

Internship Program Strength Training for Sports Performance

Endorsed by the NBA



tech global
university





tech global
university

Internship Program
Strength Training
for Sports Performance

Index

01

Introduction

p. 4

02

Why Study an Internship Program?

p. 6

03

Objectives

p. 8

04

Educational Plan

p. 10

05

Where Can I Do the Internship Program?

p. 12

06

General Conditions

p. 16

07

Certificate

p. 18

01 Introduction

Strength training has evolved significantly over the past few decades, moving from being a peripheral practice to becoming a core component of the training program for elite athletes around the world. As scientific understanding of the mechanisms underlying strength training has advanced, so has the ability of experts to design more effective and personalized training sessions. In this context, professionals have a responsibility to stay at the forefront of the latest innovations occurring in this field in order to provide the highest quality services. For this reason, TECH presents an eminently practical program consisting of a face-to-face stay in a prestigious entity in this field.



Thanks to this Internship Program, you will design the most advanced and specific Strength Training programs to meet the needs of athletes"





According to a recent report by the International Olympic Committee, the level of competitiveness in elite sport continues to increase, with athletes constantly looking for new ways to improve their performance and gain an edge over the competition. In this scenario, Strength Training has become a fundamental component of physical preparation programs, with numerous scientific studies supporting its effectiveness in increasing muscle strength, improving power and reducing the risk of injury. Faced with this exponential demand, the most prestigious sports organizations are looking to incorporate into their teams true professionals specialized in this area. Given these circumstances, TECH has designed a revolutionary Internship Program consisting of a 120-hour stay in a reference entity in the field of Strength Training for Sports Performance.

Therefore, over 3 weeks, graduates will be part of a team of top level professionals, with whom they will work actively in the planning and implementation of physical exercise programs tailored to the individual needs of athletes and the specific requirements of their sports. In this way, students will not only become acquainted with the latest techniques for muscle development, but will also enhance their competencies to significantly optimize their professional practice.

It should be noted that, during the stay, students will be supported by an assistant tutor who will ensure that all the requirements for which this Internship Program has been designed are met. Thanks to this, graduates will work with total guarantee and security in the handling of the most innovative sports technology, as well as in the use of the most avant-garde procedures for the evaluation of Sports Performance.

02

Why Study an Internship Program?

With the increased interest in Fitness and high performance sport, there is a growing demand for highly specialized professionals in the field of Training and Strength for Sports Performance. To take advantage of these job opportunities, professionals need to stay at the forefront of the latest advances in this field and incorporate to their range of procedures the most innovative techniques in aspects such as training sessions dedicated to power and resistance under the paradigm of Complex Dynamic Systems. Aware of this reality, TECH has designed a unique and disruptive academic product in the current pedagogical panorama, which will allow experts to enter a real working environment where they can put into practice the latest procedures in this area. During 3 intensive weeks, they will be integrated into a multidisciplinary work team, where they will see firsthand the day-to-day of a profession full of challenges.



TECH is the only institution with which you will be able to carry out top quality internships in reference institutions, accompanied by specialists in the sports field"

1. Updating from the latest technology available

With the advent of Industry 4.0, the field of Training and Strength for Sports Performance has been enriched with the implementation of sophisticated technological tools to carry out different physical exercises. Likewise, new methods have emerged to monitor the performance of athletes, customize training programs and improve the overall effectiveness of sports practice. For this reason, TECH will bring students in this Internship Program to a cutting-edge environment, where they will have access to the latest technology in this field.

2. Gaining in-depth knowledge from the experience of top specialists

Throughout their practical period at the center, a team made up of professionals from the sports and physical exercise sector will guide the graduates at all times. This is an endorsement for the students, who will have the support of a group of specialists who will help them to strengthen their practical skills and to carry out training programs adapted to the requirements of the clients.

3. Entering excellent sports and fitness environments

In keeping with its philosophy of providing the most complete and enriching university programs, TECH has rigorously selected all the centers available for the completion of this Internship Program. In this way, students have the guarantees they demand to join a prestigious institution in the field of Strength Training for Sports Performance. Therefore, they will be able to see the day-to-day work in a demanding, rigorous and exhaustive area, always applying the latest techniques and work methodologies.



