

# Internship Program Therapeutic Personal Training

Endorsed by the NBA



tech



**tech**

Internship Program  
Therapeutic Personal  
Training

# 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

This educational program offers the latest trends and advances in the field of health and sports and is designed to provide the student with the most effective techniques to improve the quality of life of users, helping them to achieve their goals in a healthy and safe way. The methodology of this program is 100% practical and allows the professionals to carry out an intensive internship in a prestigious center, where they will be able to learn the latest methods of Therapeutic Personal Training during a 3-week stay.

“

*Take an intensive internship in a prestigious center and master the latest methods of Therapeutic Personal Training in only 3 weeks”*







Therapeutic Personal Training has become one of the most prominent professional areas in recent years, having incorporated numerous advanced procedures from the healthcare field into its daily practice. In addition, it has integrated new physical exercise methods supported by the latest scientific evidence in areas such as Neurology and Cardiology.

Therefore, this 100% practical educational program is specifically designed for Sports Science professionals who work with people suffering from some type of pathology, and who seek to improve their quality of life through the prescription of well-developed physical exercise.

This Internship Program also offers a novel and up-to-date in-depth training on the most prevalent pathologies in our society and how physical exercise can be a fundamental part of their treatment. During the program, the pathophysiological characteristics of different diseases will be studied in depth and the latest advances on their epidemiology and characteristics will be offered in order to be able to make a correct assessment.

All this, in a completely practical way, and through an intensive stay in a center of recognized prestige. There, the student will be able to catch up with renowned professionals specialized in Therapeutic Personal Training, in 8-hour days to guarantee a real experience in a demanding environment.

# 02

## Why Study an Internship Program?

TECH has created a unique and revolutionary educational proposal in the field of Therapeutic Personal Training, which goes beyond a simple theoretical update and provides practical tools to apply the latest procedures and techniques in the field of health. This Internship Program will allow the professionals to enter a real environment, where they will be able to carry out various activities related to this area, guaranteeing a complete update.



*You will not find another program that allows you to update your knowledge in a practical way and adapted to your needs: enroll now"*

### 1. Updating from the Latest Technology Available

The area of Therapeutic Personal Training has been revolutionized in recent years thanks to scientific advances in the approach to diseases and conditions through physical exercise. For this reason, and with the aim of bringing the professional closer to the latest technology in this area, TECH presents this Internship Program with which the professional will enter a cutting-edge environment, accessing the latest technology in this field.

### 2. Delve into the experience of the best experts

The large team of experts that will accompany the professional throughout the entire practical period is a first-rate guarantee and an unprecedented guarantee of updating. With a specifically designated tutor, students will be able to see real users in a state-of-the-art environment, which will allow them to incorporate the most effective procedures and training methods into their daily practice.

### 3. Entering first-class professional environments

TECH carefully selects all available centers for Internship Programs. Thanks to this, the specialist will have guaranteed access to a prestigious professional environment in the area of Therapeutic Personal Training. In this way, you will be able to see the day-to-day work of a demanding, rigorous and exhaustive sector, always applying the latest theses and scientific postulates in its work methodology.



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

The academic market is plagued by teaching programs that are poorly adapted to the daily work of the specialist and that require long teaching hours, often not very compatible with personal and professional life. TECH offers a new learning model, 100% practical, that allows you to get in front of state-of-the-art procedures in the field of Therapeutic Personal Training and, best of all, put it into professional practice in just 3 weeks.

#### **5. Expanding the Boundaries of Knowledge**

TECH offers the possibility of doing this Internship Program, not only in national, but also in international centers. In this way, the professionals will be able to expand their frontiers and keep up-to-date with the best experts, who practice in top-notch centers and on different continents. A unique opportunity that only TECH, the largest online university in the world, could offer.



