

# Postgraduate Certificate

## Rugby XV Sport and Regulations

Endorsed by the NBA





## Postgraduate Certificate

### Rugby XV Sport and Regulations

- » 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/rugby-xv-sport-regulations](http://www.techtute.com/us/sports-science/postgraduate-certificate/rugby-xv-sport-regulations)

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# 01

# Introduction

Mastering Rugby XV and its rules is essential for any professional in this sport, whether as a coach, referee, sports administrator or even as a player. In-depth knowledge of the rules and tactics of the game can help professionals make informed decisions and improve their performance. For this reason, TECH has designed a program that allows students to maximize their knowledge of aspects such as the Rules of the Game, Defense, Static Phases, Training Exercises and Offensive System, among others. All this, thanks to a 100% online modality and with the most dynamic and practical multimedia materials available in the academic market.





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*Improve your skills and acquire new competences on the Principles of the Games and the Laws of Rugby XV, thanks to TECH”*

An in-depth knowledge of rugby XV and its rules is important to ensure the integrity and fairness of the game. Referees must be able to make impartial, rules-based decisions during matches, while coaches and players must be aware of the rules to avoid improper or illegal actions.

For this reason, TECH has designed a Postgraduate Certificate in Rugby XV: Sport and Regulation, which seeks to provide students with the necessary skills and competencies to be able to perform their work as specialists with the highest possible efficiency and quality. Thus, throughout this program, aspects such as the Basis of the Game System, the Structure of Sessions, the Analysis of the Rival and the Defense from Static Bases will be addressed.

All this, thanks to a convenient 100% online modality that allows students to organize their schedules and studies, being able to combine them with their other day-to-day work and interests. In addition, this program has the most complete theoretical and practical materials on the market, greatly facilitating the student's study process and allowing them to achieve their objectives efficiently and quickly.

This **Postgraduate Certificate in Rugby XV Sport and Regulation** 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 Rugby XV experts
- ◆ 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



*Become an expert in Counter-Strike in the Game and Permanent Reorganization in only 6 weeks and with total freedom of organization"*

“ *Master the Defense and Throwing Game in the field of Rugby XV thanks to the Faculty of Sports Science at TECH*”

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.

*Put your Rugby XV skills to the test by taking on challenging case studies that cover a wide variety of situations.*

*It delves into relevant aspects of Rugby such as Specific Positions and Principles of the Game.*



# 02 Objectives

The objective of this Postgraduate Certificate in Rugby XV: Sport and Regulation is that the student obtains a deep update of their knowledge in this sport so relevant in the international arena. An update that will allow students to face their work with the highest possible quality and efficiency. All this, thanks to TECH and a 100% online modality that gives total freedom of organization to the student.







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*Reach the most demanding goals in the world of sports, thanks to a program that represents a unique opportunity in today's academic market"*



## General Objectives

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- ◆ Know in depth about Rugby XV and VII, as well as the rest of the modalities
- ◆ Know how to deepen, develop, and a physical and technical
- ◆ Acquire a specialization in Rugby oriented nutrition, according to the modality and position of the player
- ◆ How to manage emotions and apply psychology to the sports field
- ◆ Learn to manage teams and players
- ◆ How to sell Rugby as a consumer product
- ◆ In-depth knowledge of the tools for the player to control his emotions in order to obtain maximum performance





## Specific Objectives

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- ◆ In-depth knowledge of the specific regulations
- ◆ Comprehensive knowledge of the positions
- ◆ Differentiate and know the different offensive and defensive systems
- ◆ Study different static and dynamic phases



*It examines elementary phases of Professional Rugby such as the Maul or the Ruck to design the best strategies with which to approach them"*

03

# Course Management

The excellent professionals that make up the teaching staff of this Postgraduate Certificate in Rugby XV: Sport and Regulation, are part of TECH's prestigious team of experts in this field. These specialists have used their state-of-the-art knowledge and extensive experience to design complete and up-to-date teaching materials that meet the most demanding expectations.