4. Putting the acquired knowledge into daily practice from the very first moment

In the academic panorama, there are many university programs that do not adequately meet the daily demands of specialists and require long hours of study, often difficult to reconcile with personal and professional life. Faced with this, TECH presents an innovative and highly practical learning approach that allows students to quickly master the most advanced techniques in Strength Training for Sports Performance. In addition, this knowledge can be applied in professional practice in a short period of only 3 weeks.

5. Expanding the boundaries of knowledge

TECH offers students the opportunity to carry out this Internship Program in nationally and internationally recognized centers. This allows graduates to broaden their horizons and update their knowledge with outstanding professionals working in renowned institutions in different continents.



You will have full practical immersion at the center of your choice"

03 Objectives

Thanks to this academic pathway, students will have a high understanding of the physiological, biomechanical and training principles associated with the development of Strength and Sports Performance. In this sense, graduates will enhance their skills in the planning, implementation and evaluation of training programs tailored to the individual needs of clients. In addition, they will incorporate to their usual procedures the most advanced strategies through the design of exercise programs that optimize the power, muscular endurance or speed of athletes.



General Objectives

- ♦ Master and apply with certainty the most current training methods to improve sports performance
- ♦ Manage the most advanced methods in terms of sports performance evaluation
- ♦ Delve in the principles that govern the Physiology of Exercise, as well as the Biochemistry applied directly to Sports Performance
- ♦ Analyze the fundamentals of Nutrition applied to sports performance





Specific Objectives

- ♦ Specialize and interpret key aspects of biochemistry and thermodynamics
- ♦ Gain in-depth knowledge of the energy metabolic pathways and their exercise-mediated modifications and their role in human performance
- ♦ Specialize in key aspects of the neuromuscular system, motor control and its role in physical training
- ♦ In-depth knowledge of muscle physiology, the process of muscle contraction and the molecular basis of this process
- ♦ Delve into the functioning of the cardiovascular and respiratory systems and oxygen utilization during exercise
- ♦ Manage the general causes of fatigue and impact in different types and modalities of exercise
- ♦ Identify the different physiological breakthroughs and their practical application
- ♦ Develop the ability to analyze data collected in the laboratory and in the field through various assessment tools
- ♦ Describe the different types of statistical analysis and their application in various situations for the understanding of phenomena that occur during training
- ♦ Develop strategies for data exploration to determine the best models to describe them
- ♦ Establish the generalities of predictive models through regression analysis that favor the incorporation of different units of analysis in the field of training
- ♦ Generate the conditions for the correct interpretation of results in different types of research
- ♦ Specialize and interpret the key aspects of strength training
- ♦ In-depth knowledge of the different components of the load
- ♦ Delve into key aspects of planning, periodization and load monitoring
- ♦ Gain in-depth knowledge of the different session set-up schemes
- ♦ Manage the most common prescribing, monitoring and adjustment models
- ♦ Gain in-depth knowledge of the different methodological proposals of strength training and their applicability to the field of practice
- ♦ Select the most appropriate methods for specific needs
- ♦ Recognize and safely apply the different methods proposed in the literature
- ♦ Master in depth the theoretical terms as far as Strength Training is concerned
- ♦ Master in depth the theoretical terms on Power Training
- ♦ Manage with criterion the methodological aspects of Hypertrophic Training
- ♦ Analyze with criterion the physiological aspects of Hypertrophic Training
- ♦ Analytically apply the different means and methods of strength training to develop *sprinting*
- ♦ Detect priority movement patterns for applying force in the sport at hand
- ♦ Gain in-depth knowledge of the different methods of strength training and their practical application
- ♦ Program and organize strength training

04 Educational Plan

The Internship Program of the present program in Training and Strength for Sports Performance consists of a practical stay in a reference center, lasting 3 weeks, from Monday to Friday with 8 consecutive hours of Internship Program with an assistant specialist. During this stay, students will join a multidisciplinary work team with a wide professional experience in the sports field. In this way, they will participate in different training sessions with real users and will be able to incorporate into their daily practice the most innovative techniques in subjects such as Strength Conditioning to improve Movement Skills.