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



# 03 Objectives

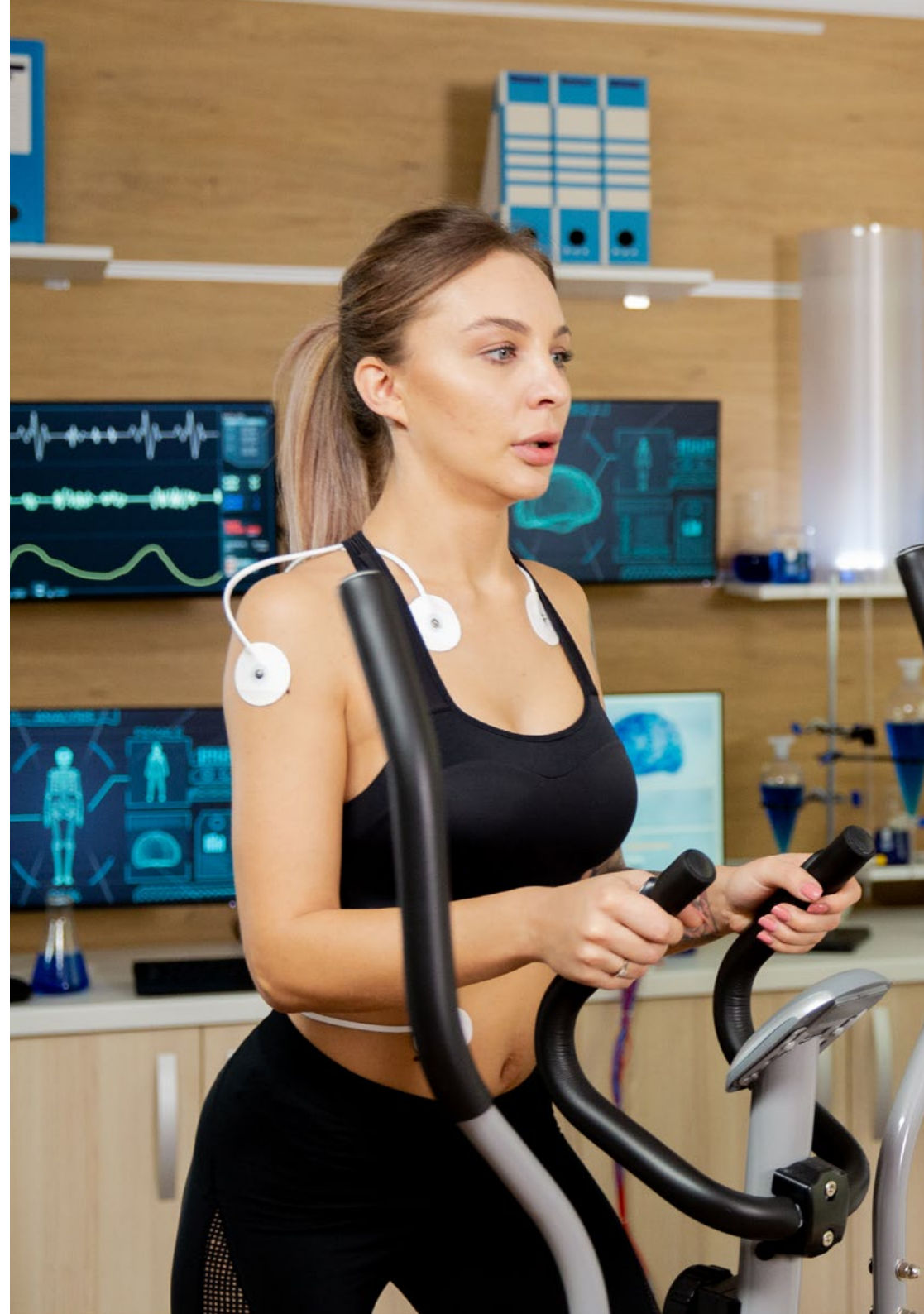
The objectives of this program are to provide the professional with practical and up-to-date skills on the pathologies prevalent in today's society and the necessary tools to assess them, plan, and program a personal therapeutic training tailored to the disease and the user. In addition, we seek to offer a practical preparation of the highest quality that will allow the student to become a successful professional, following the highest quality standards in teaching at an international level.



## General Objectives

---

- Understand the different variables of training and its application in people with pathologies
- Obtain an overview of the most frequent pathologies in society
- Understand the most relevant disease triggers to prevent the onset of comorbidities or the disease itself
- Know the existing contraindications in the different pathologies to avoid possible counterproductive effects of physical exercise







