

# Postgraduate Diploma

## Mobility, Strength and Targeted Training for Fitness Instructors

Endorsed by the NBA



**tech** technological  
university





## Postgraduate Diploma Mobility, Strength and Targeted Training for Fitness Instructors

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

Website: [www.techtute.com/in/sports-science/postgraduate-diploma/postgraduate-diploma-mobility-strength-targeted-training-fitness-instructors](http://www.techtute.com/in/sports-science/postgraduate-diploma/postgraduate-diploma-mobility-strength-targeted-training-fitness-instructors)

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# 01

# Introduction

Traditionally, mobility has been seen as a complementary element that has only been analyzed from a biomechanical perspective without taking into account its important repercussions on the athlete's performance and health. The evidence is increasingly harboring new advances that allow us to know in depth the application of this physical capacity. Even so, it has not yet been possible to establish a common terminological basis among sports professionals and popular beliefs still remain that are far from reality. Therefore, this academic program focuses on laying the theoretical foundations of all the important aspects related to mobility training, without neglecting the importance of strength training as a means to achieve high athletic performance.





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*Become part of the change towards excellence in a booming sector and promote mobility and strength training with this complete Postgraduate Diploma"*

Being fully aware of the general lack of knowledge about mobility training, this Postgraduate Diploma seeks to establish a starting point towards the knowledge and differences between popular concepts and beliefs about mobility and its training, as well as the objectives and different methods of application and their impact over time at a neuromuscular level and, consequently, in sports performance, either optimizing or reducing recovery times.

Along the same lines, the different systems and mobility training methods, how to know the timing, the characteristics of time, intensity or duration, as well as the context in which they should be applied if you want to achieve certain objectives or others. That is why, through this Postgraduate Diploma, the student will be able to have the knowledge and didactic resources for an effective and efficient intervention with the athlete.

On the other hand, we will also study strength as a physical capacity which has acquired a high-level of importance in recent years. So much so, that in some sectors it is referred to as "the mother quality"

Thus, this Postgraduate Diploma will first develop a complete theoretical basis on which to support the importance of strength training, as well as a correct terminological definition. In the same way, the most efficient methods to develop strength-power are studied in depth so that the student feels they have the best tools to face a successful strength program.

For all this, the student will be provided with the latest scientific and technological advances in load control, thus providing the most complete theoretical and practical information on the current market.

All this, condensed in an academic program of high curricular value that is developed in only six months, and that will become a differentiating element in the student's curriculum. An academic plan that understands the professional needs of students and the market, and provides them with the most complete and up-to-date content in the sector.

This **Postgraduate Diploma in Mobility, Strength and Targeted Training for Fitness Instructors** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ Practical cases presented by experts in Physical Activity and Sport
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional development
- ◆ 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



*If what you want is to increase your studies, without giving up the rest of your daily activities, then this Postgraduate Diploma is for you"*

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*As this is an online academic program, you will be able to study wherever and whenever you want. You will only need an electronic device with internet access”*

The program includes, in its teaching staff, professionals from the sector who bring their work experience to this refresher program, as well as renowned specialists from reference 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 training programmed to train 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 throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Turn your professional career around by taking this Postgraduate Diploma.*

*Specialize in a booming sector and start to see your job opportunities flourish.*



# 02 Objectives

The main objective of this Postgraduate Diploma in Mobility, Strength and Targeted Training for Fitness Instructors at TECH is to provide students with in-depth knowledge that allows them to understand the importance of strength and mobility training as a means to develop an excellent physical condition. This objective is materialized by providing the student with a high-quality academic program, based on the latest scientific evidence and with the most complete contents in the sector. In this way, the professional will be able to revalue their profile and position themselves at the forefront of a booming field.







