

Postgraduate Certificate

Strength Training Prescription and Planning

Endorsed by the NBA





Postgraduate Certificate Strength Training Prescription and Planning

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

Official N° of hours: **150 h.**

Website: www.techtute.com/physiotherapy/postgraduate-certificate/strength-training-prescription-planning

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01

Introduction

Upgrade your knowledge in Strength Training Prescription and Planning with this intensive program, thoroughly designed by professionals with extensive industry experience. The student will be provided with the most advanced didactic resources in a program characterized by its innovative teaching methodology, *Relearning*, which facilitates the learning process.



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Immerse yourself in this Postgraduate Diploma of high scientific rigor and improve your skills in strength training for high-performance sports”

This Postgraduate Certificate addresses the vital importance of strength in human performance in all its possible expressions with a unique level of theoretical and practical depth different from what has been seen so far.

Planning is the process by which the actions to be developed during the training process are established. With this intensive program the student will learn how to program, periodize and plan the different variables of training physiotherapist, its physiological and methodological bases and its structuring. You will also develop your ability to apply this knowledge to improve the physical performance, fitness and health of athletes.

The faculty of this Postgraduate Certificate in Strength Training Prescription and Planning has made a careful selection of each of the topics of this qualification to offer the student an educational opportunity as complete as possible and always linked to current events.

Thus, at TECH we have set out to create contents of the highest teaching and educational quality that will turn our students into successful professionals, following the highest quality standards in teaching at an international level. Therefore, this program offers you a wide range of content that will help you to reach the elite of physical training. In addition, as it is an online Postgraduate Certificate, the student is not constrained by fixed timetables or the need to move to another physical location, but can access the contents at any time of the day, balancing his or her work or personal life with their academic life.

This **Postgraduate Certificate in Strength Training Prescription and Planning** 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 physiotherapy
- ◆ 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



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

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This Postgraduate Certificate is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in strength training, you will obtain a qualification from TECH”

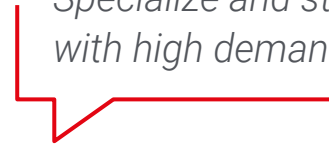
Its teaching staff includes professionals who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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 purpose, the professional will be assisted by an innovative interactive video system created by renowned experts in the subject.

Specialize and stand out in a sector with high demand for professionals.

Increase your knowledge in Strength Training Prescription and Planning with this high-level qualification.



02 Objectives

The main objective of this program is the development of theoretical and practical learning, so that the physiotherapist can master in a practical and rigorous way Strength Training Prescription and Planning.



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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

- ◆ Deepen the knowledge based on the most current scientific evidence with full applicability in the practical field of strength training
- ◆ Master all the most advanced methods of strength training
- ◆ Apply with certainty the most current training methods to improve sports performance regarding strength
- ◆ Effectively master strength training for performance enhancement in time and mark sports as well as situational sports
- ◆ Master the principles governing exercise physiology and biochemistry
- ◆ Delve into the principles governing the theory of complex dynamic systems as they relate to strength training
- ◆ Successfully integrate strength training for the improvement of motor skills immersed in sport
- ◆ Successfully master all the knowledge acquired in the different modules in real practice





Specific Objectives

- ◆ Specialize and interpret the key aspects of strength training
- ◆ In-depth knowledge of the different components of the load
- ◆ Delve into key aspects of load planning, periodization and monitoring
- ◆ Gain in-depth knowledge of the different session set-up schemes
- ◆ Manage the most common prescribing, monitoring and adjustment models

