

# Postgraduate Certificate

## Fundamentals of Formation Training

Endorsed by the NBA





## Postgraduate Certificate Fundamentals of Formation Training

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

Website: [www.techtute.com/in/sports-science/postgraduate-certificate/fundamentals-formation-training](http://www.techtute.com/in/sports-science/postgraduate-certificate/fundamentals-formation-training)

# 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

Beyond the natural talent that players may present, their success lies in a constant work that starts in the initial stages marked by the technical-tactical learning. This is a crucial moment in the physical and psychological development that will lay the foundations towards the elite. In this sense, the role of the coach, who must have a deep knowledge of the methodologies to promote the different capabilities and physical qualities, is of vital importance. For this reason, TECH has created this 100% online program aimed at providing future handball coaches with a solid foundation on the fundamentals of training in the lower categories. A program taught by professionals with a brilliant career in this sport, who have developed an advanced syllabus and multimedia teaching materials.





“

*Professionals from the elite of Handball will give you the essential knowledge to progress in your training in formative categories"*

The career of the athletes can be long until they reach their goal of reaching the elite level. There is a certain similarity in the trajectory of the coach, who undoubtedly needs to direct the first stages of training, a step prior to High Performance.

In this process it is essential that the Handball coach has a deep knowledge of the Fundamentals of Coaching, in order to adequately develop their players. For this reason, this Postgraduate Certificate is exclusively online and taught by an excellent teaching team distinguished in this sport.

A program of 150 teaching hours that begins an academic journey through the most basic individual and collective aspects in sports training at an early age, to later make an incursion into the technique and tactics that every athlete must master in this discipline. In addition, thanks to the pedagogical tools will delve into the design of recreational activities and the different existing modalities of this sport.

All this, without having to dedicate long hours of study and memorization thanks to the Relearningmethod, used by this academic institution. The continuous reiteration of the most important contents throughout the 6 weeks of duration, allows them to be consolidated in a simpler way.

Undoubtedly, an exceptional opportunity to study a quality university education from the best and that also offers flexibility in accessing the syllabus. Students only need a digital device with an Internet connection to view this program at any time. An ideal academic option to combine with the most demanding professional and/or personal activities.

This **Postgraduate Certificate in Fundamentals of Formation Training** 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 Handball and Sports Sciences
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the 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 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



*Increase your professional skills as a coach with this qualification that will allow you to understand the teaching-learning process of Handball"*

“

*Enroll in a 100% online Postgraduate Certificate that provides you with a theoretical and practical approach to the Fundamentals of Formation Training"*

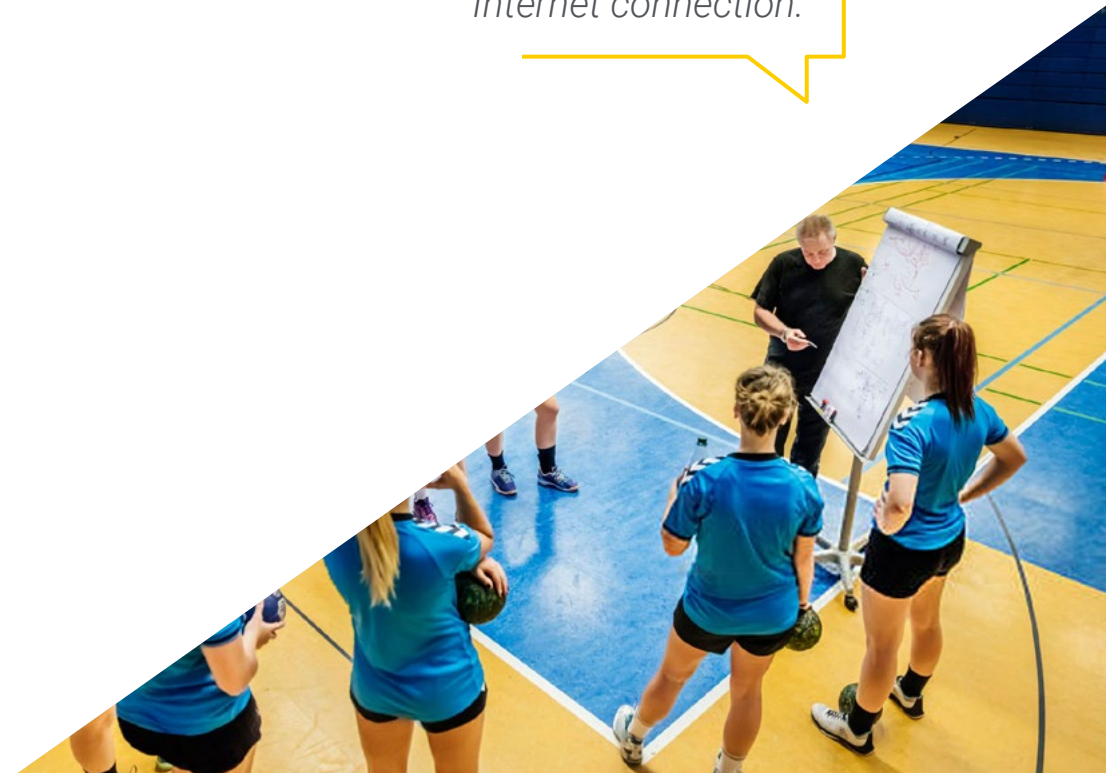
The program includes in its teaching staff professionals of the sector who pour into this training the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

