

# Postgraduate Certificate Electrostimulation for Muscle Strengthening in Physical Activity and Sport

Endorsed by the NBA



**tech** technological  
university





## Postgraduate Certificate

### Electrostimulation for Muscle Strengthening In Physical Activity and Sport

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

Website: [www.techtitute.com/in/sports-science/postgraduate-certificate/electrostimulation-muscle-strengthening-physical-activity-sport](http://www.techtitute.com/in/sports-science/postgraduate-certificate/electrostimulation-muscle-strengthening-physical-activity-sport)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

When an athlete suffers an injury, it is likely that they will have to resort to electrostimulation techniques to achieve a strengthening of their muscles that will allow them to return to their usual practice. Therefore, having a high level of knowledge in this field will allow professionals working in the rehabilitation of athletes to obtain favorable results in a short period of time. If you want to increase your specialization in this area, do not hesitate and study with us.







“

*Learn about the particularities of electrostimulation so that you will be able to apply it with injured athletes and improve their level of recovery"*

In recent years, the number of research studies related to electrotherapy and the different techniques in this field has grown. These include percutaneous analgesic techniques in which needles are used as electrodes as well as transcranial stimulation, either of an electrical nature or by using magnetic fields. Based on latter application, the field of action of electrotherapy has been widened and can thereby be applied to various types of patients, ranging from subjects with chronic pain to neurological patients. This training focuses on physical activity and sport, taking into account the application of these techniques in injured athletes.

In this particular case, we focus on specific training on electrostimulation for muscle strengthening, showing our students the most complete information on the market, since this is one of the fields in which the application of this technique can achieve great benefits. Sometimes, the injured athlete must resort to these techniques to improve his level of recovery and be able to return to his usual practice in a short period of time.

One of the main advantages of this program is that, since it is 100% online, it is the student who decides where and when to study. Without having to face any kind of limitation, either in terms of time or travel to a physical location. All this, with the intention of facilitating to the maximum the possibility of study for professionals who must combine their training with the rest of their daily obligations.

This **Postgraduate Certificate in Electrostimulation for Muscle Strengthening in Physical Activity and Sport** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in electrotherapy
- ♦ The graphic, schematic, and practical contents of which they are composed provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ News on the role of the sports science professional in the application of electrotherapy
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student
- ♦ Its special emphasis on research methodologies on electrotherapy applied to sports sciences
- ♦ 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 course and improve your skills as a sports professional"*

“

*This Course is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in electrotherapy, you will obtain a certificate from the leading online university in Spanish: TECH”*

The teaching staff includes professionals from the field of sports science, who bring their experience to this training 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 education programmed 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 professional will be assisted by an innovative interactive video system created by renowned and experienced experts in electrostimulation for muscle strengthening.

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

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



# 02 Objectives

The Postgraduate Certificate in Electrostimulation for Muscle Strengthening in Physical Activity and Sport is designed to help the sports science professional in his daily practice in situations where the application of electrotherapy is necessary.







“

*This program is designed for you to update your knowledge in electrotherapy, with the use of the latest educational technology, to contribute with quality and safety to decision making in this new field"*



## General Objectives

---

- Update the knowledge of sports science professionals in the field of electrotherapy
- Promote work strategies based on a comprehensive approach to the patient as a standard model for achieving excellent care
- Encourage the acquisition of technical skills and abilities, through a powerful audio-visual system, and the possibility of development through online simulation workshops and/or specific training
- Encourage professional stimulus through continuing education and research





### Specific Objective

---

- ◆ Update your knowledge of nociceptive transmission, as well as its modulation mechanisms by physical means



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



03

# Course Management

Our team of teachers, experts in electrotherapy, has 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.





“

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

## Management



### Dr. León Hernández, Jose Vicente

- Doctorate in Physiotherapy from the Rey Juan Carlos University
- Degree in Chemical Sciences from the Complutense University of Madrid, specializing in Biochemistry
- Postgraduate Certificate in Physiotherapy from the Alfonso X el Sabio University
- Master's Degree in the Study and Treatment of Pain from the Rey Juan Carlos University



## Professors

### Mr. Suso Martí, Luis.

- ◆ Physiotherapy Degree
- ◆ Master's Degree in "Advanced Physiotherapy in Pain Management"
- ◆ Doctoral candidate

### Mr. Cuenca Martínez, Ferrán.

- ◆ Physiotherapy Degree
- ◆ Master's Degree in "Advanced Physiotherapy in Pain Management"
- ◆ Doctoral candidate

