

# Postgraduate Certificate

## Training Methodology in Perfection

Endorsed by the NBA



**tech** technological  
university



## Postgraduate Certificate Training Methodology in Perfection

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

Website: [www.techtitute.com/us/sports-science/postgraduate-certificate/training-methodology-perfection](http://www.techtitute.com/us/sports-science/postgraduate-certificate/training-methodology-perfection)

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# 01

# Introduction

In the initial stages, the training player must lay the technical-tactical foundations of their sport discipline. A knowledge that must be perfected throughout his career through certain training methodologies that favor their progression. In this process, the trainer's role is essential excellent mastery of the different educational models, the creation of tasks and the specific exercises for each position. In this line, TECH has created this 100% online Postgraduate Certificate, which offers future Handball coaches the most advanced teaching in game systems, task design and physical abilities in different stages. All of this, in addition, taught by distinguished professionals of this sport's elite.





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*Acquire an intensive and effective learning on the Training Methodology in Perfection with this Postgraduate Certificate”*

Passing, throwing, jumping and moving, both individually and collectively, are the first technical-tactical exercises in handball. A planned work by the coaches, who increase the level of load and improvement according to the player's evolution. On the surface it looks like a simple task, but it requires a specific methodology and a deep knowledge of the sport discipline and physical capabilities of each athlete.

The relevance of this teaching-learning process has led TECH to design this 150-hour Postgraduate Certificate in Training Methodology in Perfection, where students will acquire advanced knowledge in this field from specialists in Sports Science and professional athletes who have shone in this sport's elite.

This is an intensive program that allows the graduate to analyze the strengths and weaknesses of each game system, its correct strategic use in the different moments of the game, as well as the specific work procedures to perfect technique and tactics. A syllabus with a theoretical-practical approach, including numerous additional didactic material based on video summaries, videos in detail, specialized readings and case studies.

In addition, thanks to the Relearning system, based on the reiteration of content during the academic course, the future coach will not have to invest many study and memorization hours.

Undoubtedly, an exceptional opportunity to pursue a quality university education, with flexibility and convenience. All you need is a digital device with Internet connection to view this program at any time. An ideal academic option to combine it with the most demanding professional and/or personal activities.

This **Postgraduate Certificate in Training Methodology in Perfection** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical cases presented by experts in Handball and Sports Science
- ♦ The graphic, schematic, and practical contents with which they are created, 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



*Do you want to improve your teams' transition phase tactics? Enroll in this Postgraduate Certificate and perfect it"*

“

*Improve your knowledge of attacking, defensive and transition systems in only 6 weeks with the best handball experts”*

*No attendance, no classes with fixed schedules. This Postgraduate Certificate gives you the flexibility you need to combine your activities with quality teaching.*

*Go deeper into the technical-tactical elements of the control, linking and finishing phases in Handball.*

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.

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.