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*World stars of professional rugby come together in this program to provide you with the keys that will make you excel in Rugby XV"*

## Management



### Mr. De Juan Roldán, Javier

- ♦ Professional rugby player of the Spanish national team VII
- ♦ Two-time European Rugby VII champion
- ♦ Professional player of Independiente Rugby Club
- ♦ Professional Rugby Science player
- ♦ Coach at Ciencias Rugby Club and Independiente Rugby Club schools



### Ms. Lliteras Ruiz, Marta

- ♦ Coach of the General Command of the Balearic Army, female 7's and male XV
- ♦ Co-founder of All&Go
- ♦ Coordinator of the Association for Women in the Professional Field
- ♦ International player of Rugby XV and 7's
- ♦ European Rugby Champion
- ♦ Olympic Diploma Rio de Janeiro
- ♦ Degree in Political Science, Master's Degree in Human Resources Management and Management
- ♦ Master's Degree in Team Management



## Professors

### Ms. Ribera García, María

- ◆ Head coach of San Scrum of the Women's Honor Division
- ◆ Technical trainer at the Spanish Olympic Committee
- ◆ Tatami Rugby Club Coach
- ◆ International player with the Spanish women's national team in XV and VII categories
- ◆ Olympic player in Rio de Janeiro
- ◆ Bachelor of Science in Physical Activity and Sports Science
- ◆ N1, N2 and N3 rugby XV and N1 and N2 of VII, head coach of San Scrum of the women's division of honor, coach of the Tatami rugby club and technical trainer in the Spanish Olympic Committee

# 04

## Structure and Content

The structure and all the didactic resources of this curriculum have been designed by the renowned professionals that make up TECH's team of experts in the area of Sports Science. These specialists have used their extensive experience and specialized knowledge to create the most complete and up-to-date content possible. All this, based on the most efficient pedagogical methodology, TECH Relearning.





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*Enroll now and enjoy the most comprehensive and up-to-date vision of the fundamentals of Rugby XV, thanks to TECH, the best online university in the world according to Forbes"*

## Module 1. Rugby XV Sport and Regulations

- 1.1. Specific regulations
  - 1.1.1. Principles of the game
  - 1.1.2. Principles of the laws
  - 1.1.3. The Rules of Games
- 1.2. Basic Principles of Rugby
  - 1.2.1. Development of specific conditional capacities
  - 1.2.2. Development of coordination skills
  - 1.2.3. Improved decision making process
- 1.3. Specific positions
  - 1.3.1. Forwards
  - 1.3.2. Methods
  - 1.3.3. Three Quarters
- 1.4. Attack
  - 1.4.1. The start of the game
  - 1.4.2. The game at the meeting points
  - 1.4.3. Counter-attack in the game and permanent reorganization
- 1.5. Defence
  - 1.5.1. Tackling in Rugby XV: Introduction and types
  - 1.5.2. Defense from launching points of encounter
  - 1.5.3. Defense from static phases
- 1.6. Static phases
  - 1.6.1. Melee
  - 1.6.2. Touch
  - 1.6.3. Center Kick
- 1.7. Maul, ruck and breakdown
  - 1.7.1. Maul
  - 1.7.2. Ruck
  - 1.7.3. Breakdown





- 1.8. Basis of the game system
  - 1.8.1. The start of the game
  - 1.8.2. The game at the meeting points
  - 1.8.3. Counter-attack in the game and permanent reorganization
- 1.9. Session Structure
  - 1.9.1. Player initiation period
  - 1.9.2. General exercises
  - 1.9.3. The training session
- 1.10. Rival analysis
  - 1.10.1. Offensive system analysis
  - 1.10.2. Defensive system analysis
  - 1.10.3. Static phase analysis

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*Enroll now, you are 150 hours away from becoming the Rugby XV expert that the world of sport needs”*

# 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 Rugby XV Sport and Regulations 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 a **Postgraduate Certificate in Rugby XV Sport and Regulations** 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 Rugby XV Sport and Regulations**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

Endorsed by the NBA



\*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  
personalized service innovation  
knowledge present quality  
development languages  
virtual classroom



## Postgraduate Certificate

### Rugby XV Sport and Regulations

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

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