

# Postgraduate Certificate Management in Volleyball Teams

Endorsed by the NBA





## Postgraduate Certificate Management in Volleyball Teams

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

Website: [www.techtitute.com/us/sports-science/postgraduate-certificate/management-volleyball-teams](http://www.techtitute.com/us/sports-science/postgraduate-certificate/management-volleyball-teams)

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# 01

# Introduction

Good individual and collective performance in a team leads to group cohesion, but behind this sporting success is the proper management of the team throughout the season. Undoubtedly, this is an essential task of the professionals who make up the technical staff, which helps to set objectives, avoids improvisation and improves results. Therefore, this program delves into sports planning models, the learning phases of a player, strategies for group management and performance evaluation. All through a 100% online program, taught by volleyball professionals, who will lead students to obtain the most important and relevant information in the management of a team in this sport discipline.



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*Define the management strategy you want to take and apply it to your volleyball team thanks to the updated syllabus provided by TECH”*

Volleyball is one of the sports in which there is a strong mutual dependence in order to achieve point by point a set to achieve victory. A succession of plays, tactical dispositions and strategies that are carefully trained by applying adequate planning on the part of the coaching staff.

A work that is increasingly professionalized and guided by the latest developments incorporated by the elite teams. A scenario that leads future volleyball coaches to be aware of tactical trends, but also in the important management of a team. Focusing on this line, students will access the most relevant information on Management in Volleyball Teams.

This is an advanced program of 150 teaching hours, which will guide the graduates towards the main planning strategies, acquiring all the necessary resources and means to be able to design their own from start to finish. In addition, this instruction will lead the students to delve into management strategies, organizational methods and the importance of correct communication with the player during training and matches.

A theoretical-practical approach will allow students to acquire dynamic learning through video summaries, in-focus videos, essential readings and case studies. Furthermore, thanks to the Relearningsystem, based on the repetition of content, the graduate will reduce the long hours of study and memorization.

TECH offers a unique academic option in the current scenario, where students will not have to attend classes in person, nor will they have sessions with fixed schedules. In this way, it offers the opportunity to self-manage study time and make daily activities compatible with a first class education.

This **Postgraduate Certificate in Management in Volleyball Teams** 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 Physical Education and Professional Volleyball
- ♦ The graphic, schematic and practical contents of the book provide technical and practical information on those 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



*Leave improvisation aside and focus on managing your volleyball team with guaranteed success thanks to this program"*

“

*Multimedia pills, complementary readings and videos of simulated scenarios will be your great learning support during these 6 weeks"*

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

*Improve the understanding between player and coach through the guidelines provided by this university program. Enroll now.*

*Physical tests, statistical analysis, match visualization... incorporate all the strategies to evaluate the sporting level of your team.*



# 02 Objectives

Upon completion of this academic course, students will have obtained the necessary knowledge to successfully manage a volleyball team. So, from the organization of training sessions, periodicity or communication will be addressed from a theoretical-practical perspective of great utility for their day to day. All this, in addition, with the best pedagogical resources that you will be able to access 24 hours a day, 7 days a week.





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*Achieve professional success as a coach in the world of Volleyball by following the case studies provided by this university program"*



## General Objectives

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- ♦ Plan specific training for the full development of the volleyball player
- ♦ Structure general training for the achievement of team objectives
- ♦ Apply recovery strategies adapted to the needs of the athlete
- ♦ Assess and develop the player's capabilities to bring them to their maximum potential
- ♦ Lead the training area in a high level team
- ♦ Develop the correct physical preparation of a player





## Specific Objectives

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- Delve into the detailed planning of training sessions
- Describe the different phases of player learning
- Establish the principles of team organization
- Analyze the factors of communication and improvement of understanding between the coach and the players of the volleyball team



*Coaching is more than just preparing an athlete physically, it goes into the realm of communication during the game and timeouts in a match"*

03

# Course Management

TECH maintains its commitment to its students to offer quality education and for that reason it carries out a rigorous process of selection of teachers who teach their programs. In this way, the graduates who access this program are guaranteed to obtain the knowledge they need to effectively manage a volleyball team and take it to the top. A unique opportunity that only this educational institution offers.





“

*Get an updated vision on the Management of Volleyball Teams from the hand of real specialists in this sport”*

## Management



### **Ms. Tabeayo Martínez, Nerea**

- Player of Voley Murcia
- Graduate in Physical Activity and Sports Sciences from the Faculty of Physical Activity and Sports Sciences at UCAM - San Antonio Catholic University of Murcia
- Volleyball Coach Level 1



# 04

## Structure and Content

One of the main features of this Postgraduate Certificate is the quality of the pedagogical resources that can be accessed comfortably, at any time of the day, from a computer, tablet or cell phone with an Internet connection. So, in this simple way, the students will be able to acquire an intensive and at the same time attractive learning about the Management in Volleyball Teams. A syllabus that brings together the main tools, methodologies and strategies that will lead the graduates to be able to manage their teams with guarantees of success.







