

# Postgraduate Certificate

## Ergonomics and Psychosociology



## Postgraduate Certificate

### Ergonomics and Psychosociology

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of hours: 150 hours.

Website: [www.techtute.com/us/medicine/postgraduate-certificate/ergonomics-psychosociology](http://www.techtute.com/us/medicine/postgraduate-certificate/ergonomics-psychosociology)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

Specialize in Ergonomic and Psychosociology in the field of occupational health and safety to improve your skills in this field. Thanks to this very complete specialization, which TECH makes available to you in a 100% online format, you will be able to acquire the necessary skills to develop your work successfully.





*Do not miss the opportunity to specialize in this exciting field with which you can improve your performance in your daily work and improve yourself personally and professionally”*

The Postgraduate Certificate in Ergonomics and Psychosociology has been designed to prepare occupational health and safety physicians in all aspects related to this field. To achieve this objective, a team of professional experts in the field has created this eminently practical specialization, but with a high level of theoretical content, which will allow you to learn about the most current aspects in the field.

This Postgraduate Certificate is entirely dedicated to applied ergonomics. In this way, the program includes a range of topics from the physiological aspects of work and physical load, to the ergonomics intervention methodology based on the correct and specific analysis of the job and work task. For this purpose, the most widely accepted analysis systems are reviewed, focusing on the specific analysis according to the activity carried out by the worker.

In addition to the theoretical content, this program contains practical cases in which the student is expected to be able to apply the knowledge to possible situations that occur in professional practice. In this way, the student, from the new knowledge acquired and the practical skills gained, will have the necessary tools to develop in the field of occupational health with guaranteed quality prevention and care.

Furthermore, this Postgraduate Certificate has the advantage of being developed in a 100% online format, so students will be in charge of deciding when and where to study, distributing their study hours to suit them, so that they can combine their studying with the rest of their daily commitments.

This **Postgraduate Certificate in Ergonomics and Psychosociology** contains the most complete and up-to-date scientific program on the market. The most important features include:

- Practical cases presented by experts in occupational medicine.
- The graphic, schematic, and practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- Updates on occupational health and safety.
- Practical exercises where the self-assessment process can be carried out to improve learning
- Emphasis on innovative methodologies in Occupational Medicine and Health.
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work.
- Content that is accessible from any fixed or portable device with an Internet connection.



*We offer you a complete program to help you develop in the field of occupational health" Think no more and enrol with us"*

“

*This Postgraduate Certificate is the best investment you can make when choosing a refresher program to update your existing knowledge of Occupational Medicine”*

It includes, in its teaching staff, professionals belonging to the field of medicine, who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise throughout the program. To do so, the specialist will be assisted by an innovative interactive video system created by renowned and experienced experts in Occupational Medicine.

*We offer you an interactive video system which makes it easier for you to study this program.*

*Our 100% online training and our original educational methodology allow you to combine your studies with your other daily commitments.*



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the physician can master in a practical and rigorous way the tasks of Occupational Health and Safety.







