

# Postgraduate Diploma

## Personal Training, Coaching and Business for Physicians

Endorsed by the NBA





## Postgraduate Diploma Personal Training, Coaching and Business for Physicians

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

Website: [www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-personal-training-coaching-business-physicians](http://www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-personal-training-coaching-business-physicians)

# 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

The work of doctors dedicated to sports rehabilitation is of great value nowadays, due to the increase in the number of people who have introduced sports practice in their daily lives, thus increasing the number of injuries. Consequently, the knowledge of these professionals in personal training adapted to the recovery needs of each patient must be superior, as well as the motivational techniques that allow a faster recovery. With this program TECH wants to specialize students in personal training, coaching and business to give a boost to their career and achieve professional success







“

*This program in Superior Coaching and Business Methodologies will enable physicians with their own businesses to differentiate themselves from their competitors, achieving professional success”*

At TECH we have set out to create high-quality teaching and educational content that will turn our students into successful professionals, following the highest quality standards in teaching at an international level. Therefore, we show you this Postgraduate Diploma in Personal Training, Coaching and Business for Physicians, which has a rich content that will help you reach the elite of sports rehabilitation

Preventive work is essential in sports practice due to the risk of injury associated with the volume of work, high intensity and unnatural technical sports movements. For this reason, this Postgraduate Diploma offers a multi-faceted approach to the possibilities of working with different materials and techniques, allowing the physician to make a more accurate choice of exercises in order to achieve the best results

It should be taken into account that the physician responsible for sports rehabilitation is an exercise prescriber, which is why the integral management of the process is key, since the success in achieving the expected result depends on it. Thereby, it is an education with a very diverse subject matter in relation to both *coaching* and the profession and business that can be the professional dedication to personalized training for the recovery of injuries. Therefore, during the educational program, students will learn the most appropriate motivational techniques for their patients, as well as the key equipment they must have in their facilities in order to make their business a success

In addition, as it is an online Postgraduate Diploma, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their work or personal life with their academic life

This **Postgraduate Diploma in Personal Training, Coaching and Business for Physicians** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of numerous case studies presented by specialists in personal training
- ◆ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ◆ Exercises where the self-assessment process can be carried out to improve learning
- ◆ Algorithm-based interactive learning system for decision-making
- ◆ Special emphasis on innovative methodologies in Personal Training
- ◆ 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



*Immerse yourself in the study of this high-level Postgraduate Diploma and improve your skills for sports rehabilitation"*

“

*This Postgraduate Diploma is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Sports Rehabilitation, you will obtain a degree from TECH Technological University"*

It includes in its teaching staff professionals belonging to the field of Personal Training, Coaching and Business for Physicians, who bring to this education the experience of their work, as well as recognized specialists from prestigious leading 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 immersive training programmed to train in real situations

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this, the professional will be assisted by an innovative interactive video system created by renowned and experienced Postgraduate Diploma experts in Personal Training, Coaching and Business for Doctors

*The Postgraduate Diploma allows learning in simulated environments that provide immersive learning programmed to train for real situations.*

*This 100% online Postgraduate Diploma will allow you to combine your studies with your professional work while expanding your knowledge in this field.*





# 02 Objectives

The main objective of this program is the development of theoretical and practical learning, so that the physician can master personal training in a practical and rigorous way







“

*Our goal is to achieve academic excellence and help you achieve professional success. Don't hesitate any longer and join us”*



## General Objectives

---

- ◆ Acquire specialized knowledge in sports rehabilitation, injury prevention and functional recovery
- ◆ Assess the athlete from the point of view of physical, functional and biomechanical condition to detect aspects that hinder recovery or favor relapses in the injury
- ◆ Design both specific readaptation and recovery work, as well as individualized integral work
- ◆ Acquire a specialization in the pathologies of the locomotor system with the highest incidence in the population as a whole
- ◆ Be able to plan prevention, rehabilitation and functional rehabilitation programs
- ◆ Deepen in the characteristics of the different types of injuries most frequently suffered by athletes nowadays
- ◆ Assess the subject's nutritional needs and make nutritional recommendations and nutritional supplements to support the recovery process
- ◆ Evaluate and monitor the evolutionary process of recovery and/or rehabilitation of an athlete's or user's injury
- ◆ Acquire skills and abilities in readaptation, prevention and recovery, increasing professional possibilities as a personal trainer
- ◆ Differentiate from an anatomical point of view the different parts and structures of the human body
- ◆ Improve the injured athlete's physical condition as part of the integral work, with the objective of achieving a greater and more efficient recovery after the injury
- ◆ Use *coaching* techniques to address general psychological aspects of the athlete or injured subject that favor an effective approach from the personal training work
- ◆ Understanding marketing as a key tool for success in personal training in the field of rehabilitation, prevention and functional recovery



*The sports field requires trained professionals, and we give you the keys to position yourself among the professional elite"*





## Specific Objectives

---

### Module 1. Personal Training

- ◆ Integrate the concepts of balance training, cardiovascular, strength, plyometrics, speed, agility, etc. as a key tool for staff to prevent and readapt injuries
- ◆ Design training programs individualized to the characteristics of the subject in order to achieve better results.

