

# Postgraduate Certificate Professional Cycling Teams

Endorsed by the NBA





## Postgraduate Certificate Professional Cycling Teams

- » 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/professional-cycling-teams](http://www.techtitute.com/in/sports-science/postgraduate-certificate/professional-cycling-teams)

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# 01

# Introduction

Perfect harmony between the different components of professional cycling teams is essential to achieve the sporting goals they set themselves. This involves from the runners to the technical staff, as everyone must maintain fluid communication and work together to establish the right strategies. However, maintaining the proper functioning of structures with so many members is always challenging, and this program is a unique opportunity to keep up to date in this regard. With it, the sports professional will analyze the structuring of these teams and their day-to-day operations, as well as the functions of each member. In addition, emphasis will be placed on the roles to be played on competition days, always in a 100% online format.



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*A Postgraduate Certificate of high value to manage with solvency the structuring and operation of a cycling team”*

The structure and operation of a cycling team requires a complex balance of factors that will determine the viability of the project and the achievement of the objectives. In this sense, there is no doubt that the technical staff is of considerably greater importance than the general public might think at first. Its members oversee training planning, race strategies, nutritional plans and the health care of the riders, ensuring that the equipment and bicycles are in optimal condition for the competition. At the same time, sponsorship and advertising are essential to the survival of the group.

Undoubtedly, the ability to manage all these and other aspects will make the difference in the future of the team, so the professional of Sports Sciences is facing a valuable specialization with this program. Thanks to him, he will learn about the Modus Operandi of these sports entities, for which he will make an exhaustive tour of the functions of each of the figures of the teams, both on a normal basis and on competition days.

But this program goes even further, as it will also offer a high level of preparation in terms of structuring a competition, from the moment the team decides to attend until each member returns to his or her place of residence. All this and more will be available to the learner from home or wherever they choose thanks to the online nature of the format. In addition, you will have at your disposal prestigious cycling experts who will closely follow your evolution in the Postgraduate Certificate.

This **Postgraduate Certificate in Professional Cycling 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 professional cycling teams.
- ◆ The graphic, schematic and eminently practical contents of the book provide sporting and practical information on those 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



*This is your opportunity to examine in detail the duties of each figure in a professional cycling team, focusing on their roles on race days”*

“

*Thanks to this Postgraduate Certificate, you will analyze the categories of teams and competitions, establishing the best strategies for each one of them”*

The program's teaching staff includes professionals from 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.

*If you want to go deeper into the day-to-day running of a cycling facility, this is the program for you.*

*You will have the keys to the structuring of a competition, defining the Planning and its objectives.*



# 02 Objectives

Since the structuring and management of a professional cycling team is a challenge that requires a very high level of specialization, TECH has incorporated all the keys that the student needs in this program. Thus, the purpose is none other than to provide the sports professional with all the tools that will allow him/her to manage any aspect of the operation of these sports entities. However, in order to give the Postgraduate Certificate a more comprehensive character, this high-level preparation extends to the organization of cycling competitions.





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*TECH's goal is to make you the key piece that makes a professional cycling team work in harmony”*



## General Objectives

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- ◆ Understand the performance factors of sport and, therefore, learn to assess the specific needs of each athlete
- ◆ To be able to plan, periodize and develop training programs for cyclists, in short, to enable students to exercise the profession of coach
- ◆ Acquire specific knowledge related to the biomechanics of cycling
- ◆ Understand the operation of new applications used in load quantification and training prescription
- ◆ Understand the benefits of strength training and be able to apply them in concurrent training
- ◆ Acquire a specialization in nutrition oriented to cycling
- ◆ Understand the functioning of cycling structures, as well as the modalities and categories of competitions





## Specific Objectives

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- ◆ To understand first-hand the structuring and functioning of professional teams
- ◆ Differentiate the roles and functions of the different team members
- ◆ To know how the day-to-day operations of a cycling structure are carried out



*You will achieve your goals supported by innovative academic materials on the structuring of professional cycling teams”*

03

# Course Management

The high educational standards that TECH provides in each program are assured in this Postgraduate Certificate thanks to a reference teaching team. This teaching staff is made up of both coaches and sports directors from renowned entities, so they have a valuable professional background that will clearly play in favor of the student. They will also monitor their progress throughout the program thanks to the Online Campus.