“

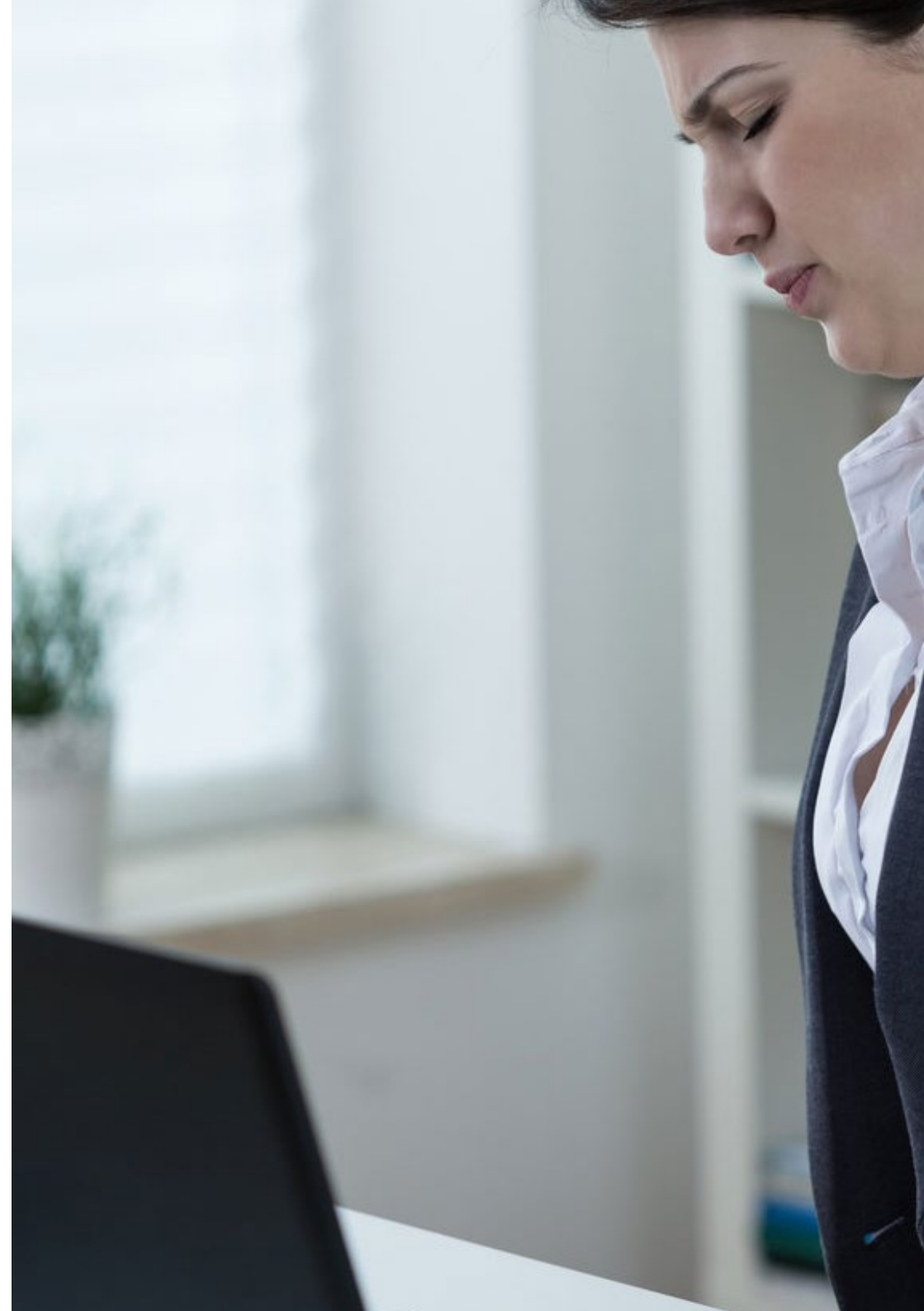
*Our main objective is to help our students to achieve academic and professional excellence”*



## General objectives

---

- ♦ Have sufficient knowledge to provide a basis or opportunity for originality in the development and/or application of ideas, often in a research context
- ♦ Apply acquired knowledge and problem-solving skills in new or unfamiliar environments within broader (or multidisciplinary) contexts related to their field of study
- ♦ Be able to integrate knowledge and face the complexity of making judgments based on incomplete or limited information, including reflections on the social and ethical responsibilities linked to the application of their knowledge and judgment
- ♦ Know how to communicate conclusions, knowledge, and supporting arguments to specialized and non-specialized audiences in a clear and unambiguous way
- ♦ Manage the learning skills that will enable them to continue studying in a largely self-directed or autonomous manner





## Specific objectives

---

- ◆ Know in depth the scientific bases of physiology and physical loading
- ◆ Specialize in order to apply the scientific bases of human biomechanics
- ◆ Perform a correct and adequate ergonomic assessment of tasks and workstations
- ◆ Perform ergonomic assessment and improvement of tasks involving manual handling of loads
- ◆ Perform ergonomic assessment and improvement of tasks with associated risk of musculoskeletal injury
- ◆ Implement an ergonomic management and intervention system
- ◆ Carry out a correct and adequate assessment of the organizational conditions of the workplace
- ◆ Enable the student to carry out a correct and adequate assessment of the ergonomic conditions dependent on the work environment



*Become successful with this Postgraduate Certificate which will help you develop in the field of occupational health and safety”*

03

# Course Management

The program's teaching staff includes leading experts in Occupational Medicine, who bring years of their own work experience to this programme. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.