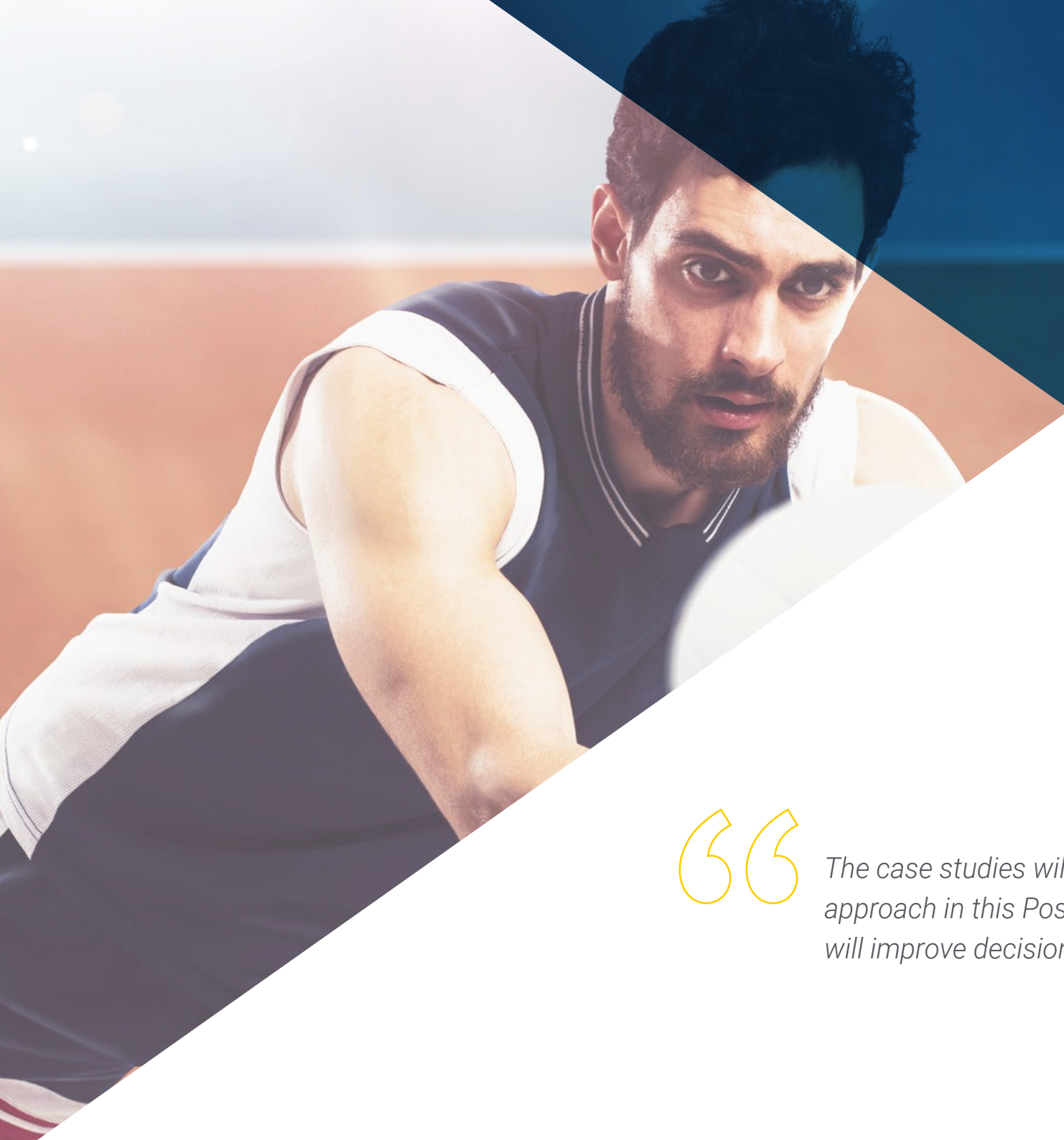


# 02 Objectives

The objective of this Postgraduate Certificate is to provide students with intensive learning on the Training Methodology in Perfection that will lead to an improvement in the performance of their players. For this purpose, TECH provides the most innovative pedagogical tools, using the latest technology applied to university teaching. Likewise, in this process you will have a specialized teaching staff that will guide you to successfully achieve these goals.







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*The case studies will provide you with a practical approach in this Postgraduate Certificate and will improve decision making in your training”*



## General Objectives

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- ♦ To master the design and control of training at different stages
- ♦ To improve the athletes' performance
- ♦ To interpret the data analysis obtained through new technologies
- ♦ To incorporate the athlete's nutritional planning according to their characteristics and playing position
- ♦ To know the evolution of the game and tactics of handball up to the present day
- ♦ To analyze the multiple factors that intervene in the training process and in high performance players



*Elevate your abilities to design tasks and game models in high performance teams"*





## Specific Objectives

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- ♦ To know the characteristics of high performance in handball in depth
- ♦ To apply individual and collective technical-tactical means of training in specific positions
- ♦ To analyze the offensive and defensive systems in equality, numerical advantage and disadvantage
- ♦ To know how to act in special game situations
- ♦ To emphasize the importance of the current offensive and defensive transition phase
- ♦ To design tasks and a game model in high performance
- ♦ To organize and plan adequately a match or competition

# 03

# Course Management

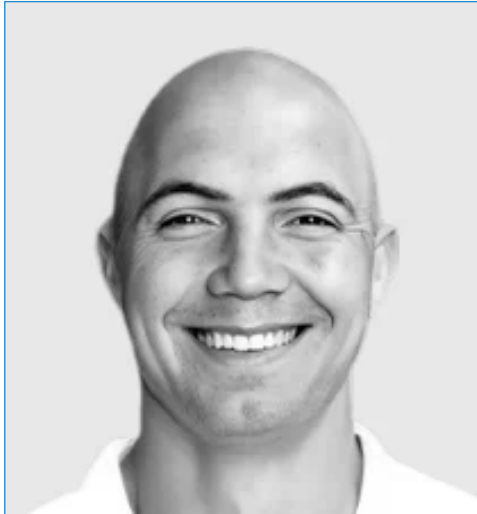
In its maxim to offer quality university education, TECH carries out a rigorous selection process for each and every one of the teachers who teach in its programs. This way, the students will have at their disposal renowned athletes of the Handball elite and specialists in Sports Sciences. In addition, thanks to its proximity, you will be able to resolve any doubts you may have about the content of this Syllabus.



“

*Boost your Handball training sessions thanks to the professionals of the sports elite who teach this qualification”*

## Management



### Dr. Lozano, Demetrio

- ♦ Former professional handball player
- ♦ Professor at the National School of Handball Coaches of the Royal Spanish Handball Federation
- ♦ PhD. in Physical Activity and Sport Sciences from the University of Lleida
- ♦ PhD. In Physical Activity and Sport Sciences from the University of Barcelona
- ♦ Professional Master's Degree in High Performance from the University of Barcelona
- ♦ World Handball Champion with the Spanish National Team at the 2005 World Cup in Tunisia
- ♦ Triple Olympic Handball Medalist at Atlanta 1996, Sydney 2000 and Beijing 2008

## Professors

### Dr. Martínez, Darío

- ♦ Post-doctoral researcher at the University of Granada
- ♦ Handball Coach at grassroots level
- ♦ Physical trainer and assistant coach of the Women's Division of Honor Silver team Universidad de Granada



# 04

## Structure and Content

The syllabus of this Postgraduate Certificate has been designed taking into account the latest evidences on the use of the different Training Methodology in Perfection. In this way, the coach will be able to deepen the technical-tactical work, the special considerations regarding the players' positions and make the most appropriate decisions. For this purpose, it has innovative didactic material that makes up the Virtual Library, to which you will have access 24 hours a day, 7 days a week.







