

# Postgraduate Certificate

## High Performance Training Methodology





## Postgraduate Certificate High Performance Training Methodology

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/sports-science/postgraduate-certificate/high-performance-training-methodology](http://www.techtute.com/us/sports-science/postgraduate-certificate/high-performance-training-methodology)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Structure and Content

---

*p. 12*

04

Methodology

---

*p. 16*

05

Certificate

---

*p. 24*

# 01

# Introduction

Preparation for a competition is essential to the achievement of any team's sporting success objectives. A process that requires an action protocol, a guide to strengthen the workforce, reduce weaknesses and analyze the rival, among other factors. But, undoubtedly, having the most efficient methodology is key to improve both individual and collective sports performance. For this reason, TECH has designed this Postgraduate Certificate that offers students intensive learning on the design of tasks, game systems and the organization of training sessions. All through a 100% online pedagogical format and a syllabus developed by professionals of this sport's elite, widely versed in the demands of high performance.





“

*A 100% online Postgraduate Certificate with access available 24 hours a day from your digital device with internet connection. Enroll now”*

In High Performance there is a greater dedication in terms of time, effort and resources in order to achieve improvement in the athletes' performance. An involvement that entails a deep knowledge not only of the sport discipline itself, but also of innovations in working methods.

In this sense, the professional who wishes to progress in the world of Handball must be aware of the improvement of Training Methodologies at the highest level. For this reason, TECH has designed this Postgraduate Certificate that offers 150 teaching hours of the most advanced and high quality information in the current academic scene.

It is a syllabus that has been prepared by professionals who have played in this sport's elite and also have an academic background in Physical Activity Sciences. Their deep mastery of the sport is evident in the content of this program. Therefore, the graduate will delve into the technical-tactical aspects applicable to the attack and defense systemic both in equality, in numerical disadvantage and advantage.

Likewise, through detailed videos, specialized readings and case studies, the graduate will be able to delve into task design or match preparation, which nowadays are much more dynamic, faster and visually more attractive to the fans.

Undoubtedly, an excellent opportunity for progression offered by this academic institution through flexible education. Students only need a digital device with Internet connection to view, at any time, the contents hosted on the virtual platform. This way, you will be able to reconcile daily activities with cutting-edge teaching.

This **Postgraduate Certificate in High Performance Training Methodology** 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 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



*Enroll now in an academic option that provides you with multimedia pills and case studies where you will be able to analyze the latest Handball Training Methodology"*

“

*Are you looking to incorporate the most successful technical-tactical strategies in special game situations? Do it thanks to this advanced Postgraduate Certificate"*

The program's teaching staff includes professionals from the 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 programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Perfect your team's defensive game system in both numerical advantage and disadvantage.*

*The Relearning system will allow you to acquire a much more effective learning process, reducing the long study hours.*



# 02 Objectives

Throughout this program, students will obtain the most advanced information to increase their competencies as handball coaches in just 6 weeks. A content that describes team management in competition in all its phases: pre-match, match and post-match. Furthermore, thanks to the proximity of the teaching staff, graduates will be able to resolve any doubts they may have about the content of this Postgraduate Certificate.







“

*You will be able to grow professionally in the world of Handball thanks to a Postgraduate Certificate that stands out for its excellent teaching staff and the variety of pedagogical resources"*



## General Objectives

---

- ♦ To master the design and control of training at different stages
- ♦ To improve the athletes' performance
- ♦ To interpret the data analysis obtained through new technologies
- ♦ To incorporate the athlete's nutritional planning according to their characteristics and playing position
- ♦ To know the game's evolution and handball tactics up to the present day
- ♦ To analyze the multiple factors that intervene in the training process and in high performance players



*Integrate through case studies the most successful planning for match preparation at the highest level"*





## Specific Objectives

---

- To know in depth the characteristics of Handball High Performance
- To apply individual and collective technical-tactical means of training in specific positions
- To analyze offensive and defensive systems in equal, numerical disadvantage and advantage
- To know how to act in special situations of the game
- To emphasize the importance of the current offensive and defensive transition phase
- To design tasks and high performance game modeling
- To properly organize and plan a match or competition

# 03

## Structure and Content

This Postgraduate Certificate consists of an itinerary that will allow students to delve into the High Performance Training Methodology, first conceptualizing the figure of the coach and then delving into the technical-tactical elements and the preparation of the different game systems. A complete Postgraduate Certificate that integrates numerous didactic resources, available 24 hours a day, from any digital device with internet connection.





