

Postgraduate Certificate

Training, Planning and Periodization in Professional Tennis

Endorsed by the NBA



tech technological
university





Postgraduate Certificate Training, Planning and Periodization in Professional Tennis

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

Website: www.techtute.com/us/sports-science/postgraduate-certificate/training-planning-periodization-professional-tennis

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01

Introduction

Success in professional tennis is closely linked to factors such as the athlete's development through effective and well-planned training programs. Only then will they be able to achieve their long-term goals, while diligently managing the competition schedule and other key aspects. That is why this program is a unique opportunity for the sports professional to establish the most appropriate strategies to improve performance, by first going through the different stages of a player throughout the Tennis career. In this way, they will be able to plan the tennis season with mastery thanks to an online specialization with great experts of this sport at their disposal.





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An indispensable program to obtain advanced skills in training plans and their respective planning and periodization in professional tennis”

The training of a professional tennis player is not only focused on polishing the player's technique, but also involves physical, mental and strategic preparation. In the physical aspect, training should focus on improving the athlete's endurance, strength, speed, agility and flexibility. This will not only help them to maintain their energy level throughout long matches, but will also allow them to move more efficiently on the court and prevent injuries.

Therefore, it is essential to analyze the specific situation of each tennis player in order to design personalized training programs. And in this area TECH offers an excellent specialization that will be of great value to the sports professional in order for their players to achieve success on the court. With this program, they will go through the different stages of Tennis, starting from training and analyzing the types of materials adapted to each one of them.

Then, the student will be able to establish the optimal training strategies, planning and periodization that will enable the achievement of good sporting results in the future. All this and more will be available to the coach in only 150 hours of preparation in which they will be assisted from the first moment by a teaching staff of authentic reference in Tennis. In this line, they will only require an Internet connection to establish contact with these teachers and access the largest virtual catalog of resources on the subject.

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

- ♦ The development of case studies presented by experts in Training, Planning and Periodization in Professional Tennis
- ♦ The graphic, schematic and practical contents of the program provide Rehabilitation and practical information on those 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



Position yourself as a reference on how to work through the different stages of tennis training, from the green to the red phase"

“

Delve into all the key training systems for the sporting activity of your players: Hand Feeding, Racquet Feeding, Coach Volley, etc”

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.

A truly comprehensive update opportunity that will also take you through the historical evolution of the Tennis training.

Address the keys to planning in professional Tennis with the advice of great experts.



02 Objectives

Given that Tennis is increasingly advancing in the sophistication of its training plans, TECH has designed a Postgraduate Certificate that provides the sports professional with the latest theoretical and practical tools to increase the performance of the players. It addresses training at a general level as well as planning and periodization, which will bring very positive results to the tennis player.





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*Reach the objectives of the program
and see first-hand the benefits of the
periodization of training”*



General Objectives

- ◆ Distinguish the different stages of tennis training and know how to work in each of them
- ◆ Know the tennis regulations and how to apply them
- ◆ Understand the figure of the tennis coach from an ethical and moral point of view, and understand the crucial role played by the mental aspect in tennis players
- ◆ Delve into the physical preparation necessary for a tennis player and injury prevention
- ◆ Raising awareness of the importance of technology in today's tennis and analyzing its evolution





Specific Objectives

- Knowing the different stages of tennis in training
- Know how to work in each of the different stages of the process
- Distinguish between the type of ball used at each stage
- Learn the dimensions of the tennis courts at each stage
- Have basic knowledge of different training systems: Hand Feeding, Racquet Feeding, coach Volley, etc



The innovative educational technologies that TECH puts at your disposal during your academic journey will make it easier for you to achieve your objectives”

03

Course Management

TECH is aware that students always place high expectations on the teaching staff of such interesting programs as this one. That is why the university has put together a teaching staff that is simply exceptional. It is composed of experts in professional tennis who have positioned themselves as international references in sports training in high competition. Not in vain, they have worked in some of the world's leading professional tennis academies, training players who became true *Cracks* on the court. Therefore, their valuable advice will help the student to get the maximum potential out of the next promises of this sport.





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Get guidance from some of the most illustrious international coaches and trainers to successfully develop the next Tennis Cracks”

Management



Mr. Ramos Camacho, Alejandro

- ◆ Tennis coach at the Rafa Nadal *Academy*
- ◆ Coach at the JMO Tennis Academy
- ◆ Coach at Valle de Aridane Tennis Club
- ◆ Graduate in Primary Education
- ◆ National Monitor by the Royal Spanish Federation
- ◆ RPT Level 2



04

Structure and Content

Over the course of 150 hours, students of the Postgraduate Certificate in Training, Planning and Periodization in Professional Tennis will discover the many benefits of getting up-to-date with TECH. Over the course of 150 hours, students of the Postgraduate Certificate in Training, Planning and Periodization in Professional Tennis will discover the many benefits of getting up-to-date with TECH. In addition to specializing from home and becoming part of a prestigious international community, they will improve their skills in the design of training plans through a fully up-to-date vision of this subject.