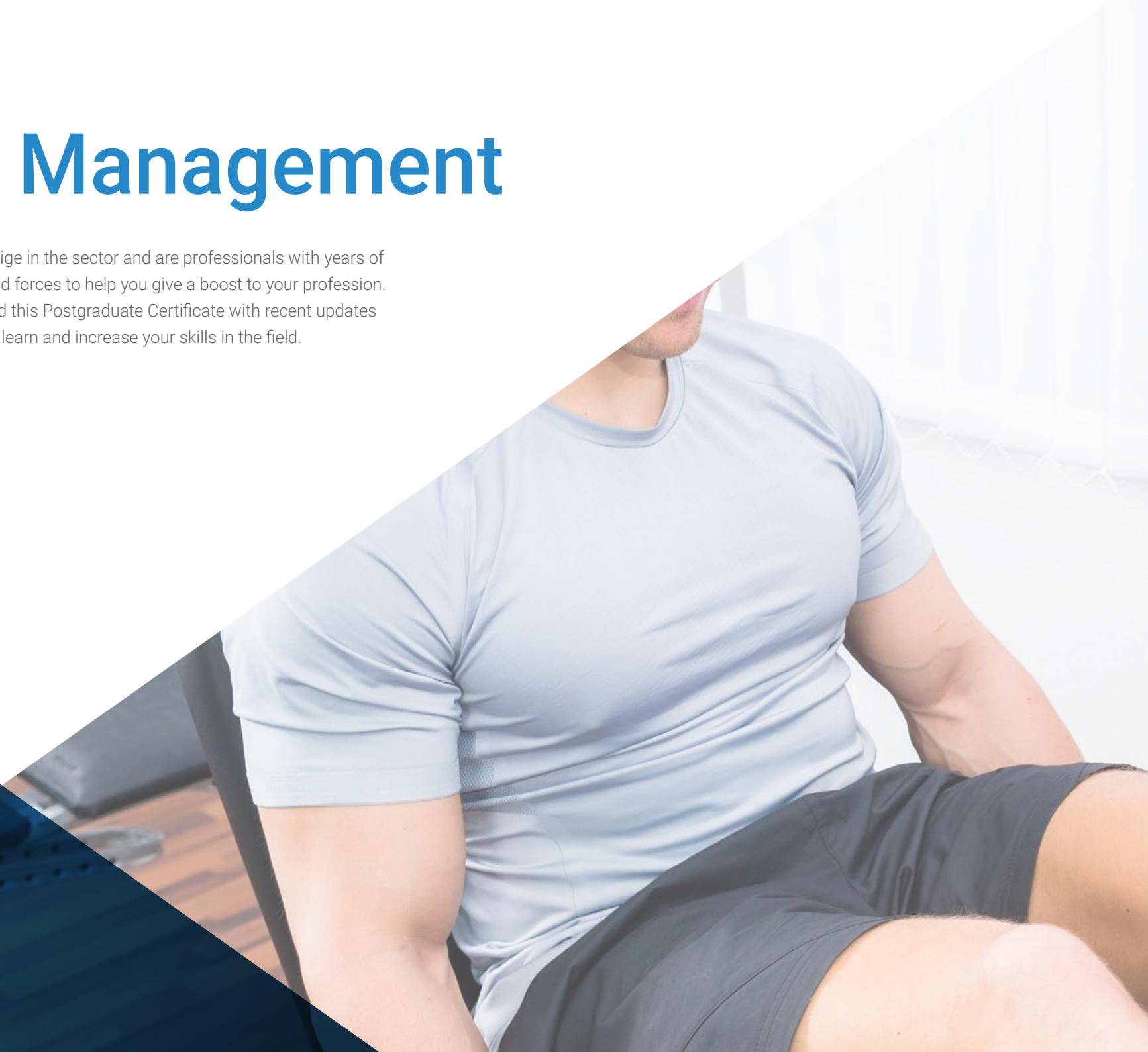
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Sports requires trained professionals, and we give you the keys to position yourself among the professional elite”

03

Course Management

Our teaching team has a wide prestige in the sector and are professionals with years of teaching experience who have joined forces to help you give a boost to your profession. For this reason, they have developed this Postgraduate Certificate with recent updates on the subject that will allow you to learn and increase your skills in the field.



A photograph showing a person in a white polo shirt performing a massage on another person's back. The person being massaged is lying on a table, and the masseur is leaning over them. The background is a bright, white room with vertical blinds.

