

# Postgraduate Certificate Physical Neuroeducation and Learning



## Postgraduate Certificate Physical Neuroeducation and Learning

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

Website: [www.techtitute.com/in/education/postgraduate-certificate/physical-neuroeducation-learning](http://www.techtitute.com/in/education/postgraduate-certificate/physical-neuroeducation-learning)

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# 01

# Introduction

The so-called physical neuroeducation is a novel working perspective that integrates the importance of physical exercise with the health of the individual. At the academic level, this new work approach, which brings together the sciences of education and neurology, has made it possible to take the learning process a step further. This symbiosis has made it possible to understand how, through physical activity, the process of knowledge occurs and develops from a scientific and novel perspective. In this line, TECH offers teaching professionals an intensive program taught 100% online, which provides them with the most advanced syllabus on the acquisition of learning from neuroscience, physical education and cognitive science.



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*Implement in your daily classes didactic proposals based on Physical Neuroeducation and enhance the learning of your students"*

Neuroeducation is a discipline that allows us to understand how the brain learns, how it captures and stores information and what are the biological processes involved during such learning. Likewise, in the field of sports, physical neuroeducation integrates the importance of physical health with mental health.

This new discipline, known as physical neuroeducation, has led to a new educational approach that tends towards a global way of getting to know students, taking into account all their areas of personal development and giving sporting activity a flagrant importance. For this reason, this academic institution has created this Postgraduate Certificate in Physical Neuroeducation and Learning, which will contribute greatly to the professional progress of teachers.

For this purpose, TECH offers a syllabus that will lead you to delve into the improvement of brain functioning through movement, executive attention and its relationship with exercise, or the work of memory through motor action. Likewise, thanks to the enriched multimedia material, students will learn in an entertaining way about the improvement of academic results through physical activity and its positive influence on students with learning difficulties.

An advanced content developed by professionals specialized in Neuroeducation and Physical Activity Sciences, which will lead the graduates to broaden their knowledge and integrate into their daily practice the methods and strategies presented in the case studies.

The professionals have an excellent opportunity to advance in the teaching sector through a university program that provides them with knowledge, flexibility and comfort. All they need is an electronic device with an Internet connection to access the syllabus of this program at any time of the day. An academic option that allows students to distribute their study time and make quality education compatible with their daily activities.

This **Postgraduate Certificate in Physical Neuroeducation and Learning** 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



*Enroll now in a university program that will lead you to improve the cognitive performance of your students through motor action"*

“

*Enroll in this Postgraduate Certificate and discover new methodologies to improve the academic performance of your students through physical activity”*

The program’s teaching staff includes professionals from the sector who contribute their work experience to this training 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.

*This is a program that will allow you to combine your daily responsibilities with a quality university program.*

*Explore the relationship between motor action and brain health with the most innovative pedagogical tools.*



# 02

# Objectives

This Postgraduate Certificate has been conceived and designed with the objective of providing the teacher with in-depth knowledge of physical neuroeducation and its implication with learning. After 6 weeks of intensive teaching, the educators will be able to understand how sport and physical activity have a direct impact on the acquisition of knowledge in children. A unique opportunity for professional growth, designed only for those who want to be at the forefront in a sector that requires teachers who are increasingly prepared.







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*During your study process you will be accompanied by the best specialists in Physical Neuroeducation, so that you can successfully achieve your goals of professional growth in the field of teaching"*



## 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 in Neuroeducation in the subject of Physical Education
- ♦ Achieve specialized education as a Neuroeducation professional in the field of motor action



*You will develop engaging physical activities that enhance the attention span of your students in the classroom."*





## Specific Objectives

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- ♦ Explain the relevance of body-brain language along with embodied cognition
- ♦ Establish the importance of mental health with exercise
- ♦ Explain the development of cognitive functions through the practice of physical exercise
- ♦ Know the positive influence of motor skills in students with learning difficulties

03

# Course Management

In order to offer the most innovative content to students, TECH has carefully selected the teaching team for this program. They are a group of professionals with extensive experience, who will provide a theoretical and practical vision of Physical Neuroeducation, based on their knowledge in this field. In addition, thanks to their human quality, the graduates will be able to solve any doubt they may have about the content of this Postgraduate Certificate.