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*TECH's objective is clear: to update students' knowledge in order to produce the best professionals in the sector”*



## General Objectives

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- ◆ Acquire knowledge based on the most current scientific evidence with full applicability in the practical field
- ◆ Master all the most advanced methods of sports performance evaluation
- ◆ Master and apply with certainty the most current training methods to improve sports performance and quality of life, as well as to improve the most common pathologies
- ◆ Master the principles governing exercise physiology, as well as biochemistry
- ◆ Successfully integrate all the knowledge acquired in the different modules in real practice



*Your goals and TECH's goals come together and materialize in this academic program with excellent curricular"*





## Specific Objectives

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### Module 1. Mobility Training

- ◆ Approach mobility as a basic physical capacity from a neurophysiological perspective
- ◆ Have a deep understanding of the neurophysiological principles that affect the development of mobility
- ◆ Know and apply the stabilizing and mobilizing systems within the movement pattern
- ◆ Develop and specify the basic concepts and objectives related to mobility training
- ◆ Develop the ability to design tasks and plans to improve mobility
- ◆ Know and apply the different methods of performance optimization through recovery methods
- ◆ Develop the ability to perform a functional and neuromuscular assessment of the athlete/client
- ◆ Recognize and address the effects of a neuromuscular injury on the athlete/client

### Module 2. Strength Training

- ◆ Know and correctly interpret all theoretical aspects that define force and its components
- ◆ Know and master the most effective strength training methods
- ◆ Develop sufficient criteria to be able to support the choice of different training methods in their practical application
- ◆ Be able to objectify the strength needs of each client athlete whatever their needs may be
- ◆ Master the theoretical and practical aspects that define power development
- ◆ Correctly apply strength training in the prevention and rehabilitation of injuries

### Module 3. Indoor Targeted Personal Training

- ◆ In-depth understanding of the pathophysiology of metabolic syndrome
- ◆ Understand the intervention criteria to improve the health and quality of life of patients with this pathology
- ◆ Be able to plan and program training in an individualized way for a person with metabolic syndrome

# 03

## Course Management

One of the aspects that make this Postgraduate Diploma unique compared to others in the sector is the teaching staff. Thus, the professional who decides to take this program with TECH will learn with a faculty of excellence, with years of experience in the sector and with the greatest desire to graduate the best in this field. For this reason, it has also been this team who has designed the contents of the Postgraduate Diploma, ensuring the student a complete learning process, based on the highest scientific rigor and the latest developments in the sector.





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*Studying with such prestigious specialists is priceless. Check it out"*

## Management



### Mr. Rubina, Dardo

- ◆ CEO of Test and Training
- ◆ EDM Physical Training Coordinator
- ◆ Physical trainer of the EDM First Team
- ◆ Master's Degree in High Performance in Sports(ARD) COE
- ◆ EXOS Certification
- ◆ Specialist in Strength Training for the Prevention of Injuries, Functional and Physical-Sports Rehabilitation
- ◆ Specialist in Strength Training Applied to Physical and Sports Performance
- ◆ Certification in Weight Management and Physical Performance Technologies
- ◆ Postgraduate course in Physical Activity in Populations with Pathologies
- ◆ Diploma in Advanced Studies (DEA) University of Castilla la Mancha
- ◆ PhD in High Performance Sports(ARD)



## Professors

### Mr. Jareño Díaz, Juan

- ◆ Coordinator of the education and physical preparation area at the Moratalaz Sports School
- ◆ Degree in Physical Activity and Sports Sciences from the University of Castilla la Mancha
- ◆ Master's Degree in Physical Preparation in Soccer
- ◆ Master's Degree in Secondary Education Teaching
- ◆ Postgraduate course in Personal Training Specialist

### Ms. Riccio, Anabella

- ◆ Functional training teacher in District B
- ◆ Degree in Physical Education
- ◆ Specialist in Exercise Programming and Assessment
- ◆ Course in biochemistry for exercise programming

### Mr. Varela, Mauricio

- ◆ Physical Education Teacher. Faculty of Humanities and Educational Sciences. National University of La Plata
- ◆ Teacher of physical activity classes in a personalized way for older adults
- ◆ Physical Trainer, Personal Trainer of Elite Cyclists at the Astronomy Cycling Circuit
- ◆ Physical Education Teacher EES 62, EES 32, EET 5, EES56, EES 31
- ◆ Specialization in Exercise Programming and Evaluation (Postgraduate course, Faculty of Humanities and Education Sciences, La Plata National University) Cohort
- ◆ ISAK Anthropometrist level 1

