

Postgraduate Certificate Personal Training for Physiotherapists

Endorsed by the NBA





Postgraduate Certificate Personal Training for Physiotherapists

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

Website: www.techtitute.com/us/physiotherapy/postgraduate-certificate/personal-training-physiotherapists

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01

Introduction

Personal training led by physiotherapists is essential for the recovery of injured athletes, as it allows them to achieve an adequate recovery of the damaged part of the body and avoid future relapses. At TECH we have designed this academic program to increase the training of professionals working in this sector and achieve the rapid recovery of injured users who attend physical therapy consultations.



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Acquire superior skills to design personal training adapted to the physical needs of your users and achieve their early recovery”

The objective of this Postgraduate Certificate in Personal Training for Physiotherapists is to train these professionals with the most updated knowledge on the most appropriate exercises for injured athletes, which will allow them to achieve a fast and adequate recovery, avoiding possible relapses during the practice of physical exercise.

Specifically, this program establishes the essential guidelines that the physiotherapist must know, both for planning and designing personalized training programs tailored to the needs of each user, taking into account their injury and the benefits it can bring to recovery.

This type of training varies whether the user's need is to perform an endurance exercise, speed training, cardiovascular capacity work, or strength training, for example. In this way, advanced knowledge is achieved, effective for the daily practice of physiotherapists who work in the field of sports rehabilitation and recovery.

One of the main advantages of this program is that it is developed in a 100% online format, so students will have the opportunity to choose themselves where and when to study, without the need to travel unnecessarily.

This **Postgraduate Certificate in Personal Training for Physiotherapists** 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 sports rehabilitation
- ♦ 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 program and improve your skills as a physiotherapist in sports rehabilitation"

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This program 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 program degree from the leading online university in Spanish: TECH”

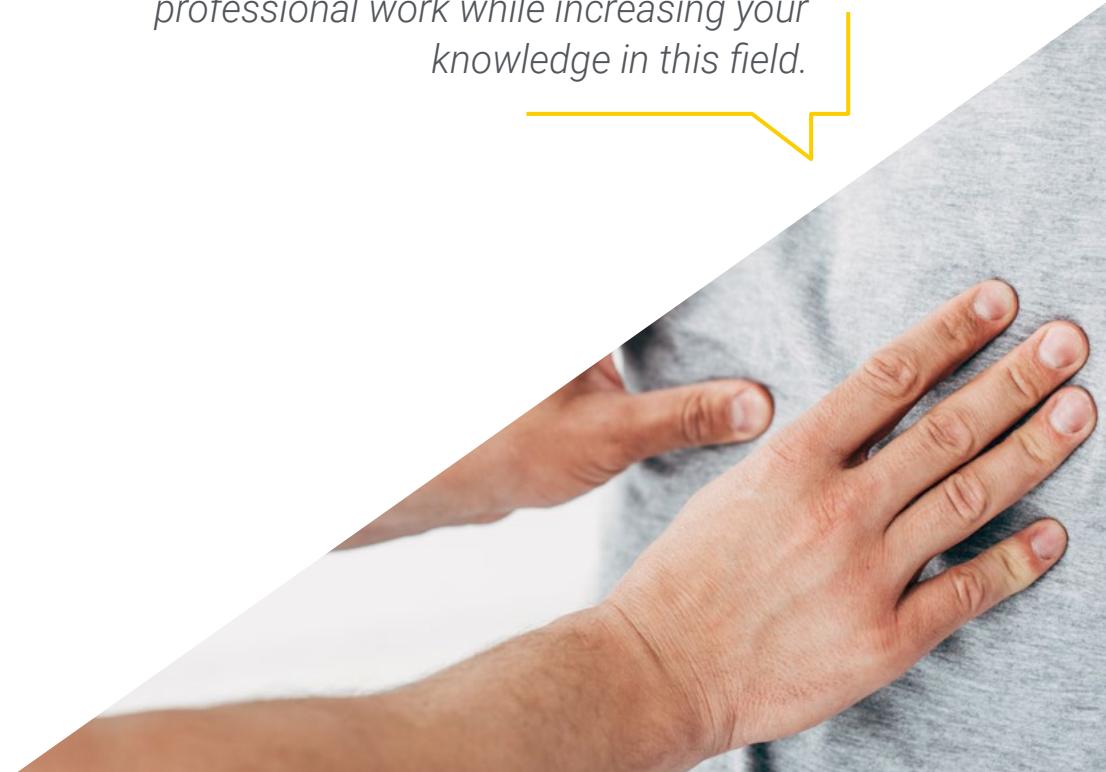
Its teaching staff includes professionals belonging to the field of physiotherapy, who bring to this specialization the experience of their work, as well as recognized specialists from prestigious societies and universities.

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 learning programmed to study in real situations.

The design of this program focuses on Problem-Based Learning, whereby the physiotherapist must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced personal training experts.

This program offers training in simulated environments, which provides an immersive learning experience designed to train for real-life situations.

This 100% online course will allow you to combine your studies with your professional work while increasing your knowledge in this field.



02 Objectives

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



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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
- 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 of sports injuries
- 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 better and more efficient recovery after the injury





Specific Objectives

- 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



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

03

Course Management

Our teaching team, experts in sports rehabilitation, have a wide prestige in the profession and are professionals with years of teaching experience who have come together to help you give a boost to your profession. To this end, they have developed this program with the latest developments in the field that will allow you to specialize and increase your skills in this sector.



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

International Guest Director

Charles Loftis, M.D., is a renowned specialist who serves as a sports performance therapist for the Portland Trail Blazers in the NBA. His impact on the world's premier basketball league has been significant, bringing distinguished expertise in creating strength and conditioning programs.