### Mr. Gurdíel Álvarez, Francisco.

- ◆ Physiotherapy Degree
- ◆ Expert in Orthopedic Manual Therapy and Myofascial Pain Syndrome
- ◆ Professional Master's Degree in Advanced Physiotherapy in Musculoskeletal Pain Management

### Ms. Merayo Fernández, Lucía.

- ◆ Degree in Physiotherapy
- ◆ Professional Master's Degree in Advanced Physiotherapy in Musculoskeletal Pain Management

### Ms. Losana Ferrer, Alejandro.

- ◆ Physiotherapist
- ◆ Professional Master's Degree in Advanced Physiotherapy in Musculoskeletal Pain Management
- ◆ Expert in Neuro-Orthopedic Manual Therapy
- ◆ University Advanced Training in Therapeutic Exercise and Invasive Physiotherapy for Musculoskeletal Pain

# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best centers and universities in the country, aware of the relevance of current training to be able to intervene in situations that require the use of electrotherapy, and committed to quality teaching through new educational technologies.







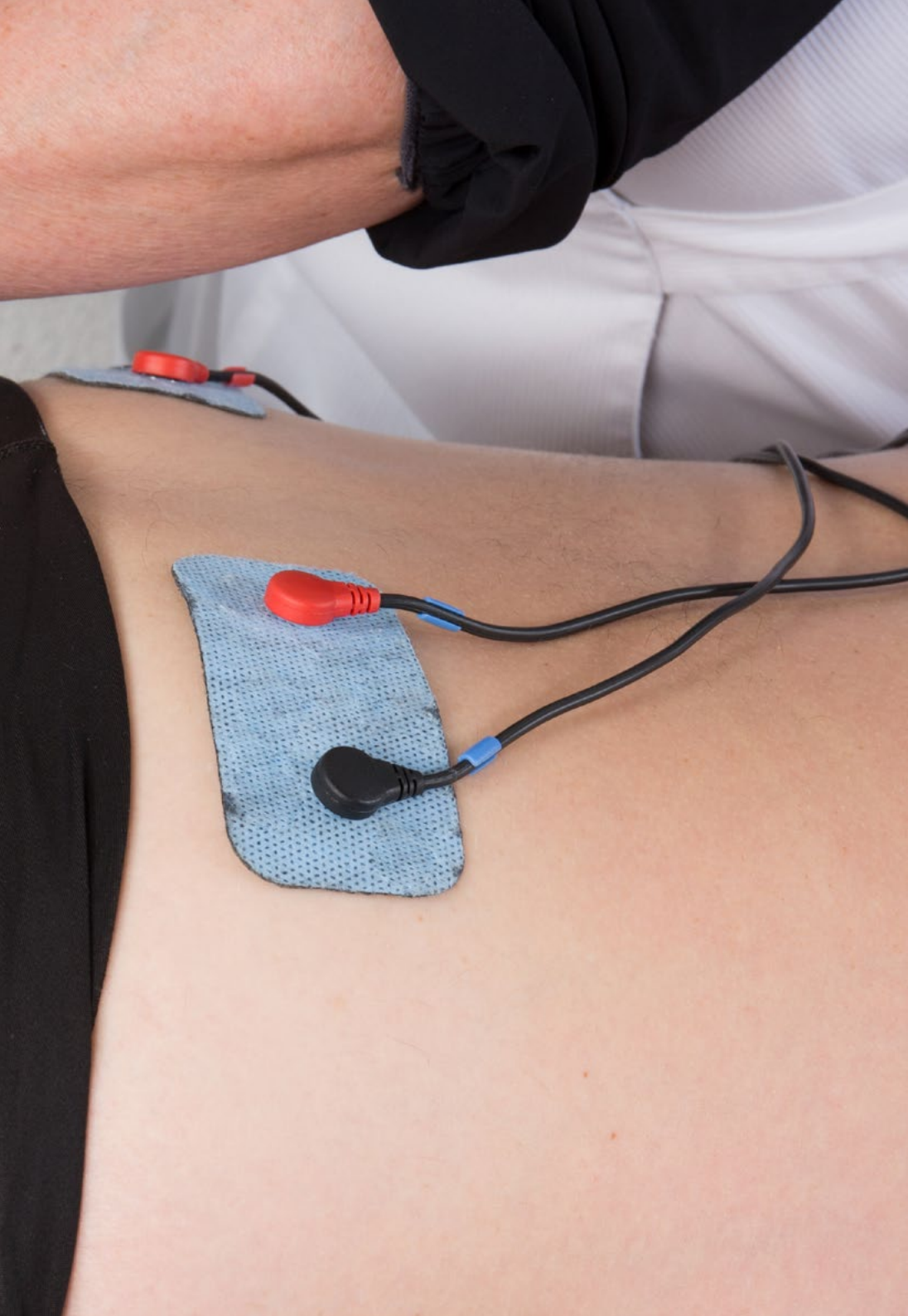
“

*We have the most complete and up-to-date academic program in the market. We want to put at your disposal the best training”*

