

# Postgraduate Certificate Volleyball Modalities

Endorsed by the NBA





## Postgraduate Certificate Volleyball Modalities

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

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

Volleyball is a sport whose variants: Beach Volleyball and Sitting Volley have had an important boom in recent decades. The major international circuits and the Olympic and Paralympic Games themselves have been an essential showcase for its worldwide visibility. Therefore, these two modalities provide professionals with new ways to develop their careers. This is why TECH has created this program, which provides students with intensive learning about the particularities of these alternatives, their specific physical and technical preparation and the psychological aspects to be taken into consideration. All in a 100% online academic format, made up of innovative didactic material and taught by professors closely linked to this sport.





“

*You will master all the characteristics of beach volleyball and Sitting Volley with this 100% online Postgraduate Certificate”*

Volleyball is a sport with a great attraction for the public, regardless of the modality in which it is practiced. But, undoubtedly, being part of the 1996 Olympic Games was a before and after for beach volleyball, as was the inclusion of Sitting Volleyball in the Paralympic Games in Arnhem in 1980.

Two historic events that have marked the evolution of this sport, which is increasingly demanded and practiced by players from all over the world. In this fruitful scenario, it is appropriate for professionals who wish to be part of this sport to have a deep knowledge of its particularities for its correct development.

This is why this program was created, which offers students a 6-week course on the most important characteristics of these sports, their historical evolution and the most current methodologies for physical training. In addition, this program delves into the skills that must be possessed to foster individual and group motivation.

An intensive academic journey that will be much more dynamic thanks to the numerous didactic resources provided by this academic institution, to which the graduate will have access 24 hours a day, 7 days a week and from any electronic device with an internet connection.

A flexible and convenient Postgraduate Certificate, which provides an excellent opportunity for students to grow professionally through a program that facilitates self-management of study time and the compatibility of daily responsibilities with quality education.

This **Postgraduate Certificate in Volleyball Modalities** 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 Physical Education and Professional Volleyball
- ◆ The graphic, schematic and practical contents of the book provide technical 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



*Do you want to coach Sitting Volleyball teams? Find out everything you need to know about session planning and physical preparation”*

“

*Delve into the most effective strategies to promote motivation in beach volleyball players in high competition”*

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

The 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 immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*An academic option that provides resources for you to train offense and defense in a Sitting Volleyball competition.*

*Learn about the great benefits of Paralympic sport for its athletes.*



# 02 Objectives

Upon completion of this university program, the graduate will have obtained a much more global and profound vision of the practice and training of beach volleyball and Sitting Volleyball. In order to achieve this objective, a specialized teaching staff will accompany you during the 150 teaching hours and will answer any questions you may have about the content of this program.







“

*Obtain with this university program examples of physical preparation plans for your beach volleyball team and apply them in your club”*



## General Objectives

---

- ◆ Plan specific training for the full development of the volleyball player
- ◆ Structure general training for the achievement of team objectives
- ◆ Apply recovery strategies adapted to the needs of the athlete
- ◆ Assess and develop the player's capabilities to bring them to their maximum potential
- ◆ Lead the training area in a high level team
- ◆ Develop the correct physical preparation of a player





## Specific Objectives

---

- ◆ Explain the differences between beach volleyball and *Sitting volleyball*
- ◆ Deepen in the specific physical preparation for each volleyball modality
- ◆ Know the specific rules of beach volleyball and *Sitting volleyball*
- ◆ Analyze the most effective psychological techniques for the player practicing different types of volleyball



*You will be up to date with the current regulations on beach volleyball and Sitting Volley in an attractive way"*

03

# Course Management

This academic institution maintains a philosophy based on offering all students a first class education. For this reason, students who take this program will have access to a syllabus taught by an excellent professional with extensive experience in volleyball, who has worked as a player and coach. In this way, the graduate will obtain updated information from the hand of an expert in this sport and the existing variants.



“

*Get a first level learning about the Modalities of Volleyball from the hand of real specialists in this sport”*

## Management



### Ms. Nerea Tabeayo Martínez

- ♦ Voley Murcia player
- ♦ Graduate in Physical Activity and Sports Sciences from the Faculty of Physical Activity and Sports Sciences at UCAM - San Antonio Catholic University of Murcia
- ♦ Volleyball Coach Level 1



# 04

## Structure and Content

The effectiveness of the Relearning system, based on the continuous reiteration of key concepts, has led TECH to apply it to all programs. In this way, the students of this Postgraduate Certificate will acquire a solid knowledge of Beach Volleyball and Sitting Volley, without investing many hours of study and memorization. An effective method that promotes simple learning and complements the attractive multimedia content that makes up the library of pedagogical resources.







“

*TECH provides you with a flexible university program in which you can self-manage your study time”*

## Module 1. Other Modalities

- 1.1. Beach Volleyball
  - 1.1.1. What Is It?
  - 1.1.2. Rules and characteristics
  - 1.1.3. Competitions
  - 1.1.4. Evolution Over Time
- 1.2. Beach volleyball technique
  - 1.2.1. Differences with volleyball
  - 1.2.2. Offensive techniques
  - 1.2.3. Defensive techniques
  - 1.2.4. How to Train Them?
- 1.3. Tactics in beach volleyball
  - 1.3.1. Differences with volleyball
  - 1.3.2. Offensive Phase
  - 1.3.3. Defensive Phase
  - 1.3.4. How to Train Them?
- 1.4. Physical preparation in beach volleyball
  - 1.4.1. Differences with volleyball
  - 1.4.2. Periodization
  - 1.4.3. Preparation plan
  - 1.4.4. Examples:
- 1.5. Psychology in beach volleyball
  - 1.5.1. Differences with volleyball
  - 1.5.2. Benefits
  - 1.5.3. Motivation Techniques
  - 1.5.4. Skills
- 1.6. Sitting volley
  - 1.6.1. What Is It?
  - 1.6.2. Rules and characteristics
  - 1.6.3. Competitions
  - 1.6.4. Evolution Over Time





- 1.7. Sitting volleyball technique
  - 1.7.1. Differences with volleyball
  - 1.7.2. Offensive techniques
  - 1.7.3. Defensive techniques
  - 1.7.4. How to Train Them?
- 1.8. Sitting volleyball tactics
  - 1.8.1. Differences with volleyball
  - 1.8.2. Offensive Phase
  - 1.8.3. Defensive Phase
  - 1.8.4. How to Train Them?
- 1.9. Physical preparation in Sitting volleyball
  - 1.9.1. Differences with volleyball
  - 1.9.2. Periodization
  - 1.9.3. Preparation plan
  - 1.9.4. Examples:
- 1.10. Psychology in Sitting volleyball
  - 1.10.1. Differences with volleyball
  - 1.10.2. Benefits of Paralympic sport
  - 1.10.3. Motivation Techniques
  - 1.10.4. Skills



*Are you ready to learn the most effective techniques in the different Volleyball modalities? Enroll now and start viewing the content”*

# 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.*



### 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 student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

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 Volleyball Modalities guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





“

*Successfully complete this program  
and receive your university qualification  
without having to travel or fill out  
laborious paperwork”*

This **Postgraduate Certificate in Volleyball Modalities** contains the most complete and up-to-date scientific 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 Volleyball Modalities**

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 quality  
development language  
virtual classroom



## Postgraduate Certificate Volleyball Modalities

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

# Postgraduate Certificate Volleyball Modalities

Endorsed by the NBA

