

# Postgraduate Certificate

## Social Brain in Motor Action from a Neuroscientific Perspective





## Postgraduate Certificate

### Social Brain in Motor Action from a Neuroscientific Perspective

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

Website: [www.techtitute.com/pk/education/postgraduate-certificate/social-brain-motor-action-neuroscientific-perspective](http://www.techtitute.com/pk/education/postgraduate-certificate/social-brain-motor-action-neuroscientific-perspective)

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# 01

# Introduction

Research in neuroeducation has managed to unravel the functioning of mirror neurons and develop the theory of mind, achieving an understanding of how empathy is generated in human beings. These advances have been integrated into teaching methods, which, through physical activities based on cooperation, contribute to both motor and personal growth. In this line, TECH offers teaching professionals a 100% online program, which delves into the functioning of the brain and the role of motor action in the development of social health. All this with quality multimedia content, which will allow you to integrate in your classroom, actions that enhance social interactions and a good climate for students learning.





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*You are before a university program that will provide you with all the tools and pedagogical strategies you need to promote motor action and the development of social health in your students"*

Neuroscientific studies have demonstrated the existence of brain circuits involved in the formation of self-awareness and the ability to develop empathy. As a result, human beings possess an innate ability to relate to others and thus survive by working together.

These discoveries have been transferred to teaching, which applies through different methodologies the work of physical activities that promote cooperation and collaboration in favor of learning and personal growth. For this reason, TECH has created this university program, which seeks to boost the professional career of teachers through a 100% online teaching focused on the social brain in motor action from a neuroscientific perspective.

All this with an advanced syllabus, which will lead you to delve into the functioning of mirror neurons, the theory of mind or how the social brain develops. Multimedia teaching resources, essential readings and case studies will also allow you to delve into the concept of social empathy or the improvement of health from social competence.

Likewise, thanks to the pioneering *Relearning* method used by this academic institution, students will be able to advance naturally through the syllabus and reduce the hours of study and memorization.

In this way, the teaching professionals have an excellent opportunity to progress in their careers as teachers, through a university program that adapts to their needs. All they need is a computer, tablet or cell phone with an Internet connection to access the syllabus hosted on the Virtual Campus. It is also an ideal academic option to combine daily activities with a quality university program.

This **Postgraduate Certificate in Social Brain in Motor Action from a Neuroscientific Perspective** 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 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 designed to take you one step further in your professional career as a teacher"*

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*An academic option that will take you for 6 weeks to learn about the functioning of the social brain and the implication of physical activity in its development"*

The program's teaching staff includes professionals in 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.

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

*Thanks to the Relearning method, you will be able to reduce the hours of study and cement the key concepts of this Postgraduate Certificate.*

*You will be able to delve deeper into the importance of cooperation from a neuroscientific perspective.*



# 02

# Objectives

The syllabus of this university program has been designed with the aim of offering teachers the most relevant and updated information on the brain in motor action from a neuroscientific perspective. For this purpose, TECH provides the most innovative pedagogical tools, making learning much more effective and attractive. In addition, the teaching team that integrates this program will guide students during the 6 weeks of the program, so that they can successfully achieve their goals.







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*TECH provides you with didactic tools in which the latest technology applied to academic teaching has been used. Enroll now”*



## General Objectives

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- ♦ 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



*You have case studies facilitated by a teaching team specialized in Neuroeducation, which will show you the main strategies to incorporate cooperative activities in your classroom"*





## Specific Objectives

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- ♦ Describe mirror neurons
- ♦ Explain complex social functions
- ♦ Describe the role of motor action in the development of social health
- ♦ Explain the social relationship in personal wellbeing
- ♦ Explain the implication of mental health and interpersonal relationships
- ♦ Define the relevance of cooperation from a neuroeducational perspective
- ♦ Explain the importance of climate in learning environments

03

# Course Management

In its maxim to offer the best possible teaching, TECH has selected for this program a teaching staff versed in Social Brain in Motor Action from a Neuroscientific Perspective. They are professionals with extensive experience in this field, who can answer any questions students may have about the role of motor action in the development of social health or the relevance from a neuroscientific perspective of creating a good learning environment.