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

Management



Dr. Rubina, Dardo

- ◆ CEO of Test and Training
- ◆ EDM Physical Training Coordinator
- ◆ Physical trainer of the EDM First Team
- ◆ Master's Degree in (ARD) COE
- ◆ EXOS CERTIFICATION
- ◆ Specialist in Strength Training for the Prevention of Injuries, Functional and Physical-Sports Rehabilitation
- ◆ Specialist in Strength Training Applied to Physical and Sports Performance
- ◆ Specialist in Applied Biomechanics and Functional Evaluation
- ◆ Certification in Weight Management and Physical Performance Technologies
- ◆ Postgraduate course in Physical Activity in Populations with Pathologies
- ◆ Postgraduate diploma in Injury Prevention and Rehabilitation
- ◆ Functional Assessment and Corrective Exercise Certificate
- ◆ Certificate in Functional Neurology
- ◆ Diploma in Advanced Studies (DEA) University of Castilla la Mancha
- ◆ PhD Candidate in (ARD)

Professors

Mr. Garzon Duarte, Mateo

- ◆ Degree in Physical Activity and Sport
- ◆ MGD -Customized Training. S&C Coach
- ◆ Researcher and author of Papers

Mr. Carbone, Leandro

- ◆ Degree in Physical Education
- ◆ Specialist in exercise physiology
- ◆ Msc Strength and Conditioning
- ◆ CSCS–NASCA, CISSN–ISSN
- ◆ Currently at Club The Strongest
- ◆ Collaborator with Olympic athletes



04

Structure and Content

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



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

Module 1. Strength Training Prescription and Programming

- 1.1. Introduction and Definition of Concepts
 - 1.1.1. General Concepts
 - 1.1.1.1. Planning, Periodization, Prescription
 - 1.1.1.2. Qualities, Methods, Objectives
 - 1.1.1.3. Complexity, Risk and Uncertainty
 - 1.1.1.4. Complementary Pairs
- 1.2. Exercises
 - 1.2.1. General vs. Specific
 - 1.2.2. Simple vs. Complex
 - 1.2.3. Thrust vs. Ballistic
 - 1.2.4. Kinetics and Kinematics
 - 1.2.5. Basic Patterns
 - 1.2.6. Order, Emphasis and Importance
- 1.3. Variables in the Programming
 - 1.3.1. Intensity
 - 1.3.2. Effort
 - 1.3.3. Intension
 - 1.3.4. Volume
 - 1.3.5. Density
 - 1.3.6. Weight
 - 1.3.7. Dose
- 1.4. Periodization Structure
 - 1.4.1. Microcycle
 - 1.4.2. Mesocycle
 - 1.4.3. Macrocycle
 - 1.4.4. Olympic Cycles
- 1.5. Structure of the Sessions
 - 1.5.1. Hemispheres
 - 1.5.2. Entries
 - 1.5.3. Weider
 - 1.5.4. Patterns
 - 1.5.5. Muscle



- 1.6. Prescription
 - 1.6.1. Load-Effort Tables
 - 1.6.2. Based on %
 - 1.6.3. Based on Subjective Variables
 - 1.6.4. Based on Speed (VBT)
 - 1.6.5. Others
- 1.7. Prediction and Monitoring
 - 1.7.1. Speed-Based Training
 - 1.7.2. Areas of Repetition
 - 1.7.3. Load Areas
 - 1.7.4. Time and Reps
- 1.8. Plan
 - 1.8.1. Series– Repetition Schemes
 - 1.8.1.1. Plateau
 - 1.8.1.2. Step
 - 1.8.1.3. Waves
 - 1.8.1.4. Steps
 - 1.8.1.5. Pyramids
 - 1.8.1.6. *Light-Heavy*
 - 1.8.1.7. *Cluster*
 - 1.8.1.8. *Rest-Pause*
 - 1.8.2. Vertical Planning
 - 1.8.3. Horizontal Planning
 - 1.8.4. Classifications and Models
 - 1.8.4.1. Constant
 - 1.8.4.2. Lineal
 - 1.8.4.3. Reverse Linear
 - 1.8.4.4. Blocks
 - 1.8.4.5. Accumulation
 - 1.8.4.6. Undulating
 - 1.8.4.7. Reverse Undulating
 - 1.8.4.8. Volume-Intensity

- 1.9. Adaptation
 - 1.9.1. Dose-Response Model
 - 1.9.2. Robust-Optimal
 - 1.9.3. Fitness-Fatigue
 - 1.9.4. Micro Doses
- 1.10. Assessments and Adjustments
 - 1.10.1. Self-Regulated Load
 - 1.10.2. Adjustments Based on VBT
 - 1.10.3. Based on RIR and RPE
 - 1.10.4. Based on Percentages
 - 1.10.5. Negative Pathway



A unique, key, and decisive program 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.



