

# Postgraduate Certificate

## Rugby XV Specific Preparation





## Postgraduate Certificate Rugby XV Specific Preparation

- » 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/rugby-xv-specific-preparation](http://www.techtitute.com/pk/sports-science/postgraduate-certificate/rugby-xv-specific-preparation)

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# 01

# Introduction

Rugby XV is a physical and demanding sport that requires specific preparation to improve performance and prevent injuries. This preparation includes exercises to strengthen muscles and cardiovascular fitness, as well as to improve agility, speed and coordination. In addition, it is important to work on individual technique and team strategies to ensure that you are ready for the challenges of the game. For this reason, TECH has designed a degree that allows the student to increase their knowledge to the maximum on aspects such as Requirements and Principles on the Basis of Sport, Power, Speed, Static Phases and Melee, among others. All this, thanks to a 100% online modality and with the most practical multimedia materials available in the academic market.



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*Acquire new skills in Rugby XV Specific Preparation, thanks to TECH, the best online university in the world according to Forbes”*

Technical work is an important part of the preparation for rugby XV. Players should practice individual skills such as passing, tackling, receiving and scrumming. In addition, it is essential for the team to practice their strategy and how they will move on the field, as communication and working together are also key to success in this sport.

For this reason, TECH has designed a Diploma in Specific Preparation Rugby XV with which it seeks to provide students with the necessary skills and competencies to be able to work in the field of this sport, with the highest possible efficiency and quality. Thus, throughout this program, aspects such as Power, Game Demands in Forwards, Running Displacement Resistance and Implications in Physical Preparation will be addressed.

All this, thanks to a 100% online modality that gives students total freedom to organize their schedules and studies, being able to combine them with their other daily tasks and interests. In addition, this degree 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 quickly and efficiently.

This **Postgraduate Certificate in Rugby XV Specific Preparation** 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 Rugby XV Specific Preparation
- ♦ 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 FP Role for Performance in Rugby, with total freedom of organization and in only 6 months"*

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*Get to know in depth the Injury Mechanisms and the Implications in Physical Preparation in a short time and without leaving home"*

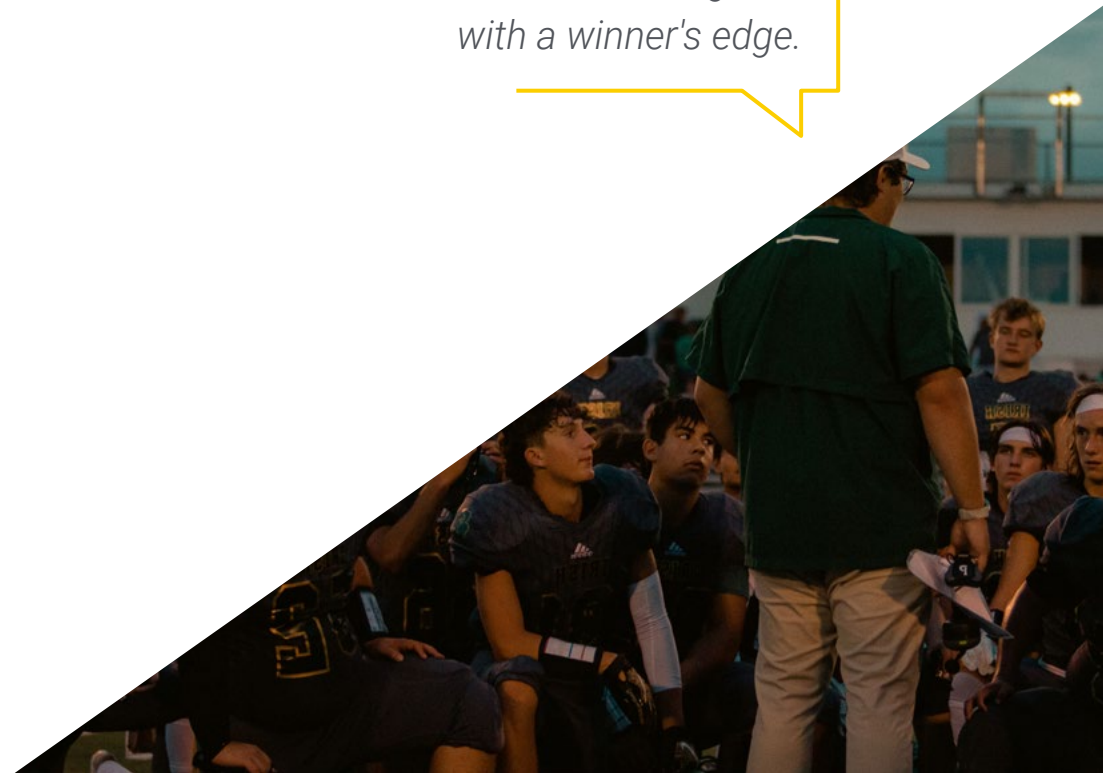
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

*Test your skills in Rugby XV Specific Preparation by undergoing case studies that cover a wide variety of situations that simulate reality in detail.*

*Delve into the Nature of Sport and Static Phases to start the game with a winner's edge.*



# 02 Objectives

The objective of this Postgraduate Certificate in Rugby XV Specific Preparation is that the student acquires a precise update of their knowledge in this relevant area of the sport. An update that will allow the student to work with the highest possible quality and efficiency. All this, thanks to TECH and a 100% online modality that gives total freedom of organization and schedules to the student.