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*TECH has selected under a rigorous process an excellent multidisciplinary teaching team that will guide you to improve your teaching methodologies through physical activities"*

## 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



**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

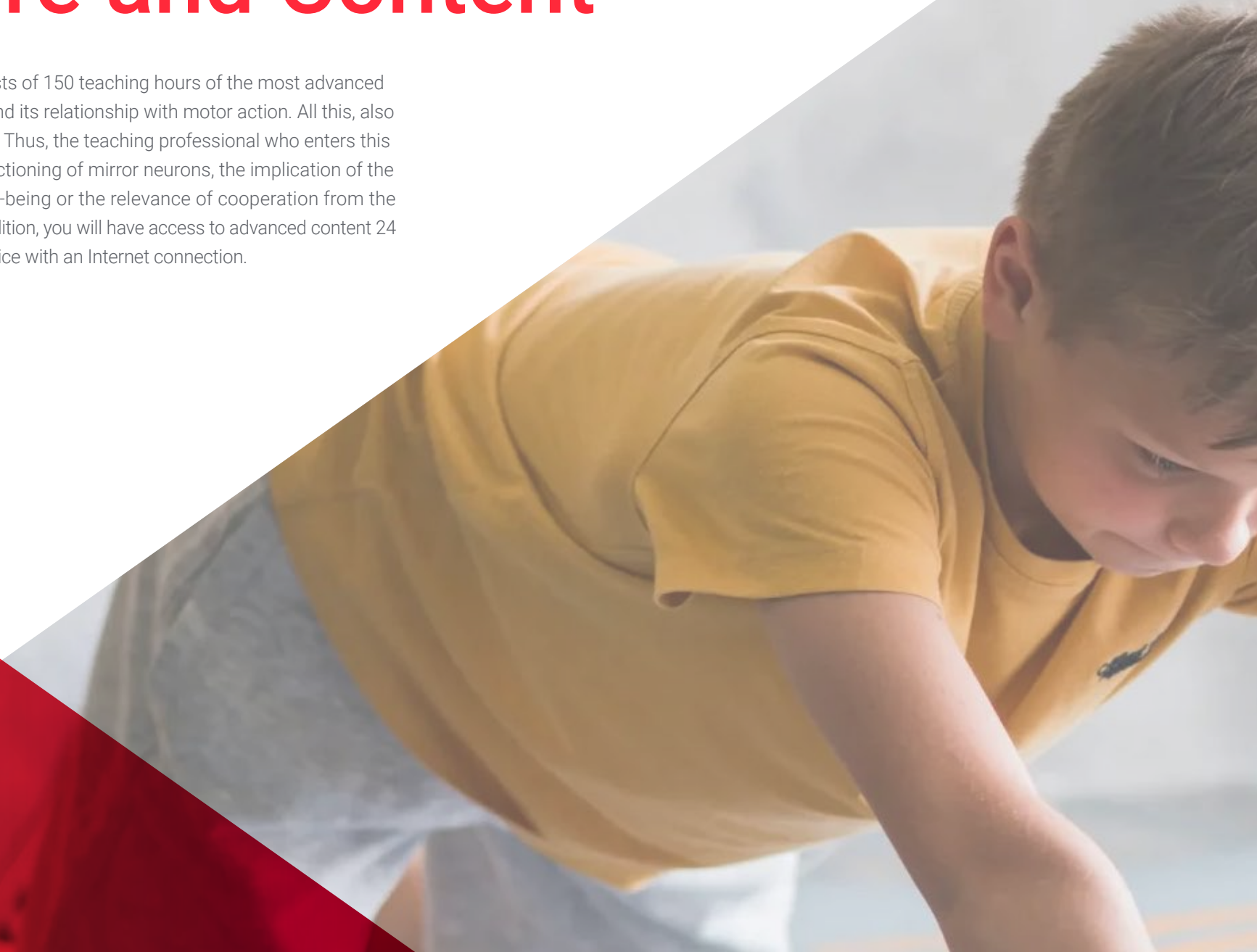
**Ms. Rodríguez Ruiz, Celia**

- ♦ 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

The syllabus of this program consists of 150 teaching hours of the most advanced knowledge about the social brain and its relationship with motor action. All this, also under the maximum scientific rigor. Thus, the teaching professional who enters this program will know in depth the functioning of mirror neurons, the implication of the social relationship in personal well-being or the relevance of cooperation from the neuroeducational perspective. In addition, you will have access to advanced content 24 hours a day, from any electronic device with an Internet connection.