“

*A Postgraduate Certificate that gives you the advanced knowledge and flexibility you need to take a quality program"*

## Module 1. High Performance Training Methodology

- 1.1. Stage characteristics
  - 1.1.1. Conceptualization
  - 1.1.2. Training
  - 1.1.3. The coach
- 1.2. Technical-tactical Offensive
  - 1.2.1. Technical-tactical elements and individual tactical principles
  - 1.2.2. Collective offensive tactical objectives and means
  - 1.2.3. Individual determinants and collective premises
- 1.3. Technical-tactical defense
  - 1.3.1. Technical-tactical elements and individual tactical principles
  - 1.3.2. Collective offensive tactical objectives and means
  - 1.3.3. Individual determinants and collective premises
- 1.4. Offensive game systems in numerical equality
  - 1.4.1. Offensive System 3:3 Classic
  - 1.4.2. Offensive system 2:4
  - 1.4.3. Offensive system 3:3 with two pivots
- 1.5. Defensive game systems in numerical equality
  - 1.5.1. Individual defensive systems
  - 1.5.2. Zone defensive systems
  - 1.5.3. Mixed or combined defensive systems
- 1.6. Offensive game systems with numerical advantage and disadvantage
  - 1.6.1. Offensive system 6:5
  - 1.6.2. Offensive system 7:6
  - 1.6.3. Special Situations





- 1.7. Defensive game systems with numerical advantage and disadvantage
  - 1.7.1. Defensive system 6:5
  - 1.7.2. Defensive system 7:6
  - 1.7.3. Special Situations
- 1.8. Technical-tactical transition phase and special situations
  - 1.8.1. Counterattack
  - 1.8.2. Withdrawal
  - 1.8.3. Passive play
- 1.9. Task design and game model
  - 1.9.1. Content and form of tasks
  - 1.9.2. Construction of the offensive game model
  - 1.9.3. Construction of the defensive game model
- 1:10 Match or competition preparation
  - 1.10.1. Pre-match
  - 1.10.2. Team management in competition
  - 1.10.3. Post-match

“Explore the latest scientific studies on Handball Biomechanics and its importance in the prevention of injuries”

# 04 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.



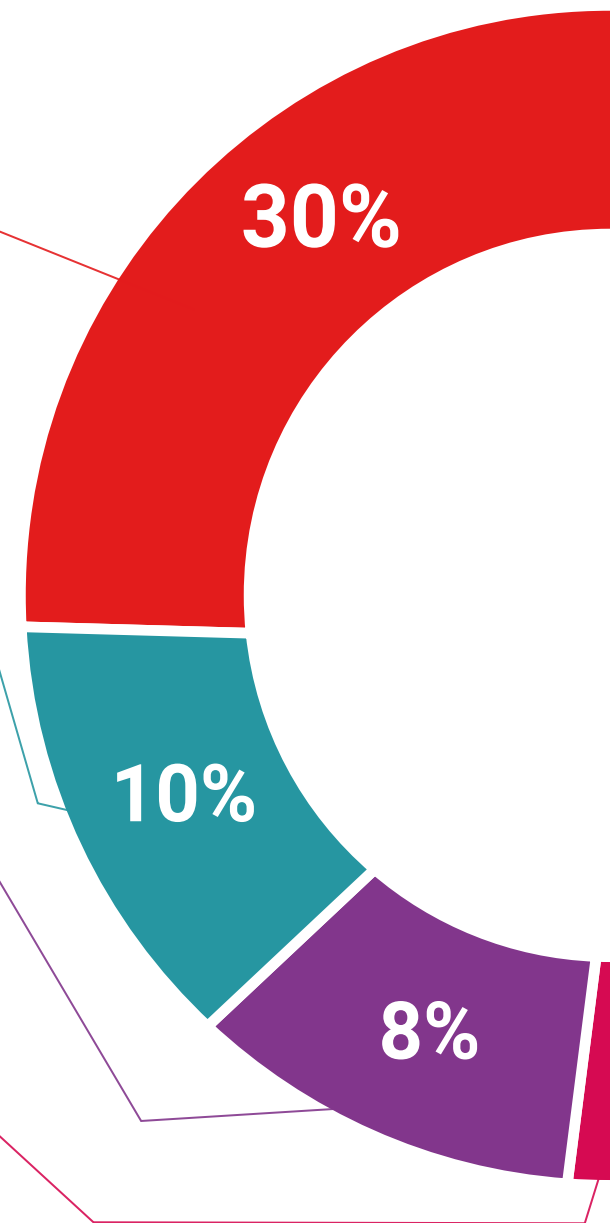
### Practising Skills and Abilities

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.



# 05

# Certificate

The Postgraduate Certificate in High Performance Training Methodology guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





“

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

This private qualification will allow you to obtain your **Postgraduate Certificate in High Performance Training Methodology** 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: **Postgraduate Certificate in High Performance Training Methodology**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University 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** global  
university

personalized service innovation

knowledge present Training Methodology

development language

virtual classroom

## Postgraduate Certificate High Performance Training Methodology

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate

## High Performance Training Methodology