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*TECH allows you to reach your most ambitious goals in a short period of time, with the design of a unique program that meets the highest expectations”*



## 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 physique and technique
- ♦ 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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- Acquire knowledge of seasonal planning
- Analyze loads according to players
- To know the main trends in physical preparation in Rugby
- Structuring the sessions



*Examines elementary aspects of Professional Rugby and Injury Epidemiology, from any device with an internet connection and at any time of the day"*

03

# Course Management

The outstanding professionals that make up the teaching staff of this Diploma in Specific Rugby XV Preparation are part of the prestigious team of experts in Sport at TECH. These specialists have used their state-of-the-art knowledge and extensive experience to design complete and up-to-date teaching materials that exceed the most demanding expectations.



A photograph of rugby players in a scrum, with a blue diagonal overlay on the right side of the image. The players are wearing dark jerseys and shorts. One player's shorts feature a 'GILBERT 94.7' logo. Another player's sock has 'EXTRA SUPPORT' and a logo. A player's boot is visible, showing a blue and red design.

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*World stars of this Professional Sport will help you excel in Rugby XV Specific Preparation, in a few weeks and with their constant support"*

## Management



### Mr. Javier De Juan Roldán

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



### Ms. Marta Lliteras Ruiz

- ♦ 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 Specific Preparation 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

### Mr. Ángel Lino Samaniego

- ♦ Responsible for the physical preparation of the women's project at Club de Rugby Complutense Cisneros
- ♦ Physical trainer at Blagnac Rugby
- ♦ Physical trainer at Complutense Cisneros Rugby Club
- ♦ Professor of Collective Rugby Sports and Biomechanics at the Alfonso X el Sabio University
- ♦ Bachelor of Science in Physical Activity and Sport Sciences at the UPS
- ♦ Master's Degree by the UPM
- ♦ Master's Degree in High Performance in Sports by UPS
- ♦ World Rugby Level II Coach by the Spanish Rugby Federation

# 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. These specialists have used their extensive experience and state-of-the-art knowledge to create practical and completely up-to-date content. All this, based on the most efficient pedagogical methodology, TECH Relearning.







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*Enroll now and take advantage of the most comprehensive and up-to-date view of Rugby XV fundamentals in the academic market"*

## Module 1. Specific preparation Rugby XV

- 1.1. Rugby XV Specific Preparation
  - 1.1.1. Nature of the sport
  - 1.1.2. Playing demands on strikers
  - 1.1.3. Three-quarter play demands
- 1.2. Strength
  - 1.2.1. Requirements and principles based on sport
  - 1.2.2. Strength - hypertrophy
  - 1.2.3. Power
- 1.3. Speed
  - 1.3.1. Requirements and principles based on sport
  - 1.3.2. Acceleration
  - 1.3.3. Speed
- 1.4. Resistance
  - 1.4.1. Requirements and principles based on sport
  - 1.4.2. Running displacement resistance
  - 1.4.3. Resistance to high intensity actions
- 1.5. Test
  - 1.5.1. Interest
  - 1.5.2. Endurance Test (e.g. 1200m Shuttle Test or Bronco Test)
  - 1.5.3. Strength Test
- 1.6. Static phases
  - 1.6.1. Melee
  - 1.6.2. Touch
  - 1.6.3. Implications for physical preparation





- 1.7. Contact
  - 1.7.1. Requirements and principles based on sport
  - 1.7.2. Influence on training
  - 1.7.3. Implications for physical preparation
- 1.8. Injuries
  - 1.8.1. Epidemiology of injuries
  - 1.8.2. Injury mechanisms
  - 1.8.3. Concussions
- 1.9. GPS Technology
  - 1.9.1. Interest
  - 1.9.2. Study variables
  - 1.9.3. Ball in Play y Worst Case Scenario
- 1.10. Role of FP for Rugby Performance
  - 1.10.1. Monitoring
  - 1.10.2. How to plan
  - 1.10.3. How to program

“*Assimilate the essential concepts in an agile and natural way, thanks to the most efficient pedagogical methodology, TECH Relearning*”

# 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 Specific Preparation 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 Rugby XV Specific Preparation** contains the most complete and up-to-date scientific 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 Rugby XV Specific Preparation**

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.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

**tech** technological  
university

personalized service innovation

knowledge present  
online training

development languages

virtual classroom

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