In this training proposal, completely practical in nature, the activities are aimed at the development and improvement of the competencies necessary for the provision of physical training services, and are oriented to the specific training for the exercise of the activity, in an environment of safety for users and high professional performance.

This is an ideal opportunity to learn by working in a real work scenario, with first class facilities and equipped with all the necessary tools for graduates to deliver physical activity sessions with high efficiency.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of the teachers and other training partners that facilitate teamwork and multidisciplinary integration as transversal competencies for the praxis of Strength Training for Sports Performance (learning to be and learning to relate).





The procedures described below will form the basis of the practical part of the internship, and its implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
Development of motor skills through strength training	Perform basic movements such as push-ups, pull-ups, squats and sit-ups to improve functional strength
	Use elastic bands or resistance tubing to perform push, pull and extension exercises
	Use free weights to improve coordination and movement technique
	Perform box jumps and other similar plyometric exercises to optimize neuromuscular responsiveness
Complex Dynamic Systems	Incorporate exercises such as medicine ball throws against the wall and shooting from a squat position
	Use side steps or stair runs in order to improve coordination and agility
	Do leg lifts and movements on a balance board
	Perform training sessions on varying uneven terrain (such as running on the beach or walking on rocky terrain).
Techniques aimed at improving Speed	Perform <i>short, high-intensity sprints and sprints with directional changes</i>
	Use weighted vests during exercises such as strides to develop explosive strength and speed
	Perform sprints from a static position or starting from a squat position
	Perform jumping jacks to optimize reaction ability and speed of movement in different directions
Conditioning for Sports Endurance	Perform long-duration cardiovascular training sessions at a steady, moderate pace to improve the ability of the heart and lungs to transport oxygen to the muscles
	Perform exercises that mimic the conditions of a race (including terrain, duration and intensity)
	Include meditation or concentration practices in order to develop mental endurance and maintain motivation during prolonged activities
	Maintain optimal nutrition and hydration before, during, and after prolonged activities in order to maintain energy levels

05 Where Can I Do the Internship Program?

In line with its objective of providing top quality academic experiences within the reach of any person, TECH has carried out a rigorous process to select the institutions where the students will carry out this Internship Program in Strength Training for Sports Performance. Thanks to this, it has established agreements with renowned entities in the sports sector at an international level. Undoubtedly, an ideal opportunity for graduates to broaden their academic horizons with real specialists in this field.

“

You will do your Internship Program in a reference institution, made up of experts in the field of sports and physical exercise”





The student will be able to do this program at the following centers:



Selected Trainers Granada Centro

Country
Spain

City
Granada

Address: Avenida Pablo Picasso 27, Local Izquierdo, 18006 Granada (España)

The team of professionals at Selected Trainers designs customized workouts for aesthetic and health purposes.

Related internship programs:

- High Performance in Sports
- Therapeutic Personal Training



Selected Trainers Centro O2 Granada

Country	City
Spain	Granada

Address: Calle Neptuno, s/n, Ronda, 18004
Granada (España)

The team of professionals at Selected Trainers designs customized workouts for aesthetic and health purposes.

Related internship programs:

- High Performance in Sports
- Therapeutic Personal Training





Selected Trainers Centro O2 Huelva

Country	City
Spain	Huelva

Address: Calle San Sebastián, S/N, 21004
Huelva (España)

The team of professionals at Selected Trainers designs customized workouts for aesthetic and health purposes.

Related internship programs:

- High Performance in Sports
- Therapeutic Personal Training



Make the most of this opportunity to surround yourself with expert professionals and learn from their work methodology"

06

General Conditions

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the Internship Program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

1. TUTOR: During the Internship Program, students will be assigned two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. NOT INCLUDED: The Internship Program shall not include any element not described in these conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

07 Certificate

This private qualification will allow you to obtain an **Internship Program in Strength Training for Sports Performance** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University, is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Internship Program in Strength Training for Sports Performance**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour shifts, consecutive shifts**

Accreditation: **4 ECTS**



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

tech global
university

Internship Program
Strength Training
for Sports Performance

Internship Program Strength Training for Sports Performance

Endorsed by the NBA