# 04

## Structure and Content

In order for the professional to acquire top-level knowledge, the structure and contents of this Postgraduate Diploma have been conceived, designed and created by a group of professionals of reference in the physical activity sector. This team, aware of the relevance and timeliness of education in this field, has made a major effort to generate the most complete and up-to-date syllabus on the market. A compendium of contents that is complemented by the work of other experts, who provide the syllabus with a highly didactic multimedia format that provides the student with an immersive, complete and contextual learning experience.







“

*TECH will provide you with the most complete and up-to-date content on the market that will become your theoretical support when facing your daily work"*

## Module 1. Mobility Training

- 1.1. Neuromuscular System
  - 1.1.1. Neurophysiological Principles: Inhibition and Excitability
    - 1.1.1.1. Adaptations of the Nervous System
    - 1.1.1.2. Strategies to Modify Corticospinal Excitability
    - 1.1.1.3. Keys to Neuromuscular Activation
  - 1.1.2. Somatosensory Information Systems
    - 1.1.2.1. Information Subsystems
    - 1.1.2.2. Types of Reflexes
      - 1.1.2.2.1. Monosynaptic Reflexes
      - 1.1.2.2.2. Polysynaptic Reflexes
      - 1.1.2.2.3. Musculotendinous-Articular Reflexes
    - 1.1.2.3. Responses to Dynamic and Static Stretches
- 1.2. Motor Control and Movement
  - 1.2.1. Stabilizing and Mobilising Systems
    - 1.2.1.1. Local System: Stabilizer System
    - 1.2.1.2. Global System: Mobilizing System
    - 1.2.1.3. Respiratory Pattern
  - 1.2.2. Movement Pattern
    - 1.2.2.1. Coactivation
    - 1.2.2.2. Joint by Joint Theory
    - 1.2.2.3. Primary Motion Complexes



- 1.3. Understanding Mobility
  - 1.3.1. Key Concepts and Beliefs in Mobility
    - 1.3.1.1. Manifestations of Mobility in Sport
    - 1.3.1.2. Neurophysiological and Biomechanical Factors Influencing Mobility Development
    - 1.3.1.3. Impact of Mobility on Strength Development
  - 1.3.2. Objectives of Training Mobility in Sport
    - 1.3.2.1. Mobility in the Training Session
    - 1.3.2.2. Benefits of Mobility Training
  - 1.3.3. Mobility and Stability by Structures
    - 1.3.3.1. Foot-Ankle Complex
    - 1.3.3.2. Knee-Hip Complex
    - 1.3.3.3. Spine-Shoulder Complex
- 1.4. Training Mobility
  - 1.4.1. Fundamental Block
    - 1.4.1.1. Strategies and Tools to Optimize Mobility
    - 1.4.1.2. Specific Pre-Exercise Plan
    - 1.4.1.3. Specific Post-Exercise Plan
  - 1.4.2. Mobility and Stability in Basic Movements
    - 1.4.2.1. Squat and Deadlift
    - 1.4.2.3. Acceleration and Multidirection
- 1.5. Methods of Recovery
  - 1.5.1. Proposal for Effectiveness Based on Scientific Evidence
- 1.6. Methods for Training Mobility
  - 1.6.1. Tissue-Centered Methods: Passive Tension and Active Tension Stretching
  - 1.6.2. Arthrokinematic-Focused Methods: Isolated Stretching and Integrated Stretching
  - 1.6.3. Eccentric Training
- 1.7. Mobility Training Program
  - 1.7.1. Effects of Stretching in the Short and Long Term
  - 1.7.2. Optimal Timing for Applying Stretching
- 1.8. Athlete Assessment and Analysis
  - 1.8.1. Functional and Neuromuscular Assessment
    - 1.8.1.1. Assessment
    - 1.8.1.2. Assessment Process
      - 1.8.1.2.1. Analyze the Movement Pattern
      - 1.8.1.2.2. Identify the Test
      - 1.8.1.2.3. Detect the Weak Links
  - 1.8.2. Athlete Assessment Methodology
    - 1.8.2.1. Types of Tests
      - 1.8.2.1.1. Analytical Assessment Test
      - 1.8.2.1.2. General Assessment Test
      - 1.8.2.1.3. Specific-Dynamic Assessment Test
    - 1.8.2.2. Assessment by Structures
      - 1.8.2.2.1. Foot- Ankle Complex
      - 1.8.2.2.2. Knee-Hip Complex
      - 1.8.2.2.3. Spine-Shoulder Complex
- 1.9. Mobility in Injured Athletes
  - 1.9.1. Pathophysiology of Injury: Effects on Mobility
    - 1.9.1.1. Muscle Structure
    - 1.9.1.2. Tendon Structure
    - 1.9.1.3. Ligament Structure
  - 1.9.2. Mobility and Prevention of Injuries: Practical Case
    - 1.9.2.1. Ruptured Ischialis in the Runner