## Module 1. Electrostimulation for Muscle Strengthening

- 1.1. Principles of Muscle Contraction
  - 1.1.1. Introduction to Muscle Contraction
  - 1.1.2. Types of Muscles
  - 1.1.3. Muscle Characteristics
  - 1.1.4. Muscle Functions
  - 1.1.5. Neuromuscular Electrostimulation
- 1.2. Sarcomere Structure
  - 1.2.1. Introduction
  - 1.2.2. Sarcomere Functions
  - 1.2.3. Sarcomere Structure
  - 1.2.4. Sliding Filament Theory
- 1.3. Motor Plate Structure.
  - 1.3.1. Motor Unit Concept
  - 1.3.2. Concept of Neuromuscular Junction and Motor Plate
  - 1.3.3. Structure of the Neuromuscular Junction
  - 1.3.4. Neuromuscular Transmission and Muscle Contraction
- 1.4. Type of Muscle Contraction
  - 1.4.1. Concept of Muscle Contraction
  - 1.4.2. Types of Contraction
  - 1.4.3. Isotonic Muscle Contraction
  - 1.4.4. Isometric Muscle Contraction
  - 1.4.5. Relationship between Strength and Endurance in Contractions
  - 1.4.6. Auxotonic and Isokinetic Contractions
- 1.5. Types of Muscle Fibers
  - 1.5.1. Types of Muscle Fibers
  - 1.5.2. Slow-Twitch Fibers or Type I Fibers
  - 1.5.3. Fast-Twitch Fibers or Type II Fibers
- 1.6. Main Neuromuscular Injuries
  - 1.6.1. Neuromuscular Disease Concept
  - 1.6.2. Etiology of Neuromuscular Diseases
  - 1.6.3. Neuromuscular Junction Injury and NMD
  - 1.6.4. Major Neuromuscular Injuries or Diseases





- 1.7. Principles of Electromyography
  - 1.7.1. Electromyography Concept
  - 1.7.2. Development of Electromyography
  - 1.7.3. Electromyographic Study Protocol
  - 1.7.4. Electromyography Methods
- 1.8. Main Excitomotor Currents. Neo-Faradic Currents
  - 1.8.1. Definition of Excitomotor Current and Main Types of Excitomotor Currents
  - 1.8.2. Factors Influencing the Neuromuscular Response
  - 1.8.3. Excitomotor Currents Most Commonly Used Neo-Faradic Currents
- 1.9. Excitomotor Interferential Currents. Kotz Currents
  - 1.9.1. Kotz Currents or Russian Currents
  - 1.9.2. Most Relevant Parameters in Kotz Currents
  - 1.9.3. Strengthening Protocol Described with Russian Current
  - 1.9.4. Differences between Low Frequency and Medium Frequency Electrostimulation
- 1.10. Electrostimulation Applications in Uro-Gynecologic
  - 1.10.1. Electrostimulation and Urogynecology
  - 1.10.2. Types of Electrostimulation in Urogynecology
  - 1.10.3. Placement of Electrodes
  - 1.10.4. Mechanism of Action
- 1.11. Practical Applications
  - 1.11.1. Recommendations for the Application of Excitomotor currents
  - 1.11.2. Techniques of Application of Excitomorphic Currents
  - 1.11.3. Examples of Work Protocols Described in Scientific Literature
- 1.12. Contraindications
  - 1.12.1. Contraindications for the Use of Electrostimulation for Muscle Strengthening
  - 1.12.2. Recommendations for Safe Electrostimulation Practice



# 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"*

### 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.

“

*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.



