

# Postgraduate Certificate

Incidence of Emotions in  
Neuroeducational Processes  
from Motor Action





## Postgraduate Certificate Incidence of Emotions in Neuroeducational Processes from Motor Action

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

Website: [www.techtitute.com/pk/sports-science/postgraduate-certificate/incidence-emotions-neuroeducational-processes-motor-action](http://www.techtitute.com/pk/sports-science/postgraduate-certificate/incidence-emotions-neuroeducational-processes-motor-action)

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# 01

# Introduction

Scientific research supports the theory that emotion is key to learning processes. Therefore, designing physical activities based on this idea increases a person's cognitive development, which also has an impact on their mental wellbeing. However, for this motor action to be really effective, it is necessary to know how this emotion is generated, which parts of the brain are involved and how to carry it out. For this reason, TECH has created this program that offers students the possibility of accessing an advanced syllabus on the influence of feelings in neuroeducational processes. All this, with high quality multimedia content that can be accessed comfortably from any electronic device with internet connection.





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*This 100% online Postgraduate Certificate will lead you to design physical activities where emotion is the central axis"*

Neuroeducation has led to a more effective understanding of how the brain works and what structures are involved in motor action. In addition, this discipline has gone a step further by understanding the generation of emotion and its link with physical activity.

A whole set of advances that can be transferred to the planning and programming of training or recreational sessions. Given this reality, TECH provides the graduate with a 100% online qualification on the Incidence of Emotions in Neuroeducational Processes from Motor Action.

A program where, over 150 teaching hours, students will delve into the concept of emotion from a neuroscientific perspective, the brain reward system or the role of physical activity in emotional changes. To do this, they will have access to an extensive library of multimedia resources that can be accessed comfortably from any electronic device with an Internet connection.

Likewise, the learning acquired will be much more attractive, thanks to the *Relearning* system, based on the reiteration of content throughout the educational process. In this way, students will obtain a more solid and lasting knowledge of the concepts addressed in the program.

A Postgraduate Certificate designed to offer the specialist an excellent opportunity for professional progression, through flexible teaching. Students will not have to attend classes in person, nor will they have fixed schedules, so they will be able to self-manage their study time. In addition, this will allow them to combine a quality program of study with their daily responsibilities.

This **Postgraduate Certificate in Incidence of Emotions in Neuroeducational Processes from Motor Action** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Case studies presented by experts in Neuroeducation and Physical Education
- ♦ The graphic, schematic, and practical contents which provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out 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



*Learn about the innovations of Neuroeducation in the field of Physical Education during 150 teaching hours"*

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*Thanks to the Relearning method, used by TECH in all its degrees, you will reduce the number of hours of study and memorization"*

The program's teaching staff includes professionals from the industry who contribute their work experience to this 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 during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will gain an attractive understanding of how emotional processes are generated from a neuroscientific perspective.*

*Design physical activities focused on emotion and enhance the brain development of the people who participate in them.*



# 02 Objectives

The objective of this Postgraduate Certificate is to offer students an advanced and exhaustive knowledge of the Incidence of Emotions in Neuroeducational Processes from the Motor Action. To achieve this, TECH has assembled an excellent teaching team specialized in Neuroeducation and Sciences of Physical Activities and Sport. The support they will provide throughout the educational process will enable students to achieve their career progression goals.





A young boy with red hair is looking intently at a screen in a classroom setting. The image is partially obscured by a large blue and white diagonal graphic element.

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*The multimedia didactic resources will allow you to delve into the construct of emotional intelligence in a much more dynamic way”*



## General Objectives

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- ♦ Know the basis and main elements of Neuroeducation
- ♦ Integrate the new contributions of brain science in the teaching-learning processes
- ♦ Discover how to enhance brain development through motor action
- ♦ Implementing the innovations of Neuroeducation in the subject of physical education
- ♦ Achieve specialized education as a Neuroeducation professional in the field of motor action



*The specialized teaching team of this program provides you with case studies so that you can assimilate more effectively how neural processes are generated from motor action"*





## Specific Objectives

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- Explain the emotional brain
- Describe the emotional process from a neuroscientific perspective
- Describe the main brain structures that make up the emotional process
- Define the role of emotion in the processes of learning and memory
- Describe the brain reward system
- Explain the basis of emotion education
- Describe emotional competencies
- Explain emotional chemistry in response to motor action
- Define the role of motor action in emotional changes

# 03

# Course Management

In its commitment of offering all students a quality university education, TECH carries out a rigorous selection process of the entire teaching staff that make up its programs. In this way, the graduate will have the guarantee of access to a program taught by real specialists in Neuroeducation, which will provide the opportunity to obtain the most relevant information in this field. Likewise, thanks to their human quality, students will be able to resolve any doubts that may arise regarding the content of the Postgraduate Certificate.