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*A study plan with a theoretical-practical perspective, which will allow you to generate physical activities that promote the development of mirror neurons"*

**Module 1. The social brain in motor action from a neuroscientific perspective.**

- 1.1. The Human Being: A Social Being
  - 1.1.1. The Social Nature of the Human Being
  - 1.1.2. Evolution of Human Social Capabilities
  - 1.1.3. Why We Live in Society
  - 1.1.4. The Individual as Part of the Social Group
  - 1.1.5. Social Development: Socialization
  - 1.1.6. The Social and Affective Needs of the Human Being
  - 1.1.7. The Consequences of Social Deprivation
  - 1.1.8. The Development of Identity in Society
  - 1.1.9. Human Societies and Social Groups: Coexistence and Conflicts
- 1.2. The Social Brain
  - 1.2.1. A Brain Prepared for the Social
  - 1.2.2. How Does the Social Brain Work?
  - 1.2.3. The Autonomic Nervous System
  - 1.2.4. Oxytocin: An Essential Neurochemical Mediator
  - 1.2.5. The Antisocial Capacity: Serotonin and MAO Enzyme
  - 1.2.6. The Dorsal Vagus Nucleus: Responsible for Playful and Welcoming Social Interaction
  - 1.2.7. Face Perception
- 1.3. Mirror Neurons
  - 1.3.1. The Discovery of Mirror Neurons
  - 1.3.2. How do Mirror Neurons Work?
  - 1.3.3. Social Empathy and Mirror Neurons
  - 1.3.4. Identification with Others
  - 1.3.5. Theory of Mind. Representing the Mind of Others
  - 1.3.6. The Educational and Therapeutic Implication of Mirror Neurons



- 1.4. The Complex Social Functions.
  - 1.4.1. Social Functions
  - 1.4.2. Executive Functions
  - 1.4.3. Self-Control Function
  - 1.4.4. Social Emotions
  - 1.4.5. Altruism and Prosocial Behavior
  - 1.4.6. Conflict, Aggression and Violence
  - 1.4.7. Social relations
  - 1.4.8. Prejudice and Stereotypes
  - 1.4.9. Living Together
- 1.5. Integral Health from a Social Competence Perspective.
  - 1.5.1. What is Integral Health?
  - 1.5.2. Health and Social Competence as a Component of Integral Health
  - 1.5.3. Adaptive Behaviors that Make Up Social Competence
  - 1.5.4. Disadaptive behaviors
  - 1.5.5. The Effect of the Absence of Social Competence on Health
  - 1.5.6. How to Promote the Development of Social Competence
- 1.6. Role of Motor Action in the Development of Social Health.
  - 1.6.1. What is Meant by Social Health?
  - 1.6.2. Why is Social Health important?
  - 1.6.3. The Body as an Element of Social and Emotional Health
  - 1.6.4. The Motor Action and the Development of Health
  - 1.6.5. Promotion of the Social Health through the Motor Action
  - 1.6.6. Tools to Promote Motor Action and Social Health Development
- 1.7. Social Relationship in Personal Well-Being.
  - 1.7.1. Social Interactions
  - 1.7.2. Why do Human Beings Need Relationships?
  - 1.7.3. Social Relationships and Individual Needs
  - 1.7.4. The Power of Healthy and Satisfactory Relationships
  - 1.7.5. Social Rol
  - 1.7.6. The Social Relationship and Well-Being
  - 1.7.7. Lack of Relationships and Their Consequences
  - 1.7.8. Social Isolation
- 1.8. Mental Health and Interpersonal Relationships.
  - 1.8.1. Interpersonal Relationships and Their Role
  - 1.8.2. Affective Needs
  - 1.8.3. Social Expectations and Beliefs
  - 1.8.4. The Role of Stereotypes and our Mental Health
  - 1.8.5. The Importance of Social Support for Mental Health (Perceived and Real)
  - 1.8.6. Interpersonal Relationships as a Basis for Well-Being
  - 1.8.7. The Quality of Interpersonal Relationships
  - 1.8.8. The Consequences on Mental Health of the Lack of Relationships
- 1.9. Relevance of Cooperation from a Neuroeducational Perspective.
  - 1.9.1. What is Cooperation
  - 1.9.2. The Brain that Learns in a Group
  - 1.9.3. The Role of Cooperation for Development
  - 1.9.4. Oxytocin, the Chemical Element of Cooperation
  - 1.9.5. Reward Processes and Cooperation
  - 1.9.6. Why is Cooperation Important?
- 1.10. Climate in Learning Environments.
  - 1.10.1. Social climate
  - 1.10.2. Positive and Negative Climates
  - 1.10.3. Factors that Determine the Type of Climate
  - 1.10.4. The Influence of Climate on the Learning Environment
  - 1.10.5. Elements of a Climate that Favors the Learning Environment
  - 1.10.6. Recognizing Climates in Learning Environments
  - 1.10.7. The Role of the Teacher as a Promoter of a Favorable Climate
  - 1.10.8. Tools to Create Positive and Favorable Climates

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"*

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 Social Brain in Motor Action from a Neuroscientific Perspective 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 Social Brain in Motor Action from a Neuroscientific Perspective** 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 Social Brain in Motor Action from a Neuroscientific Perspective**

Official N° of Hours: **150h**.



\*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.



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