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 during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Thanks to the Relearning system of this program, you will be able to easily consolidate key concepts and reduce the hours of study.*

*You can study the systems of attack, defense and transition from the comfort of your cell phone with an Internet connection.*

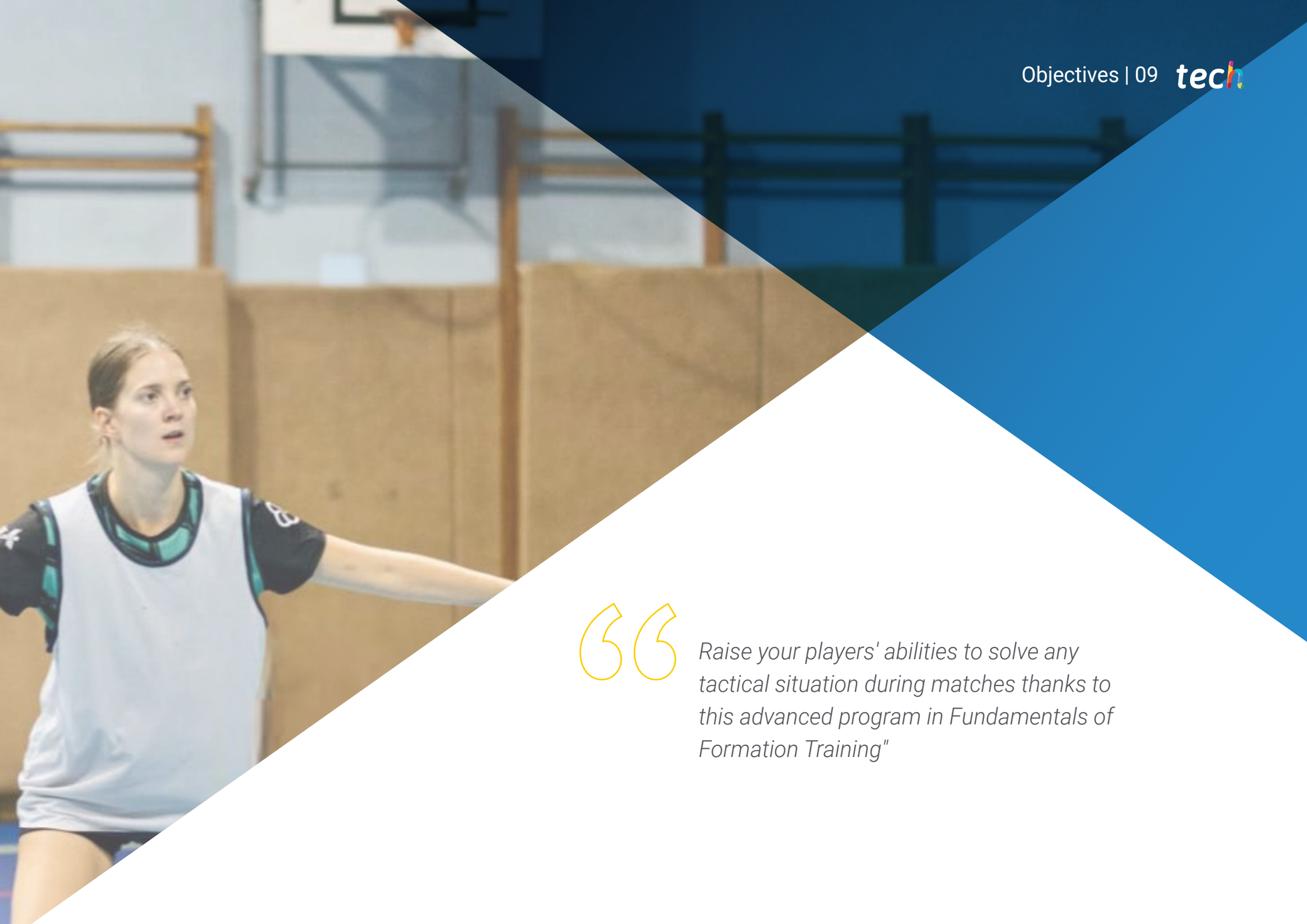


# 02 Objectives

The purpose of this Postgraduate Certificate is to provide future handball team coaches with the knowledge and tools necessary to design training sessions in grassroots categories. The importance of these first steps in the development of the player is evident in a syllabus that includes case studies, which will facilitate the practical approach and the integration of the various methodologies in the day to day of the coach.







“

*Raise your players' abilities to solve any tactical situation during matches thanks to this advanced program in Fundamentals of Formation Training”*



## General Objectives

---

- ♦ Master the design and control of training at different stages
- ♦ Improve the performance of athletes
- ♦ Interpret the analysis of data obtained through new technologies
- ♦ Incorporate the nutritional planning of the athlete according to their characteristics and playing position
- ♦ Know the evolution of the handball game and tactics up to nowadays
- ♦ Analyze the multiple factors involved in the training process and in high performance players





