

# Postgraduate Certificate Cycling Modalities

Endorsed by the NBA





## Postgraduate Certificate Cycling Modalities

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

Website: [www.techtute.com/pk/sports-science/postgraduate-certificate/cycling-modalities](http://www.techtute.com/pk/sports-science/postgraduate-certificate/cycling-modalities)

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# 01

# Introduction

The high professionalization of Cycling has resulted in a wide range of modalities where the athlete can carry out their activity. These are very diverse disciplines, with various characteristics depending on the format of the competition or the type of bicycle, so mastering the specificities of each one is of great interest to the cyclist. That is why TECH has prepared a specialization of guarantees in which the sports professional has the opportunity to delve into all the modalities regulated by the International Cycling Union. At the same time, the students will analyze in detail the different regulations of each one, always from home and with advanced academic materials at their disposal.







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*The perfect program to master  
the characteristics of the different  
modalities regulated by the UCI”*

The International Cycling Union (UCI) has traditionally been in charge of governing Cycling worldwide. Under its tutelage, more than 200 national federations are represented and, above all, 10 different cycling disciplines are managed and regulated. Such is their relevance that 5 of them are part of the Olympic Games programme, 4 are included in the Youth Olympic Games and 2 in the Paralympic Games.

But each of these modalities has its own specificities, and if the sports professional wishes to be a versatile cyclist, he must specialize in different particular characteristics. Fortunately, this can be done hand in hand with TECH through a program that focuses on the wide range of competitions regulated by the UCI.

In fact, it will be an academic experience of great value for the athlete, since it will not only focus on sports particularities, but will also examine the different regulations and determine the performance limitations in each of the disciplines.

Undoubtedly, a very necessary specialization to promote the student's sports activity in this area. In addition, the Postgraduate Certificate is highly compatible with the work on the athlete's bicycle, since its online nature means that you do not have to make transfers to face-to-face centers, with the consequent saving of time that it entails. Likewise, you will be advised at all times by a teaching team that has positioned itself as a solid reference in this matter.

This **Postgraduate Certificate in Cycling Modalities** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of practical cases presented by experts in Cycling Modalities
- The graphic, schematic and eminently practical contents with which it is conceived collect sports and practical information on those disciplines that are essential for professional practice
- Practical exercises where self-assessment can be used to improve learning.
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions for 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



*You will analyze the regulations of each of the modalities in which the cyclist can display his full potential"*

“

*With this Postgraduate Certificate you will examine modalities that have been emerging, such as artistic Cycling or the e-Bike”*

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

Its 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 an immersive education designed to learn 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 student will be assisted by an innovative interactive video system created by renowned experts.

*A highly valuable specialization that will provide you with all the necessary tools to practice gravel cycling.*

*Do not miss the opportunity to establish the best strategies to face the cycling events.*



# 02 Objectives

The curriculum of this Postgraduate Certificate revolves around a series of objectives that seek for the professional cyclist to specialize in the different Modalities of Cycling, establishing their sporting and regulatory characteristics. In addition, the program also focuses on the student being able to determine the performance limitations of each of the disciplines. Thus, the program is postulated as a powerful tool available to the athlete to approach these competitions with greater guarantees.





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*Achieve the objectives of the title  
to determine the performance  
limitations of each cycling discipline”*



## General Objectives

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- ♦ Understand the performance factors of sport and, therefore, learn to assess the specific needs of each athlete
- ♦ Being able to plan, periodize and develop training programs for cyclists; in short, train students to practice the profession of coach
- ♦ Acquire specific knowledge related to the biomechanics of cycling
- ♦ Understand the operation of the new applications used in the quantification of loads and training prescription
- ♦ Understand the benefits of strength training and be able to apply them to concurrent training
- ♦ Acquire a specialization in cycling-oriented nutrition
- ♦ Understand the functioning of the cycling structures, as well as the modalities and categories of the competitions





## Specific Objectives

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- ◆ Learn about the different Modalities of Cycling and what are their characteristics, their idiosyncrasies and their performance limitations

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*In just 150 hours, you will obtain a comprehensive specialization that will drive you to achieve your sporting goals in the different modalities of the UCI”*



03

# Course Management

In this program, a renowned group of experts with a vast professional background in Cycling will become one of the greatest guarantees of the student's acquisition of skills. In this case, TECH has opted for a teaching team made up of high-level ex-cyclists, sports directors and performance managers of national teams in this sport. Certainly a powerful poster that ensures that even the highest expectations of the student will be met.