## Specific Objectives

---

- Understand the most important variables of training in depth in order to know how to apply them in an individualized way
- Manage the general criteria for the design of physical exercise programs for people with pathology
- Obtain the necessary tools to develop training planning tailored to the client's needs
- Understand in depth the pathophysiology of obesity and its repercussions on health
- Understand the physical limitations of the obese individual
- Be able to plan and program training in an individualized way for a person with obesity
- In-depth understanding of the pathophysiology of diabetes and its impact on health
- Understanding the specific needs in diabetes
- Be able to plan and program training in an individualized way for a person with diabetes
- In-depth understanding of the pathophysiology of metabolic syndrome
- Understand the criteria for intervention to improve the health and quality of life of patients with this pathology
- Be able to plan and program training in an individualized way for a person with Metabolic Syndrome
- Study the wide range of existing pathologies with cardiovascular involvement
- Understand the phases of action in cardiovascular rehabilitation
- Be able to plan and program training in an individualized way
- Study the different pathologies affecting the osteoarticular system
- Understand the term fragility and its impact on the osteoarticular system and non-specific low back pain
- Be able to plan and program the training in an individualized way in a person with different pathologies associated to the osteoarticular system and non-specific low back pain



*Master the most innovative techniques in Therapeutic Personal Training and become an expert in the field of health and wellness"*

# 04 Educational Plan

This Internship Program is formed by a 3-week intensive stay in a prestigious center. The schedule will be from Monday to Friday with 8 consecutive hours of practical update with an assistant professional. This stay will allow the student to see real users with a team of professionals of reference in the area of intensive care nursing, applying the most innovative diagnostic procedures and planning the latest generation of therapy in each pathology.

In this internship proposal, of a completely practical nature, the activities are aimed at the development and improvement of the competencies necessary for the provision of therapeutic care, and are oriented to the specific training for the exercise of the activity, in a safe environment for the patient and high professional performance.

The practical education 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 teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for the professional practice (learning to be and learning to relate).





The procedures described below will form the basis of the practical part of the internship, and their 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
Assessment and diagnosis	Conduct an initial interview with the client to assess their current status and gather relevant information
	Perform physical evaluation tests, such as anthropometric measurements, posture and mobility evaluation, strength and endurance tests, among others
	Perform psychological assessment tests, such as personality questionnaires and social skills tests
Training planning	Design customized training plans based on the client's objectives, needs and individual characteristics
	Select and teach specific training techniques, such as strength, endurance, flexibility and balance exercises
	Develop customized nutrition and diet plans to improve athletic performance and overall health
Practical training	Conduct personal training sessions with clients in real time, supervising and correcting exercise techniques and ensuring client progress and safety
	Use different types of training equipment, from weights and training machines to elastic bands and exercise balls
	Conduct outdoor training, using the environment and landscape to create a complete and varied workout
Specialized training	Design specialized training plans for people with special needs, such as the elderly, pregnant women, or people with disabilities
	Teach relaxation and breathing techniques to reduce stress and anxiety, and improve mental health
	Perform physical therapy and sports massage sessions to aid in the recovery from sports injuries and improve muscle, and joint health
Communication and customer relations	Establish and maintain good communication with customers, creating long-lasting and trusting relationships
	Mastering communication and negotiation skills to ensure effective communication between the trainer and the client
	Resolve conflicts and problems related to training and client relations



# 05 Where Can I Do the Internship Program?

With the objective of providing high quality preparation in the area of Therapeutic Personal Training for the specialized professional, TECH has expanded its offer to multiple centers throughout the country. This initiative provides a unique opportunity for students to update their skills and knowledge with leading experts in different reference clinics.



*Learn from the best professionals  
in the sector in reference centers  
and put your knowledge into  
practice in a real environment"*





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



Sports Science

### Club Metropolitan Sagrada Familia

Country: Spain City: Barcelona

Address: C/ de Provenza, 408, 08025 Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Iradier

Country: Spain City: Barcelona

Address: C/ de les Escoles Pies, 105, 08017 Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Balmes

Country: Spain City: Barcelona

Address: C/ de Balmes, 215, 08006 Barcelona

The largest national chain of Sports, Health and Wellness Centers

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Las Arenas

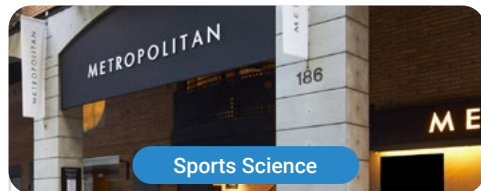
Country: Spain City: Barcelona

Address: Gran Via de les Corts Catalanes, 373, 385, 08015 Barcelona

The largest national chain of Sports, Health and Wellness Centers

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Galileo

Country: Spain City: Barcelona

Address: C/ de Galileu, 186, 08028 Barcelona

The largest national chain of Sports, Health and Wellness Centers

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Badalona

Country: Spain City: Barcelona

Address: C. de Sant Miquel, 16, 08911 Badalona, Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Gran Vía