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*This complete online Postgraduate Certificate will allow you to learn from the experience of a high level teacher, expert in the areas of Physical Education and Neuroeducation"*

## 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
- ♦ Postgraduate Certificate 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

### 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

# 04

# Structure and Content

For this Postgraduate Certificate, TECH has designed a series of materials in multimedia format and with a theoretical-practical orientation that will help teachers to expand their knowledge in the field of Physical Neuroeducation and learning processes. Therefore, after completing the program, students will not only be able to perform their work with total success, but will also have a series of guides that will serve as theoretical support in the daily practice of their profession.





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*You will have the best content in Physical Neuroeducation that will help you to make your learning process much simpler and more effective"*

## Module 1. Physical Neuroeducation and Learning

- 1.1. Body- Brain Language and Embodied Cognition
  - 1.1.1. Conceptualization of Embodied Cognition
  - 1.1.2. Intelligent Behavior Based on Body-Brain-Environment Interaction
- 1.2. Mental Health and Exercise
  - 1.2.1. What is Meant by Mental Health in this Context?
  - 1.2.2. The Evolutionary Purpose of Motor Action
  - 1.2.3. What if Movement Improved Brain Functioning?
- 1.3. Brain Development Through Physical Exercise
  - 1.3.1. Hippocampus and Basal Ganglia in Relation to Exercise
  - 1.3.2. The Development of the Prefrontal Cortex and Other Brain Structures due to Physical Exercise
- 1.4. Executive Attention and Exercise
  - 1.4.1. The Cognitive Function of Attention
  - 1.4.2. Relationship Between Attention and Exercise
  - 1.4.3. Enhancing Attention
- 1.5. Working Memory in Motor Action
  - 1.5.1. The Cognitive Function of Memory
  - 1.5.2. Working Memory
  - 1.5.3. Relationship Between Memory and Motor Action
  - 1.5.4. Enhancing Memory
- 1.6. Improvement of Cognitive Performance derived from Motor Action
  - 1.6.1. Motor Action-Behavior Relationship
  - 1.6.2. Motor Action-Brain Health Relationship
- 1.7. Academic Results and their Relationship to Physical Practice
  - 1.7.1. Academic Improvements as a Consequence of Motor Action
  - 1.7.2. Specific Interventions
  - 1.7.3. Prolonged Interventions
  - 1.7.4. Conclusions





- 1.8. Positive Influence of Motor Skills on Students with Learning Difficulties
  - 1.8.1. The Brain in Special Educational Needs
  - 1.8.2. Attention Deficit Hyperactivity Disorder and Motor Action
  - 1.8.3. Specific Proposals for Motor Action
- 1.9. Pleasure, a Fundamental Element in Physical Neuroeducation
  - 1.9.1. Pleasure Systems in the Brain
  - 1.9.2. Relationship Between Pleasure and Learning
- 1.10. General Recommendations for the Implementation of Teaching Proposals
  - 1.10.1. The Coherence of Action-Research
  - 1.10.2. Concrete Example of an Action-Research Proposal in Physical Neuroeducation
  - 1.10.3. Phases of the Working Process
  - 1.10.4. Criteria, Techniques and Strategies for the Collection of Information
  - 1.10.5. Approximate Schedule of the Planned Phases

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*You will get the latest information and under the highest scientific rigor on Physical Neuroeducation and Learning”*

05

# Methodology

This training program offers a different way of learning. Our methodology uses a cyclical learning approach: **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.





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*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 Physical Neuroeducation and Learning guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Physical Neuroeducation and Learning** 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 certificate 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 Physical Neuroeducation and Learning**

Official No. of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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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