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*The teaching team of this program has no comparison: high-level ex-cyclists, academic directors and important positions in national teams will accompany you on your academic path”*

## Management



### Dr. Sola, Javier

- ♦ CEO of Training4ll
- ♦ WT UAE team coach
- ♦ Head of Performance Massi Tactic UCI Womens Team
- ♦ Specialist in the biomechanical area of Jumbo Visma UCI WT
- ♦ WKO adviser to World Tour cycling teams
- ♦ Trainer at Coaches4coaches
- ♦ Associate Professor at Loyola University
- ♦ Bachelor of Science in Physical Activity and Sport from the University of Seville
- ♦ Postgraduate in High Performance of Cyclic Sports from the University of Murcia
- ♦ Sports Director Level III
- ♦ Numerous Olympic medals and medals at European Championships, World Cups and National Championships

## Professors

### Dr. Artetxe Gezuraga, Xabier

- ♦ Head of Performance of the WT Ineos Grenadier team
- ♦ Professor and director of events of the company Fundación Ciclista Euskadi
- ♦ Coach of the WT Movistar, SKY and Ineos Grenadier team
- ♦ Sports director and coach of Seguros Bilbao, Caja Rural, Euskaltel Development Team
- ♦ Coach of winners of Grand Tours, World Championships, Olympic medals and national championships
- ♦ Trainer at Coaches4coaches
- ♦ High Performance Master in Biomedicine
- ♦ Certificate World Tour Level Sports Director (UCI Sports Director)
- ♦ Sports Director Level III

### D. Celdrán, Raúl

- ♦ CEO of Natur Training System
- ♦ Burgos BH ProConti Team Nutrition Manager
- ♦ Performance Manager of the professional MTB Klimatiza Team
- ♦ Trainer at Coaches4coaches
- ♦ Degree in Pharmacy from the University of Alcalá
- ♦ Master in Nutrition, Obesity and High Performance in Cyclic Sports from the University of Navarra

### Dr. Moreno Morillo, Aner

- ♦ Performance Manager of the Kuwait National Cycling Team
- ♦ Assistant of the Euskaltel-Euskadi ProConti Team
- ♦ Graduated in Physical Activity and Sports Sciences from the Isabel I University
- ♦ Master's degree in CAFD research from the European University
- ♦ Master in High Performance of Cyclic Sports from the University of Murcia
- ♦ Sports Director National Level III

### Dr. Arguedas Lozano, Chema

- ♦ CEO of Plan your Pedalades
- ♦ Training and nutrition expert at Enduro Cycling
- ♦ Trainer, physical trainer and expert in sports nutrition
- ♦ Professor of Sports Nutrition at the University of Leioa
- ♦ Author of titles related to cycling: Plan your pedal strokes, Feed your pedal strokes, Plan your BTT pedal strokes and Power your pedal strokes

# 04

## Structure and Content

When designing the study plan for its programs, TECH takes special account of the fact that they incorporate the most up-to-date knowledge on the area they cover. Of course, the university has done the same with this Postgraduate Certificate, for which the teaching team has closely supervised the contents so that they contain all the key concepts that will be useful to the students. In addition, students will have access to an extensive catalog of virtual resources presented in dynamic multimedia modalities, such as videos, interactive summaries and master classes.





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*Track, road, cyclocross, touring, etc. This study plan has thought of each and every one of the modalities of interest to the cyclist”*

## Module 1. Cycling Modalities

- 1.1. Tracks
  - 1.1.1. Definition
  - 1.1.2. Track Tests
  - 1.1.3. Competition Demands
- 1.2. Highway
  - 1.2.1. Definition
  - 1.2.2. Modalities and Categories
  - 1.2.3. Competitive Demands
- 1.3. CX (cyclocross)
  - 1.3.1. Definition
  - 1.3.2. Competition Demands
  - 1.3.3. CX Techniques
- 1.4. Time Trial
  - 1.4.1. Definition
  - 1.4.2. Individual Therapy
  - 1.4.3. Equipment
  - 1.4.4. Preparing a Time Trial
- 1.5. MTB (Mountain Bike) / BTT (All Terrain Bicycle)
  - 1.5.1. Definition
  - 1.5.2. MTB Tests
  - 1.5.3. Competition Demands
- 1.6. Gravel
  - 1.6.1. Definition
  - 1.6.2. Competition Demands
  - 1.6.3. Specific Materials
- 1.7. BMX
  - 1.7.1. Definition
  - 1.7.2. BMX Tests
  - 1.7.3. BMX Demands







- 1.8. Adapted Cyclism
  - 1.8.1. Definition
  - 1.8.2. Eligibility Criteria
  - 1.8.3. Competition Demands
- 1.9. New Modalities Regulated by the UCI
  - 1.9.1. E-Bike
  - 1.9.2. E-Sports
  - 1.9.3. Artistic Cycling
- 1.10. Cycle Tourism
  - 1.10.1. Definition
  - 1.10.2. Bicycle Tourism Demands
  - 1.10.3. Strategies for Coping with Trials

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*With this syllabus you will also delve into Cycling adapted from your Tablet or PC, analyzing the eligibility criteria of the athlete”*

# 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.







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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"*

### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

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*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.





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.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



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.



### 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 future difficult decisions.



### Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



### 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.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### 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".



#### 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.



# 06 Certificate

The Postgraduate Certificate in Cycling Modalities 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 Cycling Modalities** 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 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 Cycling Modalities**

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  
development language  
virtual classroom



## Postgraduate Certificate Cycling Modalities

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

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**tech** technological  
university