

Postgraduate Certificate

Training planning at the
different training stages



Postgraduate Certificate

Training planning in the different training stages

- » 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/training-planning-different-training-stages

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01

Introduction

In the development process of an athlete, it is essential to have a qualified professional to choose the most appropriate training plan for their characteristics and competition objectives. A task that requires a deep knowledge of planning models, load distribution and control. For this reason, TECH has designed this 6-week academic proposal, which will allow students to delve into the successful preparation of training in the different formative stages. All this, through a program aimed at professionals who wish to focus and boost their career in the world of Handball and for which they will have an advanced syllabus conducted by one of the best players in this discipline.





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A Postgraduate Certificate that will allow you to improve your training planning at different levels of handball training"

Adequate training planning avoids improvisation, ensures a continuous athlete progression and keeps the athlete in optimal shape throughout the competition. Such organization in turn must be adapted to the training stages, which requires a complete mastery of the different existing training models, their advantages, as well as their suitability depending on the time of the season and the objectives set.

In this sense, the professional who wishes to develop his career in the world of Handball must have a clear control in this field for its correct application in their teams. For this reason, this Postgraduate Certificate was created by a teaching team made up of one of the best elite athletes in this discipline.

A dynamic program with numerous didactic material based on video summaries, videos in detail, complementary readings and case studies that will lead students to acquire an intensive and attractive learning experience. Therefore, the graduate will delve into the ATR model, integrated macrocycle, micro-structuring or tactical periodization, as well as periodization and the instruments used for load control.

Likewise, thanks to the *Relearning* method, students will advance naturally through the syllabus, consolidating the new concepts addressed and thereby dispensing with the long hours of study and memorization that are so frequent in other teaching systems.

This way, the professional is facing an exceptional opportunity to progress in this sport through a Postgraduate Certificate that they can access comfortably, whenever and wherever they wish. All you need is a digital device with an Internet connection to view the content hosted on the virtual platform at any time of day. An unparalleled academic option offered only by TECH, the world's largest digital university.

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

- The development of practical cases presented by experts in Handball and Sports Sciences
- The graphic, schematic, and practical contents with which they are created, provide practical information on the 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



Take firm steps in your professional aspirations in Handball thanks to this 100% online Postgraduate Certificate"

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An academic option that will guide you in a dynamic way through the advances in the ATR model of Handball training"

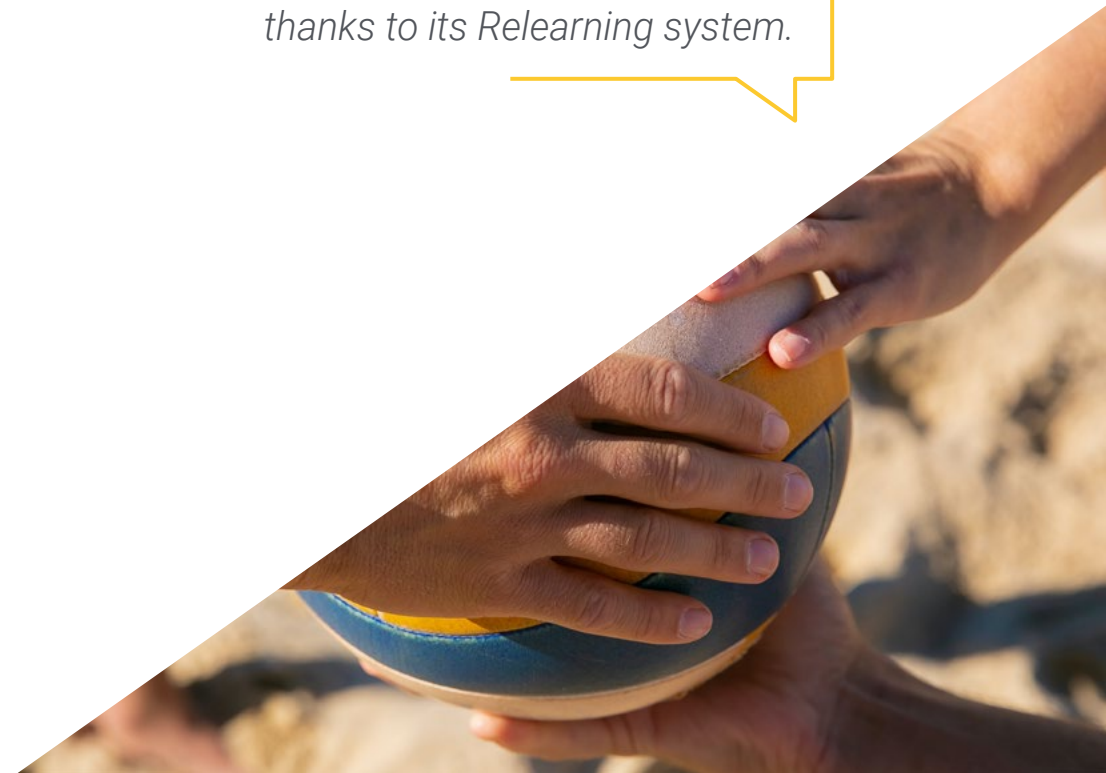
The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

Delve into overtraining and its consequences on athletes at any time.