Prior to joining the Trail Blazers, he was the head strength and conditioning coach for the Iowa Wolves, implementing and overseeing the development of a comprehensive program for the players. In fact, his experience in the field of sports performance began with the establishment of XCEL Performance and Fitness, of which he was founder and head coach.

There, Dr. Charles Loftis worked with a wide range of athletes to develop strength and conditioning programs, as well as work on sports injury prevention and rehabilitation.

His academic background in the field of chemistry and biology provides him with a unique perspective on the science behind sports performance and physical therapy. As such, he holds CSCS and RSCC designations from the National Strength and Conditioning Association (NSCA), which recognize his knowledge and skills in the field. He is also certified in PES (Performance Enhancement Specialist), CES (Corrective Exercise Specialist) and dry needling.

With all of this, Dr. Charles Loftis is a vital member of the NBA community, working directly with both the strength and performance of elite athletes and the necessary prevention and rehabilitation of various types of sports injuries.



Dr. Loftis, Charles

- ♦ Sports Performance Specialist with the Portland Trail Blazers - Oregon, United States
- ♦ Head strength and conditioning coach for the Iowa Wolves.
- ♦ Founder and head trainer at XCEL Performance and Fitness
- ♦ Head performance coach for the Oklahoma Christian University men's basketball team.
- ♦ Physical Therapist at Mercy
- ♦ Dr. in Physical Therapy from Langston University.
- ♦ B.Sc. in Chemistry and Biology from Langston University.

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Thanks to TECH you will be able to learn with the best professionals in the world"

International Guest Director

Isaiah Covington is a highly skilled performance coach with extensive experience in treating and addressing various injuries in elite athletes. In fact, his professional career has been directed towards the NBA, one of the most important sports leagues in the world. He is the performance coach of the Bolton Celtics, one of the top teams in the Eastern Conference and one of the most promising teams in the United States.

His work in such a demanding league has made him specialize in maximizing the physical and mental potential of players. Key to this has been his past experience with other teams, such as the Golden State Warriors and the Santa Cruz Warriors. This has allowed him to work also in the field of sports injuries, deepening in the prevention and rehabilitation of the most frequent injuries in elite athletes.

In academia, his interests have been in the fields of kinesiology, exercise science and high performance sport. All of this has led him to excel prolifically in the NBA, working day in and day out with some of the most important basketball players and coaching staffs in the world.



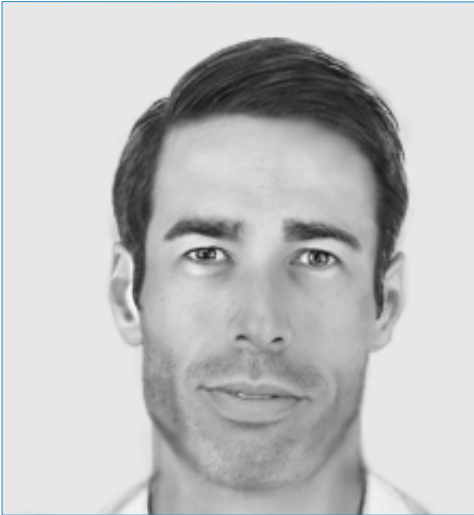
Mr. Covington, Isaiah

- Boston Celtics Performance Coach - Massachusetts, U.S.A.
- Golden State Warriors Performance Coach
- Santa Cruz Warriors Head Performance Coach
- Performance Coach at Pacers Sports & Entertainment
- B.S. in Kinesiology and Exercise Science from the University of Delaware.
- Specialization in Training Management
- Master's Degree in Kinesiology and Exercise Science, Long Island University
- Master's Degree in High Performance Sport from the Catholic University of Australia.

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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
- ♦ Physiotherapist in private company



04

Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in daily practice, aware of the relevance of the current relevance of quality training in the field of sports rehabilitation; and committed to quality teaching through new educational technologies.

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We have the most complete and up-to-date scientific program on the market. We want to provide you with the best education"

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





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

05 Methodology

This specialization provides you with a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used 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 we use the Case Method

In a given clinical situation, what should a professional do? Throughout the program, they will be presented with multiple simulated clinical cases based on real patients, 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. Physiotherapists/kinesiologists learn better, faster, and more sustainably over time.

With TECH you can 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 potential 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 of professional physiotherapy practice.

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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. Physiotherapists/kinesiologists 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 has a clear focus on practical skills that allow the physiotherapist/kinesiologist 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 Harvard case method with the best 100% online teaching methodology available: Relearning.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



The physiotherapist/kinesiologist 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 trained more than 65,000 physiotherapists/kinesiologists with unprecedented success, in all clinical specialties regardless of the workload. 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 education, 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 (we learn, unlearn, forget, and re-learn). Therefore, we balance each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you 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 really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Physiotherapy Techniques and Procedures on Video

We introduce students to the latest techniques, the latest educational advances, and the forefront of physiotherapy and kinesiology procedures and techniques. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better understanding. And best of all, students can watch them as many times as they want.



Interactive Summaries

We present 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, international guides... in our 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, we will present students with real case developments in which the expert will guide them through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Retesting

We periodically assess and re-assess your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you 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 our future difficult decisions.



Quick Action Guides

We offer students 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 Personal Training for Physiotherapists 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 Personal Training for Physiotherapists** 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 Personal Training for Physiotherapists**

Official N° of Hours: **150 h.**

Endorsed by the NBA



*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 presentation
development languages
virtual classroom



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