

# Postgraduate Certificate

## Motor Practices Affecting Brain Development



## Postgraduate Certificate Motor Practices Affecting Brain Development

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/education/postgraduate-certificate/motor-practices-affecting-brain-development](http://www.techtitute.com/us/education/postgraduate-certificate/motor-practices-affecting-brain-development)

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# 01

# Introduction

Scientific studies have shown that play and movement promote healthy brain development in children, improve academic performance and reduce obesity. That is why schools have made a firm commitment to physical activity, which goes beyond the gym and is included in many subjects. For this reason, it is necessary for teaching professionals to know in depth how motor action affects the brain of their students. This is how this program was born, which offers teachers an advanced syllabus with a theoretical-practical approach and taught in 100% online mode. An ideal academic option to combine a quality program with the most demanding responsibilities.







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*Incorporate into your teaching method the most effective physical activities for the brain development of your students. Enroll now”*

The practice of physical activity favors brain development and the personality of the child. This is attested to by the innumerable scientific literature on the subject. For this reason, schools include exercise in their educational programs, whether in the classroom or in the natural environment.

The wide range of existing actions and possibilities, as well as the benefits on the academic and personal performance of students, make it necessary for teachers to have extensive knowledge in this regard. For this reason, TECH has created this Postgraduate Certificate in Motor Practices Affecting Brain Development, which takes place over 6 weeks.

A journey that will take students into the execution of aerobic and anaerobic exercises, their impact on the brain, as well as the great usefulness of the game in learning in the classroom. In addition, they will delve in a much more dynamic way into relaxation, meditation or artistic activities, thanks to the multimedia resources provided by the specialized teaching team that teaches this program.

Likewise, the graduates will be able to reduce the long hours of study and memorization with the Relearning method. This is a system based on the reiteration of concepts, which focuses students on the key elements of the instruction.

In this way, this institution offers teaching professionals an excellent opportunity to grow in their work environment through a 100% online and flexible Postgraduate Certificate. All you need is a computer, tablet or cell phone with an Internet connection to access the most advanced content at any time of the day. A unique program in the academic panorama that only TECH offers.

This **Postgraduate Certificate in Motor Practices Affecting 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
- ♦ Graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used 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



*With this Postgraduate Certificate you will promote the practice of physical activity in natural environments thanks to the evidence provided by Physical Neuroeducation"*

“

*With this Postgraduate Certificate you will be able to establish yourself as a true teaching professional, expert in exercises that promote brain development"*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational 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.

The design of this program focuses on Problem-Based Learning, by means of which the professionals must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.

*You have a library of multimedia resources that you can access 24 hours a day, 7 days a week.*

*Access whenever you want to the most relevant information about the role of the cerebellum in motor action.*





# 02

# Objectives

At the end of the 6-week Postgraduate Certificate, the teaching professionals will have acquired advanced knowledge on how to enhance the brain development of children through motor action. For this, during the program you will have at your disposal simulations of case studies that will allow you to integrate in your daily practice the main strategies, where movement and play will be key in the learning of your students.







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*You have at your disposal the most advanced pedagogical tools with which you will be able to delve in a pleasant way into the repercussion of exercise on the brain"*



## General Objectives

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- ♦ Know the basis and main elements of 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 of Neuroeducation in the subject of Physical Education
- ♦ Achieve specialized education as a Neuroeducation professional in the field of motor action



*Do you know what happens to the brain while your students play? This Postgraduate Certificate unravels all the details. Enroll now”*





## Specific Objectives

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- ♦ Know the importance of expressive and artistic activities and brain development from a socioemotional perspective
- ♦ Identify outdoor activities and brain development
- ♦ Establish the anaerobic and aerobic physical activities that promote brain development in young people

03

# Course Management

The faculty that integrates this academic program has been selected by TECH, through a rigorous selection procedure, which has taken into account the excellent professional background, as well as the human quality of the teacher. In this way, this institution guarantees students access to a high-level program, where they can boost their career through the best specialists in the field of Neuroeducation and Physical Activity Sciences.