## Specific Objectives

---

- ♦ Establish a categorization of the individual and collective technical-tactical elements according to the stage of development of the players
- ♦ Learn about the different aspects that can be modified in the tasks to create adherence to handball practice
- ♦ Train trainers in the design of sessions for the improvement of motor control according to the development of the players
- ♦ Highlight the general characteristics that a handball player must have
- ♦ Provide theoretical and practical knowledge to both coaches and players for the understanding of the most common situations in handball



*Thanks to this Postgraduate Certificate you will be able to design sessions that lead to an improvement of the motor control according to the player's characteristics"*

# 03

## Course Management

TECH has brought together in this university program, renowned high-level athletes with an excellent sporting and academic career in the field of Physical Activity and Biomedicine. Their excellent knowledge of Handball gives students the guarantee of being able to study a program developed by real experts, who, in addition, will resolve any questions you may have about its content. A unique opportunity that only this avant-garde academic institution offers.

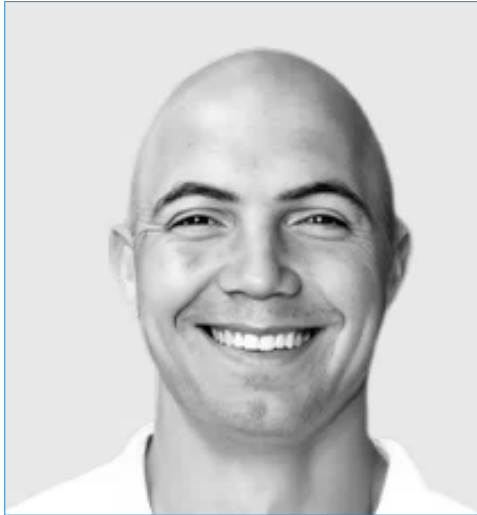




“

*Outstanding professionals of the Handball elite will be responsible for you to acquire an effective and useful learning for your trainings”*