*If you have a digital device with an internet connection, you can access the advanced syllabus of this Postgraduate Certificate at any time of the day"*

## Module 1. Training Methodology in Perfection

- 1.1. Characteristics of Stages
  - 1.1.1. Educational models
  - 1.1.2. Perceptual-motor skills of the different stages of development
  - 1.1.3. Physical capabilities of the different stages
- 1.2. Technical-tactical offensive
  - 1.2.1. Types of defense
  - 1.2.2. Preventive tactical means
  - 1.2.3. Reactive tactical means
- 1.3. Technical-tactical defense
  - 1.3.1. Technical-tactical elements in the control, linking and finishing phases
  - 1.3.2. Individual technical-tactical means
  - 1.3.3. collective technical-tactical means
- 1.4. Technical-tactical transition phase
  - 1.4.1. Offensive phase
  - 1.4.2. Defensive phase
  - 1.4.3. Key points
- 1.5. Training of specific defensive positions
  - 1.5.1. General Considerations
  - 1.5.2. Specific front line positions
  - 1.5.3. Specific second line positions
- 1.6. Training of specific offensive positions
  - 1.6.1. General Considerations
  - 1.6.2. Specific front line positions
  - 1.6.3. Specific second line positions
- 1.7. The goalkeeper
  - 1.7.1. Offensive and defensive actions
  - 1.7.2. Technical Considerations
  - 1.7.3. Tactical considerations





- 1.8. Game systems
  - 1.8.1. Attacking game systems
  - 1.8.2. Defensive game systems
  - 1.8.3. Transition game systems
- 1.9. Decision-Making
  - 1.9.1. Types of decision making: classifications
  - 1.9.2. Processes involved in decision making
  - 1.9.3. Practical Examples
- 1:10. Task design
  - 1.10.1. Specific symbology
  - 1.10.2. Task creation and its variants
  - 1.10.3. Practical Proposals

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*You have a Virtual Library, accessible 24 hours a day, from any electronic device with Internet connection”*

# 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.

“

*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.



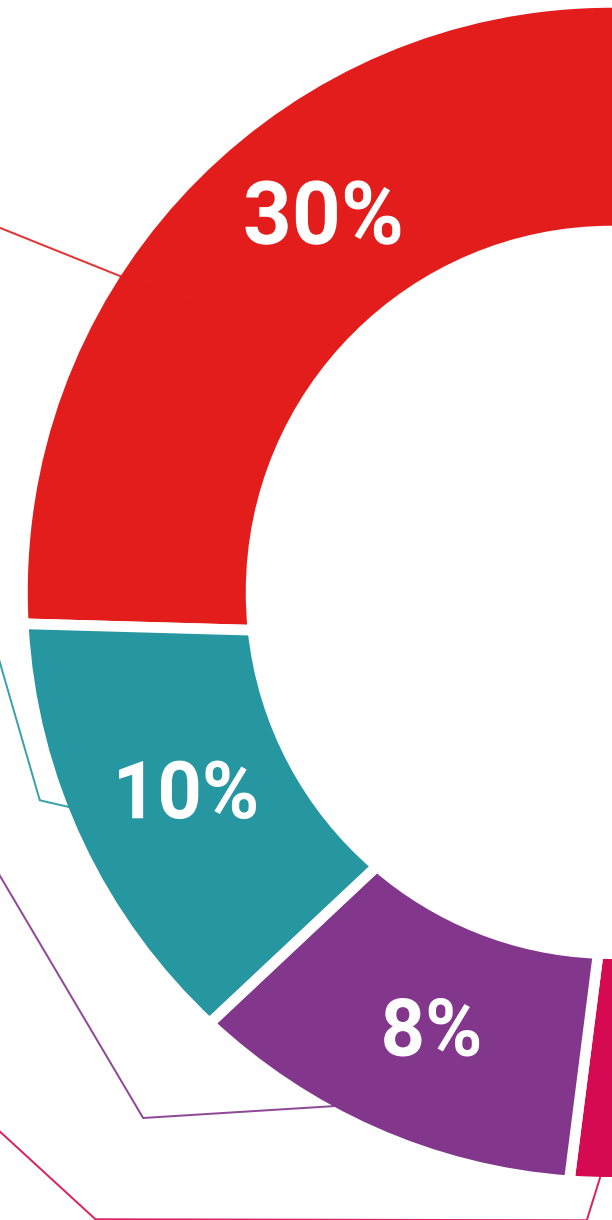
#### Practising Skills and Abilities

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 Training Methodology in Perfection 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 Training Methodology in Perfection** 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 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 Training Methodology in Perfection**

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.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



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

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