Enroll now in a Postgraduate Certificate that will not require long study days thanks to its Relearning system.



02 Objectives

The syllabus of this Postgraduate Certificate has been designed to offer the most advanced and updated information on Training Planning in the different stages of Training in the course of 150 teaching hours. To achieve this goal, students are provided with a theoretical-practical syllabus, complemented by case study simulations that bring the graduate closer to methodologies applicable to their teams.



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You will be able to improve the sport performance of your handball teams at different stages thanks to the global vision of this Postgraduate Certificate"



General Objectives

- ♦ 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 game's evolution and handball tactics up to the present day
- ♦ To analyze the multiple factors that intervene in the training process and in high performance players





Specific Objectives

- To know the characteristics of the transitional and competitive period in depth
- To analyze the programming of training objectives and by competitive objectives
- To study the different training planning models and analyze the pros and cons of each of them
- To know the load control for its adjustment and individualization in depth



Explore the advantages and disadvantages of the different Training Planning models and incorporate the best one for your team"

03

Course Management

TECH, in its aim of offering all its students a quality education, rigorously selects each and every one of the teachers that make up its degrees. For this reason, the students will have in this Postgraduate Certificate a teaching staff with a wide knowledge of the world of Handball and with a first class trajectory in this sport. In addition, thanks to their proximity Professor will be able to resolve any doubts that may arise regarding the content of this program.

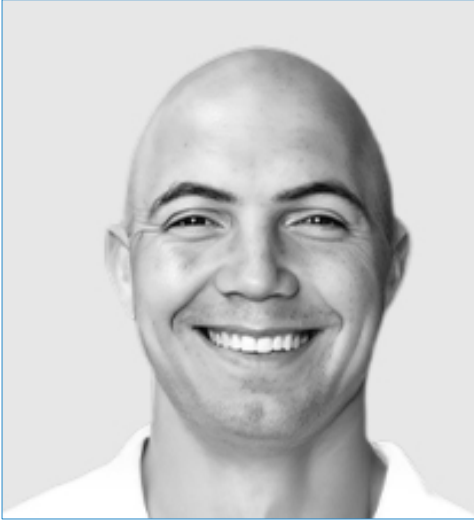




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*A Postgraduate Certificate integrated
by a teaching staff with renowned
players in the world of Handball"*

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 Barcelona
- 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



04

Structure and Content

Students who take this Postgraduate Certificate will have at their disposal first class pedagogical tools, where TECH has used the latest technology applied to teaching. This way, you will be able to acquire a much more successful knowledge about the organization of training structures and models or the main characteristics of the transitional and competitive period that divide the season into sub-phases. All this, in addition to an advanced syllabus, available 24 hours a day, 7 days a week.



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An academic option with multimedia didactic material in which the latest technology applied to academic teaching has been used"

Module 1. Training planning in the different training stages

- 1.1. Organization of training structures
 - 1.1.1. Training session
 - 1.1.2. Micro-cycle
 - 1.1.3. Macrocycle
- 1.2. Transitional period characteristics
 - 1.2.1. The pre-season
 - 1.2.2. Load distribution
 - 1.2.3. Types of Planning
- 1.3. Competitive period characteristics
 - 1.3.1. The season
 - 1.3.2. Load distribution
 - 1.3.3. Contextual adjustments
- 1.4. Competitive or training objectives programming
 - 1.4.1. Player and competition characteristics
 - 1.4.2. Load and content distribution
 - 1.4.3. Competitive reality
- 1.5. Training planning models
 - 1.5.1. Principles of Sports Training
 - 1.5.2. Model choice
 - 1.5.3. Hybridization of Models
- 1.6. ATR Model
 - 1.6.1. Accumulation period
 - 1.6.2. Transformation period
 - 1.6.3. Performance period



- 1.7. Integrated macrocycle model
 - 1.7.1. General stage
 - 1.7.2. Specific stage
 - 1.7.3. Maintenance stage
- 1.8. Micro-structuring model
 - 1.8.1. General contents
 - 1.8.2. Targeted content
 - 1.8.3. Special and competitive contents
- 1.9. Tactical periodization model
 - 1.9.1. The morpho-cycle pattern
 - 1.9.2. Operationalization dynamics
 - 1.9.3. Recovery Dynamics
- 1.10. Load control
 - 1.10.1. Control instruments
 - 1.10.2. Adjustment and individualization
 - 1.10.3. Overtraining

“

Deepen in load control both in training and in competition for its adjustment and customization thanks to this Postgraduate Certificate"

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.





“

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 planning in the different training stages 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 planning in the different training stages** 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 Training planning in the different training stages**

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
personalized service innovation
knowledge present
development language
virtual classroom



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