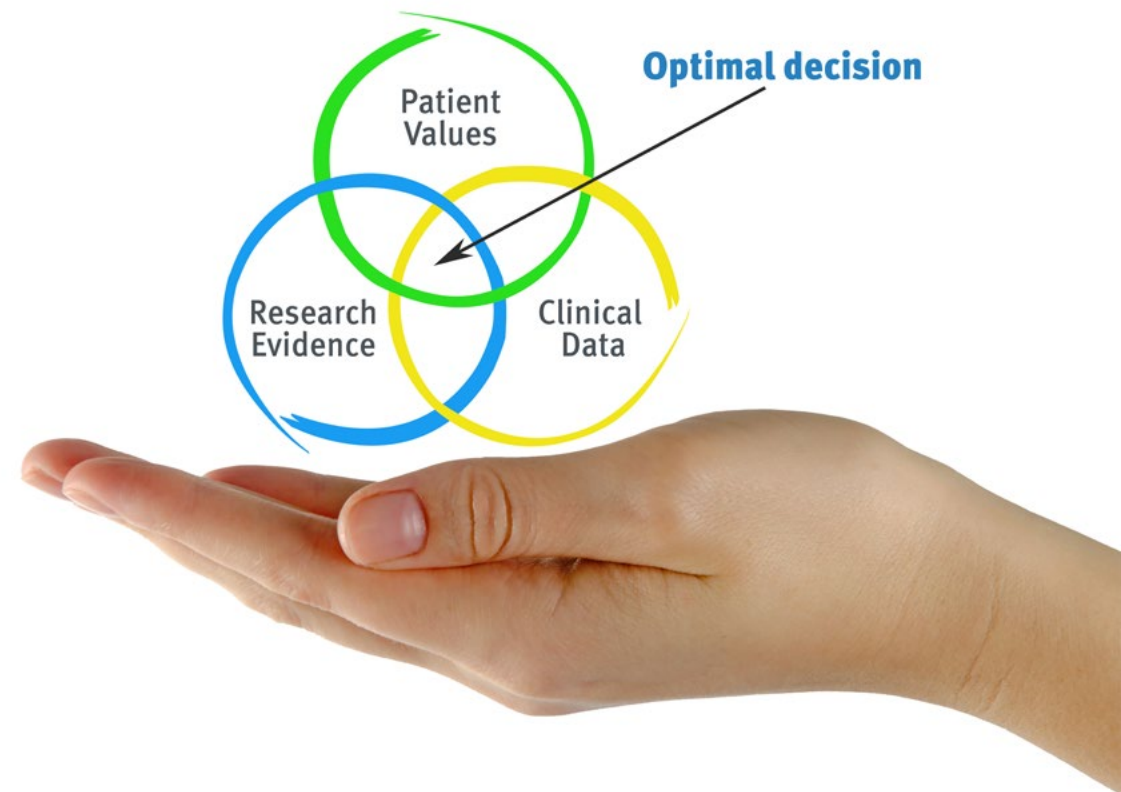


Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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. Physiotherapists/kinesiologists 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 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 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.



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. 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 specialists 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.



Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. 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 them as many times as you want.