“

*The leading professionals in the field have come together to offer you the most comprehensive knowledge in this field, so that you can develop with total guarantees of success"*

## Management



### Dr. Ditolvi Vera, Nilo Giancarlo

- ◆ Occupational physician, expert in toxicology, and technician in the area of ergonomics in the Department of Prevention PSA Zaragoza
- ◆ He performs tasks of health surveillance, occupational epidemiology, technical support in industrial hygiene, toxicology, psychosociology and ergonomics in various external prevention services
- ◆ Degree in Medicine and General Surgery
- ◆ Specialist in Occupational Medicine via MIR
- ◆ Master's Degree in Occupational Health and Safety (Pompeu Fabra University)
- ◆ Master's Degree in Valuation of Bodily Injury and Medical Expertise (University of Barcelona)
- ◆ Expert in Occupational Toxicology (University of Barcelona)



### **Dr. Bascuas Hernández, Javier**

- ♦ Opel-PSA Medical Service in Zaragoza. Occupational physician and coordinator of the Ergonomics area in this factory
- ♦ Associate Professor of the Physiotherapy Degree and Nursing Degree at San Jorge University
- ♦ Director of the Official Master's Degree in Health Sciences Research at this university
- ♦ Degree in Medicine and Surgery from the University of Zaragoza
- ♦ Doctor of Medicine and Surgery from the University of Zaragoza
- ♦ Specialist in Occupational Medicine (University of Barcelona)
- ♦ Specialist in Ergonomics and Applied Psychosociology
- ♦ He has been part of several consolidated research groups and currently belongs to the research group recognized by the Government of Aragon INDIVO (Research on new targets in autoimmunity and oncological surveillance)
- ♦ He has supervised three doctoral theses
- ♦ Received the President's Council Honor Award for his work in the field of ergonomics

04

# Structure and Content

The structure of the syllabus has been designed by a team of professionals with knowledge of the implications of medical preparation, who are aware of the relevance of the up-to-date specialization, and are committed to quality teaching using new educational technologies.

ork Safe

fty Proce



ety

edu

“

*A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning”*

## Module 1. Ergonomics and Psychosociology

- 1.1. Introduction to Ergonomics
- 1.2. Basic Concepts in Work Physiology
- 1.3. Physical Load
- 1.4. Basic Concepts in Biomechanics
- 1.5. Ergonomic Analysis of Working Conditions
- 1.6. Ergonomic Analysis of Tasks Associated with Manual Handling of Loads
- 1.7. Work-Related Musculoskeletal Injuries
- 1.8. Intervention Methodology for the Management of Work-Related Musculoskeletal Injuries
- 1.9. Ergonomic Design of the Work System
- 1.10. Ergonomics Management
- 1.11. Applied Psychosociology in Occupational Health
- 1.12. Ergonomics of Environmental Factors





“

*A unique, key, and decisive  
experience to boost your  
professional development”*

05

# Methodology

This academic program offers students 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.



“

*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 we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

“

*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. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
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.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving 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, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*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 TECH's 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 specialists who teach the course, specifically for the course, so that the teaching content is highly 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.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### 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 educational system for presenting multimedia content 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 their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as 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 Ergonomics and Psychosociology guarantees you, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH Technological University.





“

*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This **Postgraduate Certificate in Ergonomics and Psychosociology** contains the most complete and up-to-date scientific 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 Ergonomics and Psychosociology**

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 quality

development language

virtual classroom

**tech** technological  
university

**Postgraduate Certificate**

Ergonomics and  
Psychosociology

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

Official N° of hours: **150 h.**

# Postgraduate Certificate

## Ergonomics and Psychosociology