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In addition, they will be able to reinforce the concepts they are learning in depth thanks to videos, interactive diagrams, case studies and much more”

Module 1. Training at Different Stages, Training, Planning and Periodization

- 1.1. General Aspects of Tennis at the Grassroots and their Importance
 - 1.1.1. Introduction to Basic Tennis
 - 1.1.2. Evolution of Grassroots Tennis Training
 - 1.1.3. Conceptualization and Definition of Tennis in Stages
 - 1.1.4. General Objectives for the Promotion of Tennis Work in Stages
- 1.2. General and Specific Objectives of Tennis Training
 - 1.2.1. Tennis Characteristics in Stages
 - 1.2.2. General Objectives of Tennis in Training
 - 1.2.3. Factors Influencing Tennis Initiation
 - 1.2.4. Specific Objectives for Each of the Existing Stages of Training
- 1.3. Stages of Tennis Training and How to Work on Each Stage
 - 1.3.1. Red Stage, Definition and Characteristics
 - 1.3.2. Yellow Stage, Definition and Characteristics
 - 1.3.3. Green Stage, Definition and Characteristics
 - 1.3.4. Coach Effectiveness at Different Stages
- 1.4. Post-training Stages, Concept and Objectives
 - 1.4.1. Precompetition Stage, General Characteristics
 - 1.4.2. Introduction to the Competition Stage, Characteristics and General Objectives
 - 1.4.3. High Performance Stage
 - 1.4.4. Professional Stage
- 1.5. Training Concept, Methodology and its Evolution
 - 1.5.1. Concept of Training and its Evolution Throughout History
 - 1.5.2. Modern Training System What does it consist of?
 - 1.5.3. What is the Methodology?
 - 1.5.4. Methodology Objectives
- 1.6. Tennis Training Systems
 - 1.6.1. Types of Tennis Training by Workload, Frequency, Volume and Intensity
 - 1.6.2. Continuous and Intervallic Training and its Main Characteristics
 - 1.6.3. Specific Training Systems (Buckets, Rallies, Points, etc.) and What Each of Them Consists of
 - 1.6.4. What are the Exercises during Tennis Training, the Procedure to be Carried Out and their Components
 - 1.6.5. Variability in Tennis Training
 - 1.6.6. Individual Training and Group Training, Theoretical and Practical Principles





- 1.7. The Training Session from a Theoretical and Practical Point of View
 - 1.7.1. Parts of the Tennis Session and What Each Part Consists of
 - 1.7.2. Elaboration of the Training Session According to the Objectives
 - 1.7.3. How to Elaborate a Training Session
 - 1.7.4. Theoretical-practical Examples of Training Session Design
- 1.8. Planning Concept, Phases and Models
 - 1.8.1. What is Planning and What are the Objectives of Planning
 - 1.8.2. Elements to Take Into Account When Planning and Setting Objectives: Facilities, Means, Player Characteristics, Competitions, etc
 - 1.8.3. Tips to Follow During Planning
 - 1.8.4. Phases of Planning and How to Develop It
 - 1.8.5. Current Planning Models
- 1.9. What is Periodization? General and Specific Concepts
 - 1.9.1. Concept of Periodization and Tennis Characteristics Related to Periodization
 - 1.9.2. Differences between Periodization and Planning
 - 1.9.3. What Benefits does Periodization Bring to Training and to the Tennis Player?
 - 1.9.4. Periodization Characteristics
- 1.10. Annual Phases of Tennis Players in Training and Competition
 - 1.10.1. The Life of a Tennis Player
 - 1.10.2. The Daily Phase
 - 1.10.3. The Microcycles
 - 1.10.4. The Mesocycles



The syllabus with the most complete and up-to-date vision of professional tennis training, planning and periodization available on the market”

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

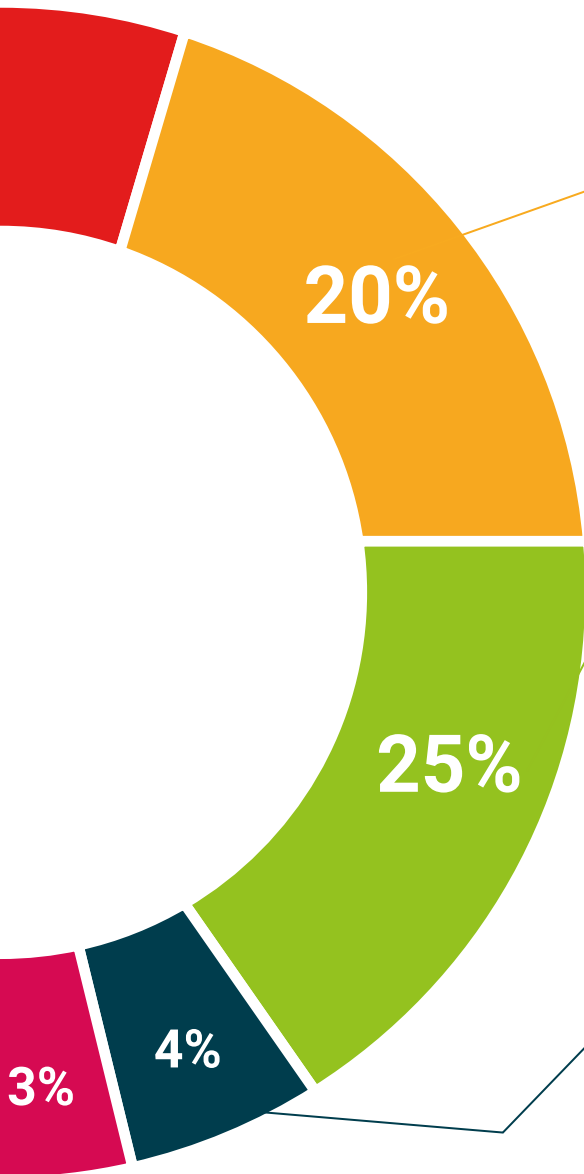
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



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, Planning and Periodization in Professional Tennis 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 and Periodization in Professional Tennis** 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.

Program: **Postgraduate Certificate in Training, Planning and Periodization in Professional Tennis**

Official No. 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



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