“

*TECH has brought together in this program the best specialists in Neuroeducation and Physical Activity and Sport, who will help you to progress in the field of teaching.”*

## 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. Navarro Ardoy, Daniel

- ♦ Principal CEO at Teacher MBA
- ♦ PROFITH Research Group (PRomoting FITness and Health)
- ♦ SAFE Research Group
- ♦ EFFECTS 262 Research Group
- ♦ Professor of Physical Education
- ♦ 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
- ♦ Responsible for the Psychopedagogical Area of the 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 from UNED
- ♦ Graduate in Pedagogy from the Complutense University of Madrid  
University Specialist in Cognitive Behavioral Therapy in Childhood and Adolescence by the UNED (UNED)
- ♦ Specialist in Clinical Psychology and Child Psychotherapy by INUPSI
- ♦ Trained in Emotional Intelligence, Neuropsychology, Dyslexia, ADHD, Positive Emotions and Communication

### Dr. De la Serna, Juan Moisés

- ♦ Writer specializing in Psychology and Neurosciences
- ♦ Author of the Cátedra Abierta de Psicología y Neurociencias (Open Chair of Psychology and Neurosciences)
- ♦ Scientific disseminator
- ♦ Doctor in Psychology
- ♦ Degree in Psychology. University of Seville
- ♦ Master's Degree in Neurosciences and Behavioral Biology. Pablo de Olavide University, Seville
- ♦ Expert in Teaching Methodology. La Salle University
- ♦ University Specialist in Clinical Hypnosis, Hypnotherapy. National University of Distance Education - U.N.E.D
- ♦ Graduated in Social Graduated, Human Resources Management, Personnel Administration. University of Seville
- ♦ Expert in Project Management, Business Administration and Management
- ♦ Federation of Services U.G.T
- ♦ Trainer of Trainers. Official College of Psychologists of Andalusia

# 04

## Structure and Content

Thanks to the Relearningmethod, the teaching professionals will progress naturally through the content of the syllabus, reducing the long hours of study and obtaining an attractive learning experience. In this way, they will learn about the main motor practices that affect brain development, allowing them to integrate different physical exercises in the classroom with which they will be able to improve student learning. For this, you will also have a multitude of case studies, videos in detail and essential readings, with which you will acquire advanced knowledge in this field.







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*A syllabus with a theoretical-practical perspective, which will lead you to integrate in your didactic methodology the main exercises to improve learning through movement"*

## Module 1. Motor Practices Affecting Brain Development

- 1.1. Body Wisdom
  - 1.1.1. The Body as a Starting Point
  - 1.1.2. The Languages of the Body
  - 1.1.3. Body Intelligence
- 1.2. Aerobic Exercise
  - 1.2.1. The Impact of Aerobic Exercise on the Brain
  - 1.2.2. Practical Suggestions of Aerobic Exercise for Brain Development
- 1.3. Anaerobic Exercise
  - 1.3.1. How Does Anaerobic Exercise Affect the Brain?
  - 1.3.2. Practical Proposals for the Classroom
- 1.4. Play
  - 1.4.1. Playing as an Act Connatural to the Human Being
  - 1.4.2. What Happens in the Brain While We Play?
  - 1.4.3. Playing and Learning
  - 1.4.4. Practical Proposals for the Classroom
- 1.5. Muscular Strength
  - 1.5.1. Muscular Strength and its Relationship with the Brain
  - 1.5.2. Practical Proposals for the Classroom
- 1.6. Coordination Activities
  - 1.6.1. The Role of the Cerebellum in Motor Action
  - 1.6.2. Practical Coordinative Proposals for Brain Development
- 1.7. Relaxation and Meditation Activities
  - 1.7.1. Effects of Meditative Activities on the Brain
  - 1.7.2. Practical Proposals of Relaxation and Meditation for Brain Development
- 1.8. Expressive and Artistic Activities and Brain Development from a Social-Emotional Perspective
  - 1.8.1. Effects of Expressive and Artistic Activities on the Brain
  - 1.8.2. Practical Expressive and Artistic Proposals for Brain Development