## Management



### Dr. Lozano, Demetrio

- ♦ Former professional handball player
- ♦ Professor at the National School of Handball Coaches of the Royal Spanish Handball Federation
- ♦ PhD in Physical Activity and Sport Sciences from the University of Lleida
- ♦ Degree in Physical Activity and Sport Sciences from the University of Barcelona
- ♦ Professional Master's Degree in High Performance by the University of Barcelona
- ♦ World Handball Champion with the Spanish National Team in the 2005 World Cup in Tunisia
- ♦ Triple Olympic Handball Medalist at Atlanta 1996, Sydney 2000 and Beijing 2008

## Professors

### Dr. Rodríguez, Ángela

- ♦ Researcher at the University of Granada
- ♦ National handball coach for the Royal Spanish Handball Federation
- ♦ Former handball player in Honor Division
- ♦ PhD in Biomedicine
- ♦ Degree in Sports Science



# 04

## Structure and Content

The syllabus of this Postgraduate Certificate brings together in 150 teaching hours the most advanced and rigorous knowledge on the Fundamentals of Formation Training. The relevance of the initial stages in the world of Handball is reflected in this syllabus that leads the graduate to deepen in the technical-tactical elements of the game, the sessions to work specific defensive and offensive positions, as well as the design of tasks. All complemented with didactic resources enriched through the latest technology applied to university teaching.







“

*If you have a digital device with an Internet connection you can access at any time of the day to the advanced syllabus of this Postgraduate Certificate”*

## Module 1. Fundamentals of training in formation

- 1.1. Characteristics of the Stage
  - 1.1.1. Educational Models
  - 1.1.2. Perceptual-motor Skills of the Different Stages
  - 1.1.3. Physical Capacities of the Different Stages
- 1.2. Defensive Technical-tactical
  - 1.2.1. Types of Defense
  - 1.2.2. Preventive Tactical Means
  - 1.2.3. Reactive Tactical Means
- 1.3. Offensive Technical-tactical
  - 1.3.1. Technical-tactical Elements in the Control, Linking and Finishing Phase
  - 1.3.2. Individual Technical-tactical Means
  - 1.3.3. Collective Technical-tactical Means
- 1.4. Technical-tactical Transition Phase
  - 1.4.1. Offensive Phase
  - 1.4.2. Defensive Phase
  - 1.4.3. Key Points
- 1.5. Training of Specific Defensive Positions
  - 1.5.1. General Considerations
  - 1.5.2. Specific Front Line Positions
  - 1.5.3. Specific Posts of the Second Line
- 1.6. Training of Specific Offensive Positions
  - 1.6.1. General Considerations
  - 1.6.2. Specific Front Line Positions
  - 1.6.3. Specific Posts of the Second Line
- 1.7. Goalkeeper
  - 1.7.1. Offensive and Defensive Actions
  - 1.7.2. Technical Considerations
  - 1.7.3. Tactical Considerations



- 1.8. Game Systems
  - 1.8.1. Attacking Game Systems
  - 1.8.2. Defense Game Systems
  - 1.8.3. Transition Game Systems
- 1.9. Task Design
  - 1.9.1. Specific Symbology
  - 1.9.2. Creating Tasks and their Variants
  - 1.9.3. Practical Proposals
- 1.10. Sport-recreational Proposals in Handball
  - 1.10.1. Adapted Games
  - 1.10.2. Mediterranean Handball
  - 1.10.3. Street Handball

“*Incorporate into your handball training sessions, recreational activities that favor the learning process in basic categories*”



# 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 Fundamentals of Formation Training 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 Fundamentals of Formation Training** 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 Fundamentals of Formation Training**

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 presentation  
development languages  
virtual classroom



## Postgraduate Certificate

### Fundamentals of Formation Training

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

# Postgraduate Certificate Fundamentals of Formation Training

Endorsed by the NBA

