1.5.4. Maintaining the Blood Flow to Recover Earlier
  - 1.5.5. Decreasing Intensity
  - 1.5.6. Active Rest as Part of the Exercise Routine
  - 1.5.7. Ways to Practice Active Rest
  - 1.5.8. Advantages of Active Rest
- 1.6. Prevention of Harmful Habits
  - 1.6.1. Habits that Are Harmful to Health
  - 1.6.2. The Importance of Prevention
  - 1.6.3. The Development of Healthy Habits
  - 1.6.4. Physical Hygiene
  - 1.6.5. Positive Mental Attitude
  - 1.6.6. Routine Healthy Habits
  - 1.6.7. Preventing Unhealthy Habits
  - 1.6.8. Technological Allies
- 1.7. Body Posture from a Neuroscientific Perspective
  - 1.7.1. Our Body Posture
  - 1.7.2. The Brain Arranges our Body Posture
  - 1.7.3. Our Body Posture Influences the Way We Feel and Think
  - 1.7.4. Body Posture and Performance
  - 1.7.5. Tools for Proper Body Posture
- 1.8. Prevention of Diseases and Improvement of Quality of Life
  - 1.8.1. Relationship of Physical Action and Mental Health
  - 1.8.2. Physical Condition as a Factor in the Prevention of Mental Illness
  - 1.8.3. How Does Physical Fitness Improve Our Cognitive Quality?
  - 1.8.4. Programs and Tools to Prevent Mental Illness through Physical Activity

- 1.9. Disease Prevention and Improvement of the Quality of Life in terms of Cardiovascular Risk Diseases (Obesity, Diabetes or Metabolic Syndrome)
  - 1.9.1. Physical Condition as a First Order Prevention Factor
  - 1.9.2. Effect of Physical Fitness on Cardiovascular Disease and the Brain
  - .9.3. Programs to Increase the Level of Physical Activity and Reduce the Risk of Cardiovascular Disease in Children and Adolescents
- 1.10. Prevention and Amelioration of Carcinogenic Processes due to Motor Action
  - 1.10.1. Motor Action as a Health Factor
  - 1.10.2. Physical Condition as an Element in the Prevention of Cancerous Processes
  - 1.10.3. Physical Fitness and the Improvement of Carcinogenic Processes
  - 1.10.4. Physical Fitness, the Immune System and its Effects on Health
  - 1.10.5. Programs for Physical Activity in People with Cancer Processes



With this Postgraduate Certificate you will learn about the most effective programs and tools for the prevention of mental illnesses through physical activity"





## tech 22 | Methodology

#### At TECH Education School we use the Case Method

In a given situation, what should a professional do? Throughout the program students will be presented with multiple simulated cases based on real situations, where they will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method.

With TECH, educators can experience a learning methodology that is shaking the foundations of traditional universities around the world.



It is a technique that develops critical skills and prepares educators to make decisions, defend their arguments, and contrast opinions.



Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"

#### The effectiveness of the method is justified by four fundamental achievements:

- Educators who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
- 2. The learning process is solidly focused on practical skills that allow educators to better integrate the knowledge into daily practice.
- **3.** Ideas and concepts are understood more efficiently, given that the example situations are based on real-life teaching.
- **4.** Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## tech 24 | Methodology

## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our University is the first in the world to combine case studies with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.

Educators will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



## Methodology | 25 tech

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 85,000 educators with unprecedented success in all specialties. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.

## tech 26 | Methodology

This program offers the best educational material, prepared with professionals in mind:



#### **Study Material**

All teaching material is produced by the specialist educators who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### **Educational Techniques and Procedures on Video**

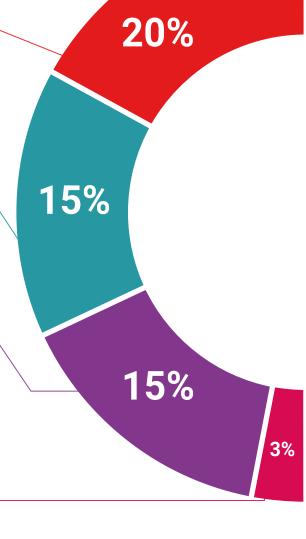
TECH introduces students to the latest techniques, with the latest educational advances, and to the forefront of Education. All this, first-hand, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### **Interactive Summaries**

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive multimedia content presentation training Exclusive system was awarded by Microsoft as a "European Success Story".





#### **Additional Reading**

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.



## Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations:

#### **Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises: so that they can see how they are achieving your goals.





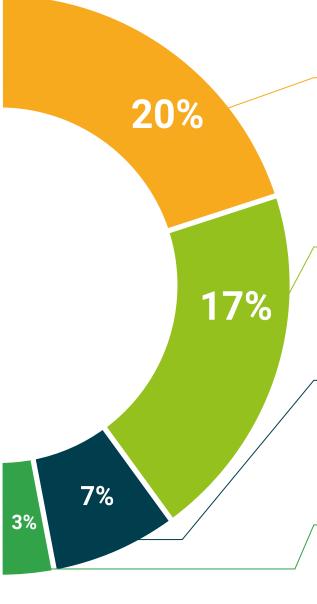
There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.

#### **Quick Action Guides**



TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.







## tech 30 | Certificate

This **Postgraduate Certificate in Invisible Training in Brain Development** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Invisible Training in Brain Development**Official N° of Hours: **150h**.



<sup>\*</sup>Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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