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*An excellent teaching team specialized in Neuroeducation will be available to solve any doubt you may have during the 6 weeks of this Postgraduate Certificate"*

## Address



### **Ms. Pellicer Royo, Irene**

- Expert in Emotional Education at the Jesuitas-Caspe School, Barcelona
- Master's Degree in Medical Sciences Applied to Physical Activity and Sport at the University of Barcelona
- Master's Degree in Emotional Education and Well-being from the University of Barcelona
- Bachelor of Science in Physical Activity and Sport Sciences from the University of Lérida

## Professors

### Dr. De la Serna, Juan Moisés

- ♦ Psychologist and Writer expert in Neurosciences
- ♦ Writer specializing in Psychology and Neurosciences
- ♦ Author of the Open Chair in Psychology and Neurosciences
- ♦ Scientific disseminator
- ♦ PhD in Psychology
- ♦ Degree in Psychology. University of Seville
- ♦ Master's Degree in Neurosciences and Behavioral Biology Pablo de Olavide University, Seville
- ♦ Expert in Teaching Methodology. La Salle University
- ♦ University Specialist in Clinical Hypnosis, Hypnotherapy. National University of Distance Education - UNED
- ♦ Postgraduate Certificate in Social Graduate, Human Resources Management, Personnel Administration. University of Seville
- ♦ Expert in Project Management, Administration and Business Management. Federation of Services U.G.T
- ♦ Trainer of Trainers. Official College of Psychologists of Andalusia

### Dr. Navarro Ardoy, Daniel

- ♦ Principal CEO at Teacher MBA
- ♦ PROFITH Research Group (PROmoting FITness and Health)
- ♦ SAFE Research Group
- ♦ EFFECTS 262 Research Group
- ♦ Physical Education Teacher
- ♦ PhD in Physical Education Applied to Health by the Physical Activity and Health Program of the University of Granada
- ♦ PhD in Health-Applied Physical Education with a Research Stay at Karolinska Institutet in Stockholm
- ♦ Degree in Physical Activity and Sport Sciences from the University of Granada

### Ms. Rodríguez Ruiz, Celia

- ♦ Clinical Psychologist at EVEL Center
- ♦ Psychopedagogical Area Manager at Atenea Study Center
- ♦ Pedagogical Advisor at Cuadernos Rubio
- ♦ Editor of Hacer Familia Magazine
- ♦ Editor of Webconsultas Healthcare Medical Team
- ♦ Collaborator at the Eduardo Punset Foundation
- ♦ Degree in Psychology, UNED
- ♦ Degree in Pedagogies from the Complutense University Madrid
- ♦ University Specialist in Cognitive Behavioral Therapy in Childhood and Adolescence from UNED
- ♦ Specialist in clinical psychology and child psychotherapy by INUPSI
- ♦ Trained in Emotional Intelligence, Neuropsychology, Dyslexia, ADHD, Positive Emotions and Communication



*An unique, key, and decisive training experience to boost your professional development"*

# 04

## Structure and Content

The syllabus of this Postgraduate Certificate has been prepared by an expert teaching staff in Neuroeducation and in Sciences of Physical Activities and Sports. This is reflected in the content of this program that brings students closer to the concept of emotion and the main emotional theories. In addition, from a theoretical-practical perspective, the graduate will obtain the necessary learning to link this content to physical activities and integrate it into their daily professional life.





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*A Postgraduate Certificate that will bring you closer from a theoretical-practical perspective to emotional health thanks to the motor action"*

## Module 1. The Incidence of Emotions in Neuroeducational Processes Based on Motor Action

- 1.1. Concept of Emotion and Main Emotional Theories
  - 1.1.1. The Need for Emotional Development
  - 1.1.2. Concept of Emotion
  - 1.1.3. Function and Characteristics of Emotions
  - 1.1.4. The Affective Value and the Intensity of Emotion
  - 1.1.5. Theory of Emotions
- 1.2. Education of Emotions
  - 1.2.1. The Emotional Competence Builder
  - 1.2.2. The GROPE Competency Model
  - 1.2.3. Emotional Maturity
- 1.3. Emotional Intelligence
  - 1.3.1. The Concept of Emotional Intelligence
  - 1.3.2. The Model of Mayer and Salovey
  - 1.3.3. The Social-Emotional Model of Bar-On
  - 1.3.4. Goleman's Competency Model
- 1.4. The Role of Emotion in the Body and Motor Action
  - 1.4.1. The Learning Process
  - 1.4.2. Emotion in Learning Processes
  - 1.4.3. Emotions in Motor Action
- 1.5. The Emotional Brain
  - 1.5.1. The Emotional Brain or Limbic System
  - 1.5.2. The Socioemotional Brain
- 1.6. Emotional Processing in Brain Structures
  - 1.6.1. The Main Brain Structures Involved in Emotional Processes
  - 1.6.2. Emotional Intensity and Emotional Appraisal in the Brain Structures
  - 1.6.3. Particular Emotional Brains
- 1.7. Amygdala and Emotional Processes
  - 1.7.1. The Role of the Amygdala in Emotions
  - 1.7.2. The Conditioned Emotional Response
  - 1.7.3. Self-Control and Attention
  - 1.7.4. Self-Regulation and Exercise



- 1.8. Positive Emotions and the Brain's Reward System
  - 1.8.1. Classifications of Salient Emotions
  - 1.8.2. The Ability to Self-Generate Positive Emotions
  - 1.8.3. The Functioning of the Brain's Reward System
- 1.9. Emotional Chemistry in Response to Motor Action
  - 1.9.1. From Emotion to Action
  - 1.9.2. The Neurochemistry of Emotion
  - 1.9.3. Neurochemistry in Motor Action
  - 1.9.4. Epigenetics and Exercise
- 1.10. Emotional Health through Motor Action
  - 1.10.1. Psychoneuroimmunology
  - 1.10.2. Positive Emotions and Health
  - 1.10.3. Emotional Health from the Body



*Apply in your daily life the latest scientific advances on emotions and their relationship with physical exercise"*



# 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.

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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 Incidence of Emotions in Neuroeducational Processes from Motor Action 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 Incidence of Emotions in Neuroeducational Processes from Motor Action** 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 Incidence of Emotions in Neuroeducational Processes from Motor Action**

Official N° of Hours: **150 h.**



\*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.



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