Country: Spain City: Barcelona

Address: Avinguda de la Granvia de l'Hospitalet, 142, 08907 L'Hospitalet de Llobregat, Barcelona

The largest national chain of Sports, Health and Wellness Centers

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor





Sports Science

### Club Metropolitan Abascal

Country	City
Spain	Madrid

Address: Calle de José Abascal, 46, 28003 Madrid

The largest national chain of Sports, Health and Wellness Centers in Spain

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Eurobuilding

Country	City
Spain	Madrid

Address: Hotel NH Collection Madrid Eurobuilding, Planta Superior Hotel NH Collection Eurobuilding, 28036, C. del Padre Damián, 23, 28036 Madrid

The largest national chain of Sports, Health and Wellness Centers in Spain

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Isozaki

Country	City
Spain	Vizcaya

Address: Paseo Uribitarte, 4, Ext, 48001 Bilbao, Vizcaya

The largest national chain of Sports, Health and Wellness Centers

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Begoña

Country	City
Spain	Vizcaya

Address: Masustegi Kalea, 25, 48006 Bilbao, Vizcaya

The largest national chain of Sports, Health and Wellness Centers

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Romareda

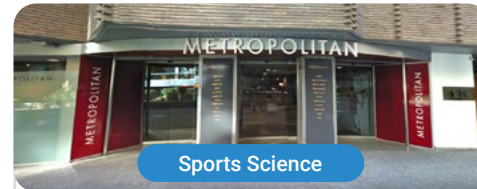
Country	City
Spain	Zaragoza

Address: C/ de Gonzalo Calamita, s/n, 50009 Zaragoza

The largest national chain of Sports, Health and Wellness Centers

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Paraíso

Country	City
Spain	Zaragoza

Address: Residencial Paraíso, 10, 50008 Zaragoza

The largest national chain of Sports, Health and Wellness Centers

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Sevilla

Country	City
Spain	Seville

Address: Av. Eduardo Dato, 49, 41018 Sevilla

The largest national chain of Sports, Health and Wellness Centers

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan Gijón

Country	City
Spain	Asturias

Address: Estadio El Molinón Enrique Castro - Quini, Puerta 8, 33201 Gijón, Asturias

The largest national chain of Sports, Health and Wellness Centers

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor





Sports Science

### Club Metropolitan Vigo

Country: Spain City: Pontevedra

Address: Rúa Cánovas del Castillo, 1, 36202 Vigo, Pontevedra

The largest national chain of Sports, Health and Wellness Centers

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Club Metropolitan La Solana

Country: Spain City: La Coruña

Address: P.º Marítimo Alcalde Francisco Vázquez, 21, 15001 A Coruña

The largest national chain of Sports, Health and Wellness Centers

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### MoveBon

Country: Spain City: Madrid

Address: Calle de García de Paredes, 42, 28010 Madrid

MoveBon, a center specialized in small group trainings, outdoor or online sessions

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

### Entrenamiento Personal Madrid

Country: Spain City: Madrid

Address: Calle de Puenteareas, 13, 28002 Madrid

Personal Training Madrid, specializing in fitness in physical conditioning and re-adaptation

**Related internship programs:**

- Therapeutic Personal Training



Sports Science

### Premium global health care Madrid

Country: Spain City: Madrid

Address: C. de Víctor de la Serna, 4, 28016 Madrid

Rehabilitation, re-adaptation and personal training: these are the pillars of the Physiotherapy clinic in Chamartín

**Related internship programs:**

- MBA in Digital Marketing
- Project Management



Sports Science

### Premium global health care Fuenlabrada

Country: Spain City: Madrid

Address: Paseo de Roma, 1, 28943 Fuenlabrada, Madrid

Rehabilitation, re-adaptation and personal training: these are the pillars of the Physiotherapy clinic in Fuenlabrada

**Related internship programs:**

- MBA in Digital Marketing
- Project Management



Sports Science

### Premium global health care Pozuelo

Country: Spain City: Madrid

Address: Centro Comercial Monteclaro, Local 59.4, s/n, Av. de Monteclaro, d, 28223 Pozuelo de Alarcón, Madrid

Rehabilitation, re-adaptation and personal training: these are the pillars of the Physiotherapy clinic in Pozuelo