## Module 2. Strength Training

- 2.1. Strength
  - 2.1.1. Strength from Mechanics
  - 2.1.2. Strength from Physiology
  - 2.1.3. Applied Strength
  - 2.1.4. Time-Strength Curve
    - 2.1.4.1. Interpretation
  - 2.1.5. Maximum Strength Training
  - 2.1.6. RFD
  - 2.1.7. Useful Strength
  - 2.1.8. Strength- Speed-Power Curves
    - 2.1.8.1. Interpretation
  - 2.1.9. Strength Deficit
- 2.2. Training Load
  - 2.2.1. Strength Training Load
  - 2.2.2. The Load
  - 2.2.3. The Load: Volume
  - 2.2.4. The Load: Intensity
  - 2.2.5. The Load: Density
  - 2.2.6. Nature of the Effort
- 2.3. Strength Training in the Prevention and Rehabilitation of Injuries
  - 2.3.1. Prevention and Rehabilitation of Injuries
    - 2.3.1.1. Terminology
    - 2.3.1.2. Concepts
  - 2.3.2. Strength Training and Injury Prevention and Rehabilitation Based on Scientific Evidence
  - 2.3.3. Methodological Process of Strength Training in Injury Prevention and Functional Recovery
    - 2.3.3.1. The Method
    - 2.3.3.2. Applying the Method in Practice
  - 2.3.4. Role of Core Stability (CORE) in Injury Prevention
    - 2.3.4.1. CORE
    - 2.3.4.2. CORE Training
- 2.4. Plyometric Method
  - 2.4.1. Physiological Mechanisms
  - 2.4.2. Muscle Actions in Plyometric Exercises
  - 2.4.3. The Stretch-Shortening Cycle (SSC)
    - 2.4.3.1. Use of Energy or Elastic Capacity
    - 2.4.3.2. Reflex Involvement Series and Parallel Elastic Energy Accumulation
  - 2.4.4. SSC Classification Scheme
    - 2.4.4.1. Short SSC
    - 2.4.4.2. Long SSC
  - 2.4.5. Properties of the Muscle and Tendon
  - 2.4.6. Central Nervous System
    - 2.4.6.1. Recruitment
    - 2.4.6.2. Frequency (F)
    - 2.4.6.3. Synchronization
- 2.5. Power Training
  - 2.5.1. Power
    - 2.5.1.1. Power
    - 2.5.1.2. Importance of Power in the Context of Sports Performance
    - 2.5.1.3. Clarification of Power-Related Terminology
  - 2.5.2. Factors Contributing to Peak Power Development
  - 2.5.3. Structural Aspects Conditioning Power Production
    - 2.5.3.1. Muscle Hypertrophy
    - 2.5.3.2. Muscle Structure
    - 2.5.3.3. Ratio of Fast and Slow Fibers in a Cross Section
    - 2.5.3.4. Muscle Length and its Effect on Muscle Contraction
    - 2.5.3.5. Quantity and Characteristics of Elastic Components
  - 2.5.4. Neural Aspects Conditioning Power Production
    - 2.5.4.1. Action Potential
    - 2.5.4.2. Speed of Motor Unit Recruitment
    - 2.5.4.3. Muscle Coordination
    - 2.5.4.4. Intermuscular Coordination
    - 2.5.4.5. Previous Muscle Status (PAP)
    - 2.5.4.6. Neuromuscular Reflex Mechanisms and Their Incidence