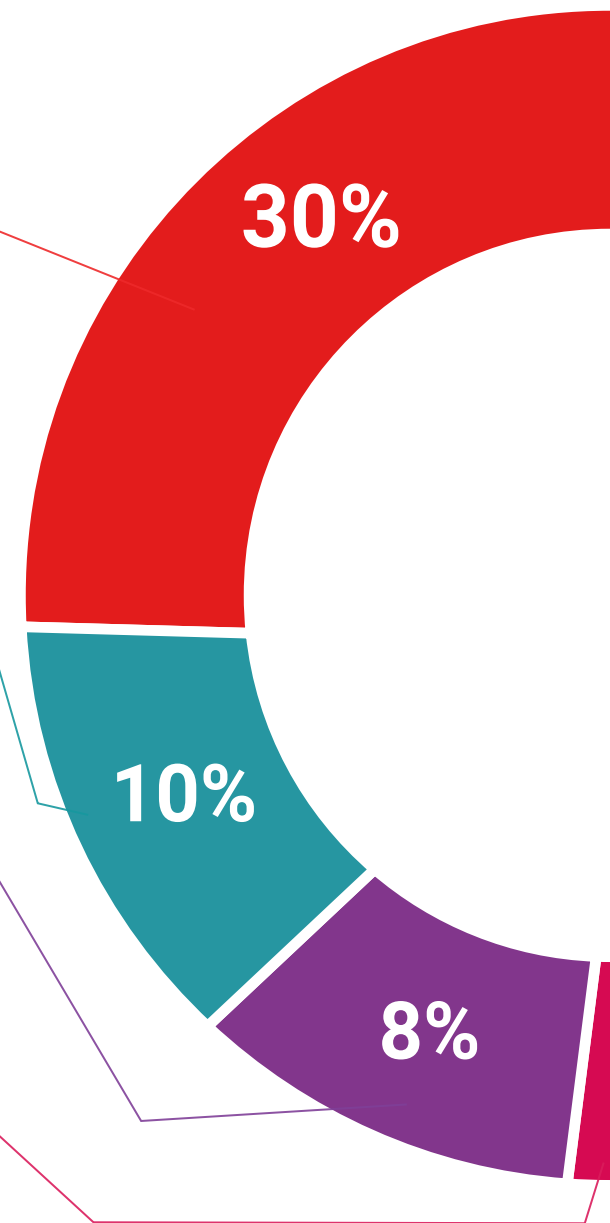
#### Practising Skills and Abilities

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.

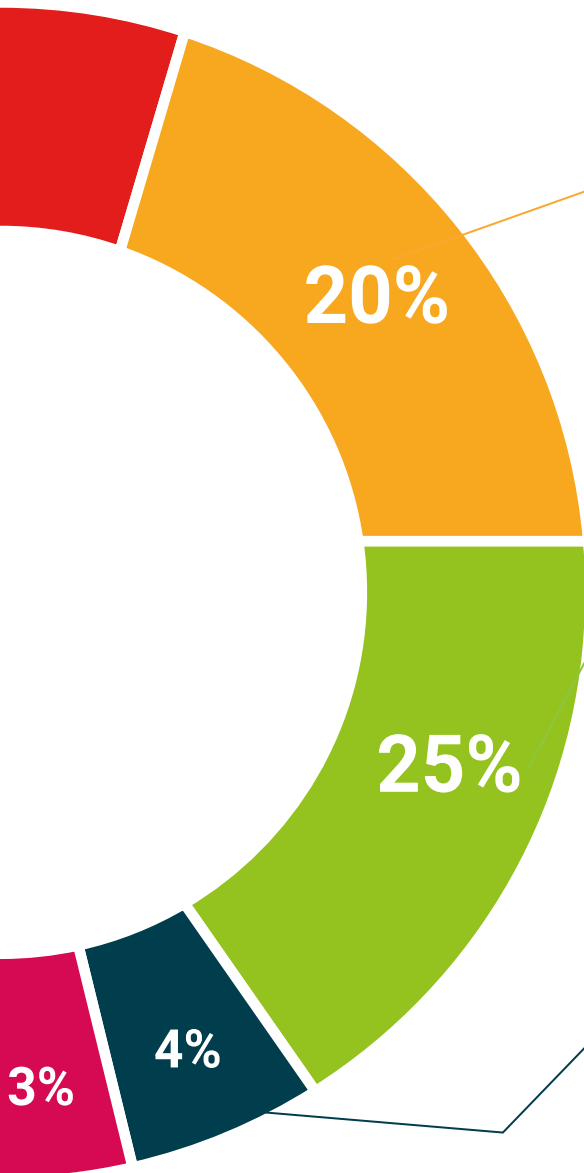


#### Additional Reading

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 Electrostimulation for Muscle Strengthening in Physical Activity and Sport guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*



This **Postgraduate Certificate in Electrostimulation for Muscle Strengthening in Physical Activity and Sport** contains the most complete and up-to-date scientific 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 Electrostimulation for Muscle Strengthening in Physical Activity and Sport**

Official Nº of Hours: **125 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

**tech** technological  
university

personalized service innovation

knowledge present  
online training

development languages

virtual classroom

## Postgraduate Certificate

Electrostimulation for  
Muscle Strengthening In  
Physical Activity and Sport

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

# Postgraduate Certificate Electrostimulation for Muscle Strengthening in Physical Activity and Sport

Endorsed by the NBA