### Module 2. Preventive Work for Sports Practice

- ◆ Identify the risk factors involved in the practice of physical-sports activities
- ◆ Use different types of materials for the planning of different types of from exercises in a customized training program
- ◆ Learning Pilates exercises with different types of machines designed to be fundamental in preventive work
- ◆ See Stretching and Postural Re-Education as essential methods for the prevention of injuries and alterations of the locomotor system

### Module 3. Coaching and Personal Trainer Business

- ◆ Acquire and understand the different healthy habits and lifestyles, as well as their implementation possibilities
- ◆ Apply motivational strategies to achieve better results in the process of sports rehabilitation and functional recovery
- ◆ Plan and design spaces that favor a better development of the specific personal training work to be performed
- ◆ Understand the personal training process where the relationship with the client and the feedback provided by the client are fundamental to the process

# 03

# Course Management

The teaching team who are experts in Sports Rehabilitation, are highly regarded in the profession and are professionals with years of teaching experience who have come together to help the student give a boost to their career. To this end, they have developed this Postgraduate Diploma with recent updates in the field that will allow you to improve and increase your skills in this sector







“

*Learn from the best professionals and become a successful professional yourself”*

## Management



### Dr. González Matarín, Pedro José

- ♦ Doctor in Health Sciences
- ♦ Degree in Physical Education Teacher
- ♦ Master's Degree in Functional Recovery in Physical Activity and Sport
- ♦ Master's Degree in Regeneration Medicine
- ♦ Master's Degree in Physical Activity and Health
- ♦ Master in Dietetics and Diet Therapy
- ♦ Postgraduate in Obesity
- ♦ Postgraduate in Nutrition and Dietetics
- ♦ Postgraduate Degree in Genomic Medicine, Pharmacogenetics and Nutrigenetics
- ♦ Associate Professor Doctor and Private University (DEVA)
- ♦ PDI collaborator at UNIR, VIU, UOC and TECH