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*You have numerous teaching resources with which you can further expand the syllabus of this 100% online university program"*

## Module 1. Team management

- 1.1. Planning objectives
  - 1.1.1. Who sets the objectives?
  - 1.1.2. Progress
  - 1.1.3. Avoiding improvisation
  - 1.1.4. Development or maintenance phase
- 1.2. Planning criteria
  - 1.2.1. Where do we start from?
  - 1.2.2. Means available
  - 1.2.3. Schedules
  - 1.2.4. Load distribution
- 1.3. Sports planning models
  - 1.3.1. What Is It?
  - 1.3.2. Conventional model
  - 1.3.3. ATR Model
  - 1.3.4. Comparison and selection
- 1.4. Planning Units
  - 1.4.1. What are they?
  - 1.4.2. Macrocycle
  - 1.4.3. Mesocycle
  - 1.4.4. Microcycle
- 1.5. Phases of player learning
  - 1.5.1. What are they?
  - 1.5.2. Cognitive phase
  - 1.5.3. Associative phase
  - 1.5.4. Autonomous phase
- 1.6. Organizational principles
  - 1.6.1. Principle of specificity and comprehensiveness
  - 1.6.2. Block or random practice
  - 1.6.3. Constant or variable practice
  - 1.6.4. Massive or distributed practice





- 1.7. Team Management
  - 1.7.1. What is a team and how is it managed?
  - 1.7.2. Previous Analysis
  - 1.7.3. Define the strategy
  - 1.7.4. Evolution and constant learning
- 1.8. Communication
  - 1.8.1. Importance of a correct communication
  - 1.8.2. Communication in training sessions
  - 1.8.3. Communication in the game phases
  - 1.8.4. Communication during time-outs
- 1.9. Training planning: how to plan and organize training effectively
  - 1.9.1. Specific and global objective
  - 1.9.2. Variables to be considered
  - 1.9.3. Principles of the sessions
  - 1.9.4. Time distribution
- 1.10. Performance evaluation: how to evaluate team and individual players' performance
  - 1.10.1. Physical tests
  - 1.10.2. Statistical Analysis
  - 1.10.3. Visualization of matches and training sessions
  - 1.10.4. Communication

“Do you know how to properly evaluate the performance of your individual players? Access this Postgraduate Certificate and find out”

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# 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.*



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

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.



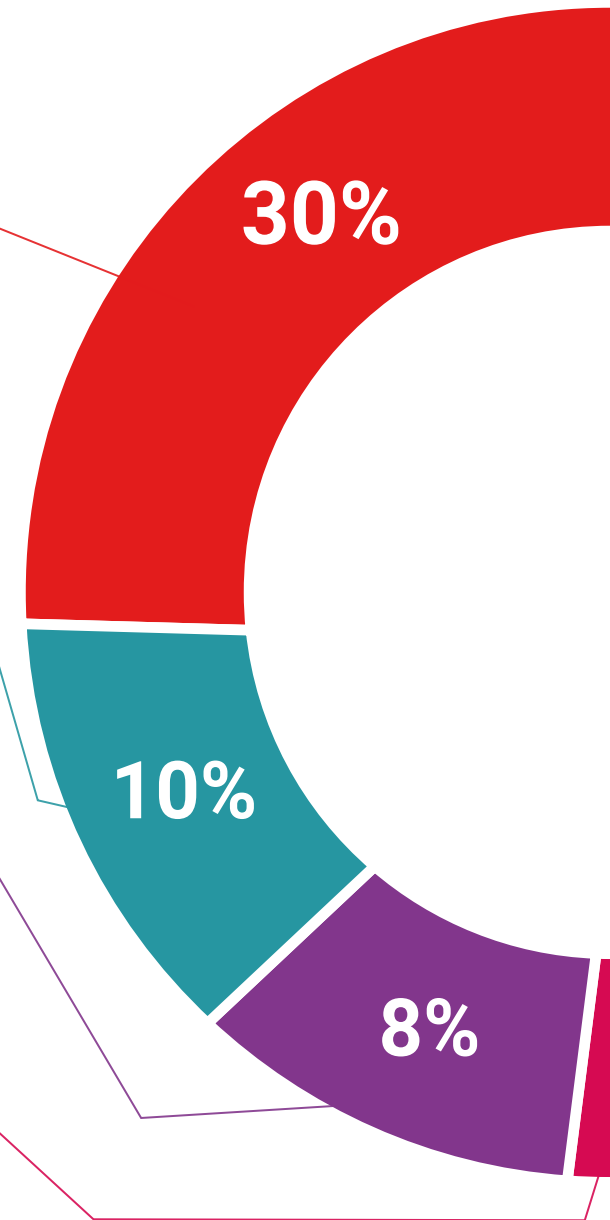
#### Practising Skills and Abilities

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 Management in Volleyball Teams 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 Management in Volleyball Teams** 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 diploma 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 Management in Volleyball Teams**

Official N° of Hours: **150 h.**

Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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