- 2.5.5. Theoretical Aspects for Understanding the Strength–Time Curve
  - 2.5.5.1. Strength Impulse
  - 2.5.5.2. Phases of the Strength–Time Curve
  - 2.5.5.3. Phases of Acceleration in the Strength–Time Curve
  - 2.5.5.4. Maximum Acceleration Area of the Strength–Time Curve
  - 2.5.5.5. Deceleration Phase of the Strength–Time Curve
- 2.5.6. Theoretical Aspects for Understanding Power Curves
  - 2.5.6.1. Power–Time Curve
  - 2.5.6.2. Power–Displacement Curve
  - 2.5.6.3. Optimal Workload for Maximum Power Development
- 2.6. Force-Vector Training
  - 2.6.1. The Force Vector
    - 2.6.1.1. Axial Vector
    - 2.6.1.2. Horizontal Vector
    - 2.6.1.3. Rotational Vector
  - 2.6.2. Benefits of Using this Terminology
  - 2.6.3. Basic Vectors in Training
    - 2.6.3.1. The Main Sporting Gestures
    - 2.6.3.2. The Main Overload Exercises
    - 2.6.3.3. The Main Training Exercises
- 2.7. Main Methods for Strength Training
  - 2.7.1. Own Body Weight
  - 2.7.2. Free Exercises
  - 2.7.3. PAP
    - 2.7.3.1. Definition
    - 2.7.3.2. Application of PAP Prior to Energy-Related Sports Disciplines
  - 2.7.4. Exercises with Machines
  - 2.7.5. Complex Training
  - 2.7.6. Exercises and Their Transfer
  - 2.7.7. Contrasts
  - 2.7.8. Cluster Training
- 2.8. VBT
  - 2.8.1. Applying VBT
    - 2.8.1.1. Degree of Stability of Execution Speed with Each Percentage of 1MR
  - 2.8.2. Scheduled Load and Actual Load
    - 2.8.2.1. Variables Involved in the Difference Between Programmed Load and Actual Training Load
  - 2.8.3. VBT as a Solution to the Problem of Using 1MR and nMR to Program Loads
  - 2.8.4. VBT and Degree of Fatigue
    - 2.8.4.1. Connection to Lactate
    - 2.8.4.2. Connection to Ammonium
  - 2.8.5. VBT in Relation to the Loss of Speed and Percentage of Repetitions Performed
    - 2.8.5.1. Define the Different Degrees of Effort in the Same Series
    - 2.8.5.2. Different Adaptations According to the Degree of Speed Loss in the Series
  - 2.8.6. Methodological Proposals According to Different Authors
- 2.9. Strength in Connection to Hypertrophy
  - 2.9.1. Hypertrophy-Inducing Mechanism: Mechanical Stress
  - 2.9.2. Hypertrophy-Inducing Mechanism: Metabolic Stress
  - 2.9.3. Hypertrophy-Inducing Mechanism: Muscle Damage
  - 2.9.4. Hypertrophy Programming Variables
    - 2.9.4.1. Frequency (F)
    - 2.9.4.2. Volume
    - 2.9.4.3. Intensity
    - 2.9.4.4. Cadence
    - 2.9.4.5. Series and Repetitions
    - 2.9.4.6. Density
    - 2.9.4.7. Order in the Execution of Exercises
  - 2.9.5. Training Variables and Their Different Structural Effects
    - 2.9.5.1. Effect on Different Types of Fiber
    - 2.9.5.2. Effects on the Tendon
    - 2.9.5.3. Fascicle Length
    - 2.9.5.4. Penetration Angle