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*A teaching staff made up of both coaches and sports directors from renowned organizations will ensure that your specialization will be as profitable as possible”*

## Management



### Mr. Javier Cortés

- ◆ CEO of Training4ll
- ◆ WT UAE Team Coach
- ◆ Massi Tactic UCI Womens Team Performance Manager
- ◆ Specialist in the biomechanical area of Jumbo Visma UCI WT
- ◆ WKO advisor to World Tour cycling teams
- ◆ Trainer at Coaches4coaches
- ◆ Associate Professor at Loyola University
- ◆ Degree in Physical Activity and Sports Sciences from the University of Seville
- ◆ Postgraduate Degree in High Performance Cycling Sports from the University of Murcia
- ◆ Sports Director Level III
- ◆ Numerous Olympic medals and medals at European championships, World Cups and national championships

## Professors

### Mr. Xabier Artetxe Gezuraga

- ◆ Positions: Performance Manager of the WT Ineos Grenadier team
- ◆ Professor and event director of the company Fundación Ciclista Euskadi
- ◆ Coach of the WT Movistar, SKY and Ineos Grenadier teams
- ◆ Sports director and coach of Seguros Bilbao, Caja Rural, Euskaltel Development Team
- ◆ Trainer of winners of Grand Tours, World Championships, Olympic medals and national championships
- ◆ Trainer at Coaches4coaches
- ◆ Master's Degree in High Performance in Biomedicine
- ◆ Certificate World Tour Level Sports Director (Director Deportivo UCI)
- ◆ Sports Director Level III

### Mr. Aner Moreno Morillo,

- ◆ Positions: Head of Performance of the Kuwait National Cycling Team
- ◆ Auxiliary of the Euskaltel-Euskadi ProConti Team
- ◆ Graduate in Physical Activity and Sports Sciences from Isabel I University
- ◆ Master's Degree in CAFD research by Universidad Europea
- ◆ Master's Degree in High Performance Cycling Sports from the University of Murcia
- ◆ National Sports Director Level III



# 04

# Structure and Content

The syllabus of this Postgraduate Certificate has been supervised by the experts on the faculty, so that no key concept has been left out of the syllabus. In fact, special care has been taken to ensure that each and every topic is completely up to date so that the specialized knowledge the student will acquire is as useful as possible. In addition, the interactive resources of the Online Campus will make the educational experience really dynamic while facilitating the internalization of ideas.







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*Schools, cadets, juniors... All elements of the lower categories of Cycling are included in this curriculum”*

## Module 1. Structure and operation of a cycling team

- 1.1. Equipment categories
  - 1.1.1. Professional categories (WT and ProContinental)
  - 1.1.2. Continental Category
  - 1.1.3. Elite and U23 categories
- 1.2. Competition categories
  - 1.2.1. Stage competitions
  - 1.2.2. Classics
  - 1.2.3. Categories according to level of participation
- 1.3. Lower categories
  - 1.3.1. Schools
  - 1.3.2. Cadets
  - 1.3.3. Juveniles
- 1.4. Manager's role
  - 1.4.1. Cycling structure manager
  - 1.4.2. Sponsorships
  - 1.4.3. Cyclist manager / representative
- 1.5. Director's role
  - 1.5.1. Director's role as coordinator
  - 1.5.2. Director's role as organizer
  - 1.5.3. Director's role in competition
- 1.6. Role of mechanics
  - 1.6.1. Professional equipment
  - 1.6.2. Role of the ship mechanic
  - 1.6.3. Role of the race mechanic



- 1.7. Role of assistants, masseurs and physiotherapists
  - 1.7.1. Auxiliaries
  - 1.7.2. Physiotherapists
  - 1.7.3. Masseurs
- 1.8. Role of the rest of the staff
  - 1.8.1. Office
  - 1.8.2. Ship
  - 1.8.3. Press
- 1.9. How to structure the competition
  - 1.9.1. Competition analysis
  - 1.9.2. Define competition objectives
  - 1.9.3. Development of the Planning for the competition
- 1.10. Day-to-day competition within a team
  - 1.10.1. Pre-competition
  - 1.10.2. During competition
  - 1.10.3. After the Competition

“*With just an Internet connection and your favorite electronic device, you will analyze in detail both pre-competition and post-competition in cycling teams”*



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.





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*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 Professional Cycling 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 Professional Cycling Teams** contains the most complete and up-to-date program 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 Professional Cycling Teams**

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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- » Exams: online

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