Interactive Summaries

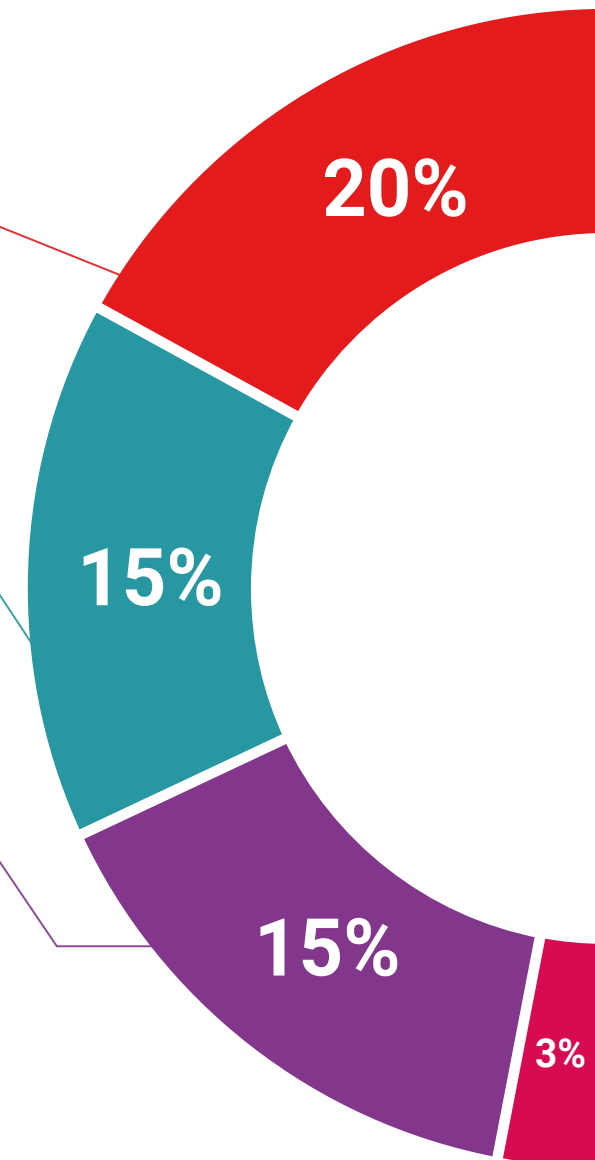
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

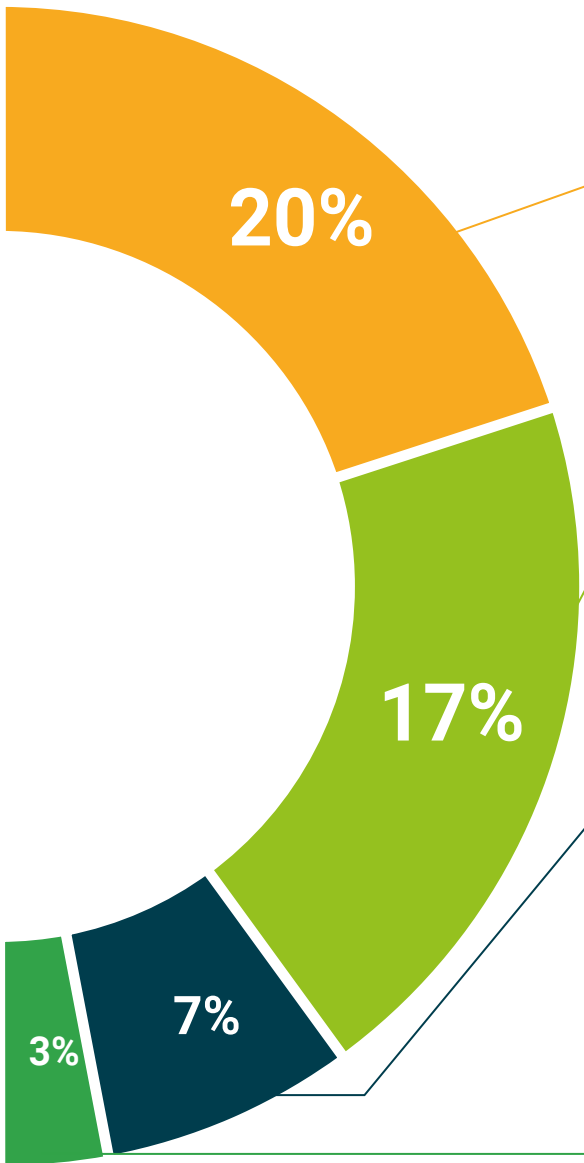
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



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 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

This Postgraduate Certificate in Strength Training Prescription and Planning 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 Strength Training Prescription and Planning** 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 Strength Training Prescription and Planning**

Official N° of hours: **150 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 quality
development languages
virtual classroom



Postgraduate Certificate
Strength Training
Prescription and Scheduling

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

Official N° of hours: **150 h.**

Postgraduate Certificate

Strength Training Prescription and Scheduling

Endorsed by the NBA