- 1.9. Natural Environment Activities and Brain Development
  - 1.9.1. The "Natural " Brain
  - 1.9.2. Effect of the Activities in the Natural Environment on the Brain
  - 1.9.3. Practical Proposals to Promote the Practice of Physical Activity in the Natural Environment
- 1.10. Global Proposals for Physical Neuroeducation
  - 1.10.1. Methodological Principles
  - 1.10.2. Proposal of Aerobic Exercise and Corporal and Artistic Expression
  - 1.10.3. Strength and Coordination Proposal
  - 1.10.4. Proposal of Activities in the Natural Environment and Meditation



*Enroll now in a Postgraduate Certificate in which you will have access to a multitude of global proposals of Physical Neuroeducation"*

05

# Methodology

This academic program offers students a different way of learning. Our methodology follows a cyclical learning process: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.







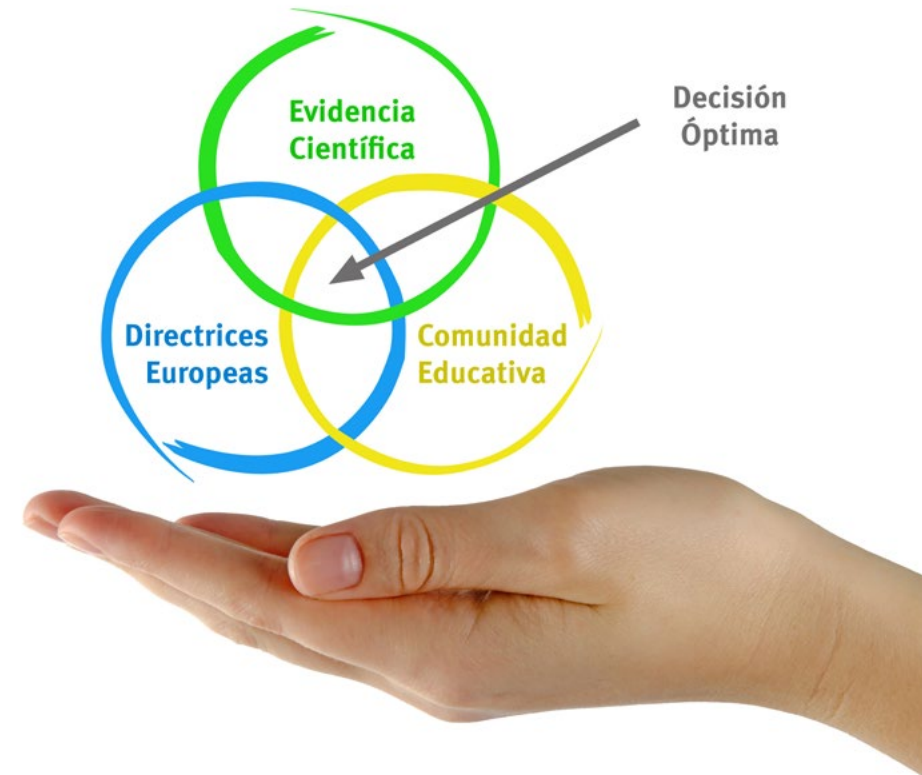
“

*Discover Relearning, a system that abandons conventional linear learning to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## 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.*

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*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:

1. 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.



## 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.*



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.



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.





### Expert-Led Case Studies and Case Analysis

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: a clear and direct way to achieve the highest degree of understanding.



### 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.



### Classes

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.





06

# Certificate

The Postgraduate Certificate in Motor Practices Affecting Brain Development guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





The image features two black graduation caps (mortarboards) against a bright blue sky with light, wispy clouds. One cap is in the foreground on the left, held by a hand, with its tassel visible. The other cap is slightly behind and to the right. The background is split diagonally into a white lower-right section and a red upper-right section.

“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Motor Practices Affecting 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 Motor Practices Affecting Brain Development**

Official N° of Hours: **150 h.**



\*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.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development languages  
virtual classroom



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