

# Postgraduate Certificate Rugby Modalities

Endorsed by the NBA





## Postgraduate Certificate Rugby Modalities

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

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# 01

# Introduction

Rugby is played all over the world and has a wide variety of different forms to suit different styles of play and skill levels. The two main forms of rugby are 15-a-side and 7-a-side rugby, but there are many others. For this reason, TECH has designed a program that allows the sports professional to maximize their knowledge on aspects such as the Origins of Rugby, General Regulations, Nutrition and Supplements or Anti-Doping. 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 knowledge about the Origins of Rugby and its different Regulations, thanks to the best online university in the world according to Forbes, thanks to TECH"*

In addition to the main modalities, there are other forms of rugby, such as beach rugby, underwater rugby, wheelchair rugby, prison rugby, tag rugby and touch rugby, among others. Each modality has its own rules and adaptations for the environment in which it is played. These variations show the versatility and adaptability of this sport to suit different environments and abilities.

For this reason, TECH has designed a Postgraduate Certificate in Rugby Modalities with the aim of providing 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, Rugby XV, Rugby XIII and Rugby VII, as well as the types of referee, the general rules and regulations of its different modalities are deeply approached.

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

This **Postgraduate Certificate in Rugby Modalities** contains the most complete and updated scientific program in the market. Its most outstanding features are:

- ◆ The development of case studies presented by experts in Rugby Modalities
- ◆ 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 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



*Become an expert in Rugby Modalities in only 6 weeks and with total freedom to organize your schedule and studies"*

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*Learn about other Varieties of Rugby and Anti-Corruption through this comprehensive specialization from TECH's Sports Science Faculty"*

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. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*Test your Rugby VII and Rugby XIII skills with the most challenging practical exercises.*

*Update your knowledge about Nutrition and Supplements in Rugby, thanks to a 100% online modality that will allow you to acquire new skills from the comfort of your home.*



# 02 Objectives

The objective of this Postgraduate Certificate in Rugby Modalities is that the student obtains an exhaustive update of his knowledge in this internationally important sport. An update that will allow the student to work with the highest possible quality and efficiency. All this, thanks to the most innovative pedagogical resources and a 100% online modality.







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*Achieve your most demanding goals in the world of sport and master the most advanced Anti-Corruption and Anti-Doping strategies"*



## 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
- ◆ To acquire a specialization in nutrition oriented to Rugby, 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 Rugby's origins
- ◆ Know how to detect the values of sport
- ◆ In-depth learning of the Modalities and General Regulations




*Learn more about the types of referees, their gestures on the field and the regulations applicable to each type of rugby, thanks to TECH Technological University"*

03

# Course Management

The outstanding professionals that make up the teaching staff of this Postgraduate Certificate in Rugby Modalities are part of TECH's prestigious team of specialists in this field. These experts have used their state-of-the-art knowledge and extensive experience to design comprehensive and up-to-date teaching materials that will exceed the most demanding expectations.





“Learn about the Values and Integrity in the world of Rugby from the best experts in the field, in a 100% online mode that does not require travel of any kind”

## Management



### Mr. Javier De Juan Roldán

- ♦ 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. 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 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



# 04

# Structure and Content

The structure and all the contents 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 contributed their experience and 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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*The most comprehensive and up-to-date view of the fundamentals of Rugby can be found in this syllabus from TECH, the world's largest digital university"*

## Module 1. Rugby Modalities

- 1.1. Rugby
  - 1.1.1. Rugby
  - 1.1.2. Origins
  - 1.1.3. World Rugby
- 1.2. Rugby XV
  - 1.2.1. Beginners
  - 1.2.2. Rugby XV
  - 1.2.3. Rugby XV in Spain
- 1.3. Rugby VII and Rugby XIII
  - 1.3.1. Beginners
  - 1.3.2. Rugby VII
- 1.4. Other varieties of Rugby
  - 1.4.1. Inclusive and prison rugby
  - 1.4.2. Rugby tag and Touch
  - 1.4.3. Other varieties
- 1.5. General regulations
  - 1.5.1. Introduction
  - 1.5.2. Principles of the game
  - 1.5.3. Regulations
- 1.6. Anti-Doping
  - 1.6.1. *Keep Rugby Clean*
  - 1.6.2. Nutrition and supplements
  - 1.6.3. Medication
- 1.7. Anti-gambling
  - 1.7.1. *Antidoping Keep Rugby Onside*
  - 1.7.2. Discipline
  - 1.7.3. Discipline





- 1.8. Values
  - 1.8.1. Why defend these values?
  - 1.8.2. Integrity
  - 1.8.3. Third Half
- 1.9. Figure of the referee
  - 1.9.1. Referee in Rugby
  - 1.9.2. Referee gestures
  - 1.9.3. Types of referees
- 1.10. Major championships
  - 1.10.1. Rugby XV
  - 1.10.2. Rugby VII
  - 1.10.3. Rugby XIII



*Enroll now, 150 hours separate you from becoming the Rugby expert demanded by the most prestigious Rugby schools"*

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 Modalities 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 Modalities** contains the most complete and up-to-date 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 Modalities**

Official N° of Hours: **150 h.**

Endorsed by the NBA



\*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.



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