**Related internship programs:**

- MBA in Digital Marketing
- Project Management



Sports Science

### Fitness 4 All

Country: Spain City: Madrid

Address: C. de Virgen de Lluç, 104, 28027 Madrid

For the people who come, it is a different experience, a new concept of gym

**Related internship programs:**

- Therapeutic Personal Training
- Fitness Instructor

# 06

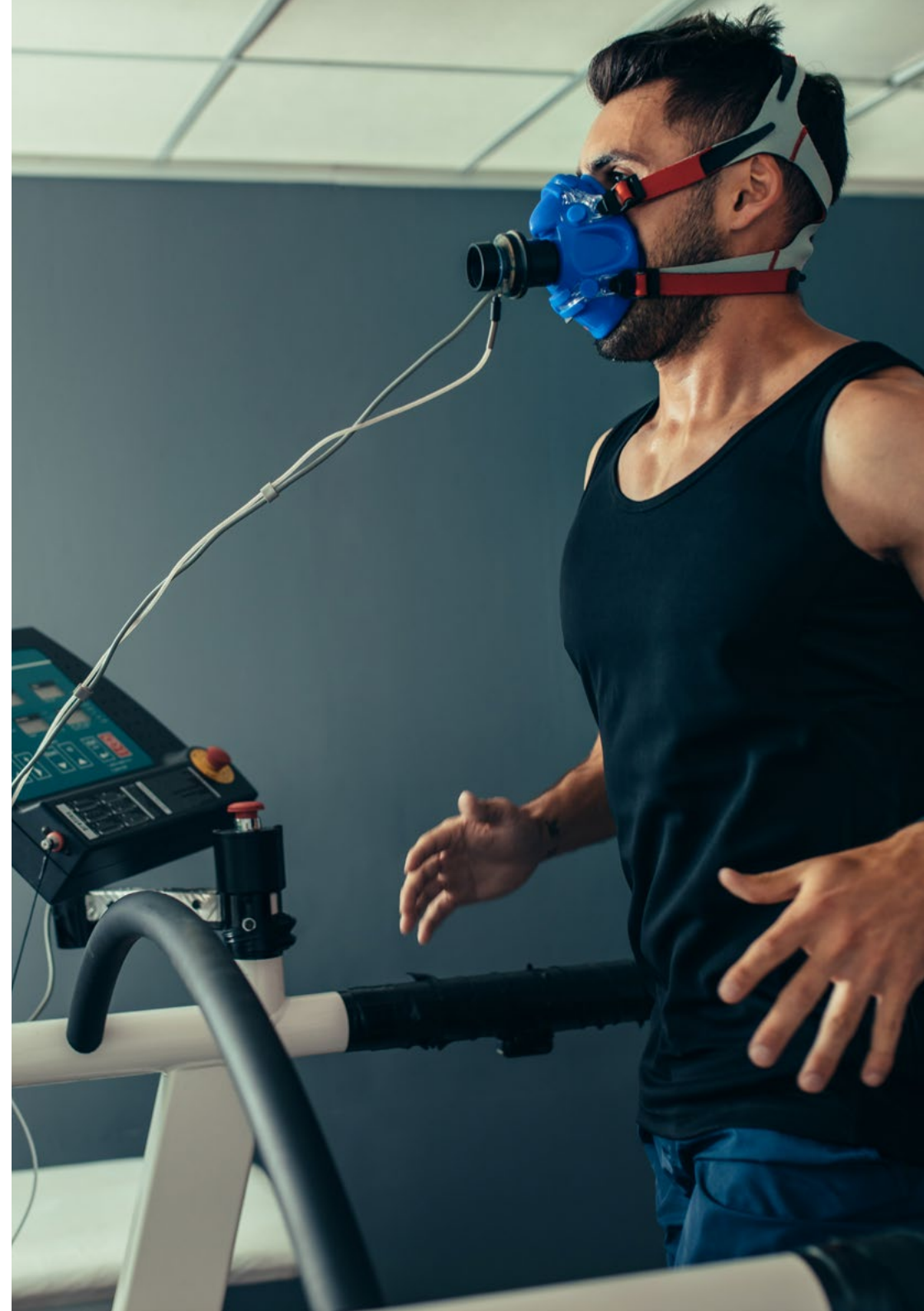
## General Conditions

### 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 practical training 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 with 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 with 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. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present 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 **Internship Program in Therapeutic Personal Training** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery\*.

The certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Therapeutic Personal Training**

Duration: **3 weeks**

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

Total Hours: **120 h. of professional practice**

**Endorsed by the NBA**



**tech**

Internship Program  
Therapeutic Personal  
Training

# Internship Program Therapeutic Personal Training

Endorsed by the NBA



tech