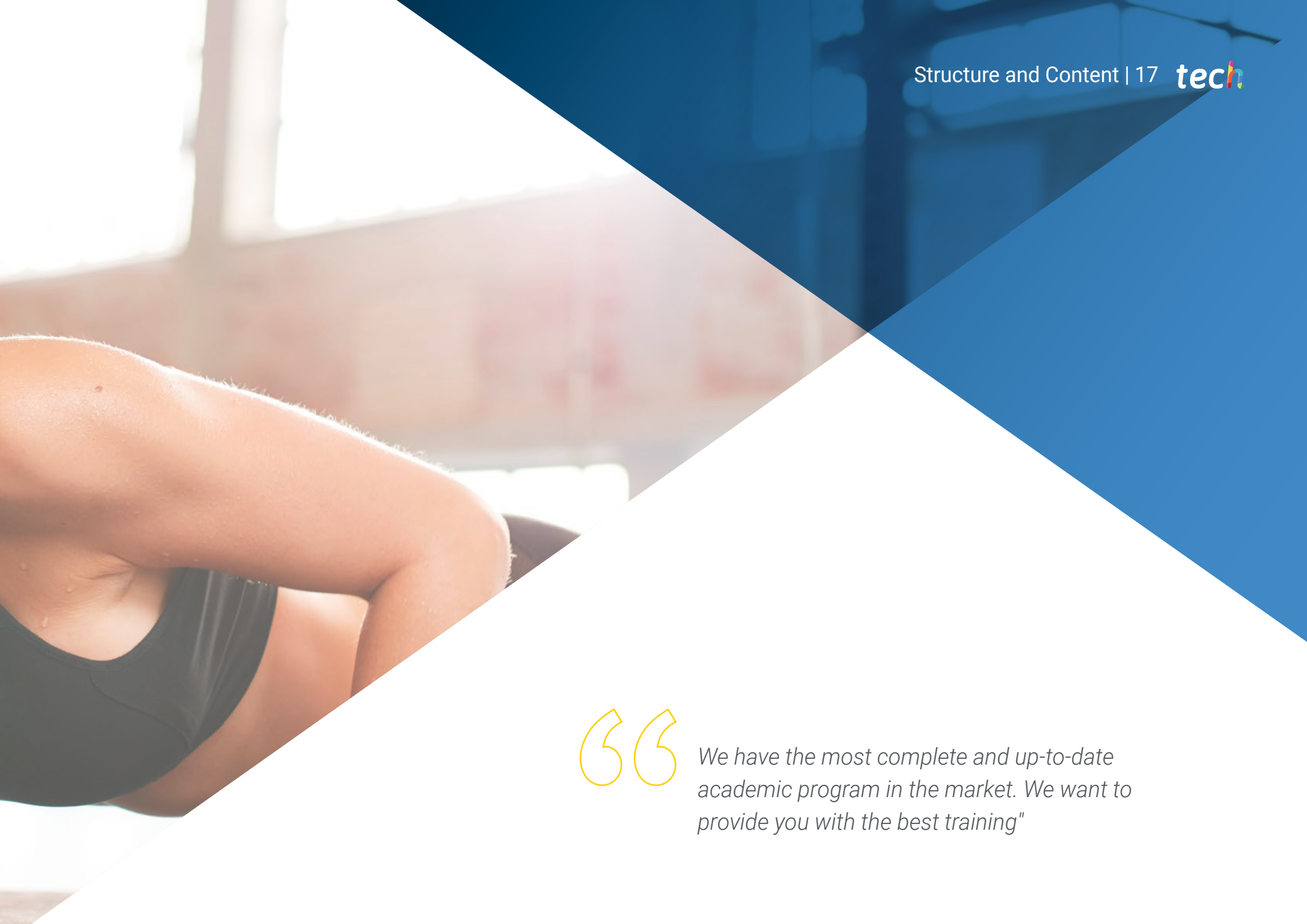
04

# Structure and Content

The structure of the contents has been designed by a team of professionals who are aware of the importance of quality education in the field of personal training, and committed to quality teaching through new educational technologies







“

*We have the most complete and up-to-date academic program in the market. We want to provide you with the best training”*

## Module 1. Personal Training

- 1.1. Personal Training
- 1.2. Flexibility Training
- 1.3. Endurance and Cardiorespiratory Training
- 1.4. Core Training
  - 1.4.1. Core Musculature
  - 1.4.2. The Training of Stabilization Systems
  - 1.4.3. Core Science and Training
  - 1.4.4. Core Training Guidelines
  - 1.4.5. Core Training Program Design
- 1.5. Balance Training
- 1.6. Plyometric Training
  - 1.6.1. Principles of Plyometric Training
  - 1.6.2. Designing a Plyometric Training Program
- 1.7. Speed and Agility Training
- 1.8. Strength Training
- 1.9. Integrated Program Design for optimal performance
- 1.10. Exercise Modalities

## Module 2. Preventive Work for Sports Practice

- 2.1. Risk Factors in Sports
- 2.2. Working with Mat Exercises
- 2.3. Reformer and Cadillac
- 2.4. Wunda Chair
- 2.5. Active GlobalStretching and Global Postural Re-education
- 2.6. Fitball
- 2.7. TRX
- 2.8. Body Pump
- 2.9. Medicine Ball and Kettlebells



- 2.10. Thera Band
  - 2.10.1. Advantages and Properties
  - 2.10.2. Individual Exercises
  - 2.10.3. Exercises in Pairs
  - 2.10.4. Respiratory muscles

### Module 3. Coaching and Business of the Personal Trainer

- 3.1. The Beginning of the Personal Trainer
- 3.2. Coaching for the Personal Trainer
- 3.3. The Personal Trainer as a Promoter of Exercise and the Effects on Health and Performance
  - 3.3.1. Basic Fundamentals of Physical Exercise
  - 3.3.2. Acute Exercise Responses
  - 3.3.3. Health Effects of Exercise
    - 3.3.3.1. Resistance
    - 3.3.3.2. Strength and Power
    - 3.3.3.3. Balance
  - 3.3.4. Health Effects of Exercise
    - 3.3.4.1. Physical Health
    - 3.3.4.2. Mental Health
- 3.4. Need for Behavioral Changes
- 3.5. The Personal Trainer and the Relationship with the Client
- 3.6. Motivational Tools
  - 3.6.1. Appreciative Exploration
  - 3.6.2. Motivational Interview
  - 3.6.3. Building Positive Experiences
- 3.7. Psychology for the Personal Trainer
- 3.8. Personal Trainer's Career Path
- 3.9. Design and Maintenance and Material Installations
- 3.10. Legal Aspects of Personal Training

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 Diploma in Personal Training, Coaching and Business for Physicians guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University



“

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



This **Postgraduate Diploma in Personal Training, Coaching and Business for Physicians** contains the most complete and up-to-date scientific program on the market.

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

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

Title: **Postgraduate Diploma in Personal Training, Coaching and Business for Physicians**

Official N° of Hours: **450 h.**

**Endorsed by the NBA**



\*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  
online training  
development language  
virtual classroom



## Postgraduate Diploma Personal Training, Coaching and Business for Physicians

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

# Postgraduate Diploma

## Personal Training, Coaching and Business for Physicians

Endorsed by the NBA