- 2.10. Eccentric Strength Training
  - 2.10.1. Eccentric Training
    - 2.10.1.1. Eccentric Training
    - 2.10.1.2. Different Types of Eccentric Training
  - 2.10.2. Eccentric Training and Performance
  - 2.10.3. Eccentric Training in the Prevention and Rehabilitation of Injuries
  - 2.10.4. Technology Applied to Eccentric Training
    - 2.10.4.1. Conical Pulleys
    - 2.10.4.2. Isoinertial Devices

### Module 3. Indoor Targeted Personal Training

- 3.1. Metabolic Syndrome
  - 3.1.1. Metabolic Syndrome
  - 3.1.2. Epidemiology of Metabolic Syndrome
  - 3.1.3. The Patient with a Syndrome, Considerations for Intervention
- 3.2. Pathophysiological Bases
  - 3.2.1. Definition of Metabolic Syndrome and Health Risks
  - 3.2.2. Pathophysiological Aspects of the Disease
- 3.3. Assessment and Diagnosis
  - 3.3.1. Metabolic Syndrome and its Assessment in the Clinical Setting
  - 3.3.2. Biomarkers, Clinical Indicators and Metabolic Syndrome
  - 3.3.3. Metabolic Syndrome, Its Assessment and Follow-Up by the Physical Exercise Specialist
  - 3.3.4. Diagnosis and Intervention Protocol for Metabolic Syndrome
- 3.4. Protocols and Treatments
  - 3.4.1. Lifestyle and Its Relationship with Metabolic Syndrome
  - 3.4.2. Nutrition and Its Importance in Metabolic Syndrome
  - 3.4.3. Exercise: Role with Metabolic Syndrome
  - 3.4.4. The Patient with Metabolic Syndrome and Pharmacologic Treatment: Considerations for the Exercise Professional
- 3.5. Indoor Training Plan with Patients with Metabolic Syndrome
  - 3.5.1. Customer Level Specification
  - 3.5.2. Objectives
  - 3.5.3. Assessment Processes





- 3.5.4. Operability with Respect to Spatial and Material Resources
- 3.6. Programming of Indoor Strength Training
  - 3.6.1. Objectives of Strength Training for Metabolic Syndrome
  - 3.6.2. Volume, Intensity and Recovery of Strength Training for Metabolic Syndrome
  - 3.6.3. Selection of Exercises and Methods of Strength Training for People with Metabolic Syndrome
  - 3.6.4. Design of Strength Training Programs for People with Metabolic Syndrome
- 3.7. Indoor Resistance Training Program
  - 3.7.1. Objectives of Resistance Training for Metabolic Syndrome
  - 3.7.2. Volume and Intensity and Recovery from Resistance Training for People with Metabolic Syndrome
  - 3.7.3. Choice of Exercises and Methods of Resistance Training for People with Metabolic Syndrome
  - 3.7.4. Design of Resistance Training Programs for People with Metabolic Syndrome
- 3.8. Precautions and Contraindications in Indoor Training
  - 3.8.1. Assessments for the Performance of Physical Exercise in the Population with Metabolic Syndrome
  - 3.8.2. Contraindications Regarding the Development of Activity in Patients with Metabolic Syndrome
- 3.9. Nutrition and Lifestyle in Patients with Metabolic Syndrome
  - 3.9.1. Nutritional Aspects in Metabolic Syndrome
  - 3.9.2. Examples of Nutritional Intervention in Metabolic Syndrome
- 3.10. Design of Indoor Training Programs for Patients with Metabolic Syndrome
  - 3.10.1. Design of Training Programs for People with Diabetes
  - 3.10.2. Design of Training Sessions for People with Diabetes
  - 3.10.3. Design of Comprehensive (Interdisciplinary and Multidisciplinary) Intervention Programs for People with Diabetes



*You are just one click away from increasing your professional skills and becoming a benchmark in the industry"*

# 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

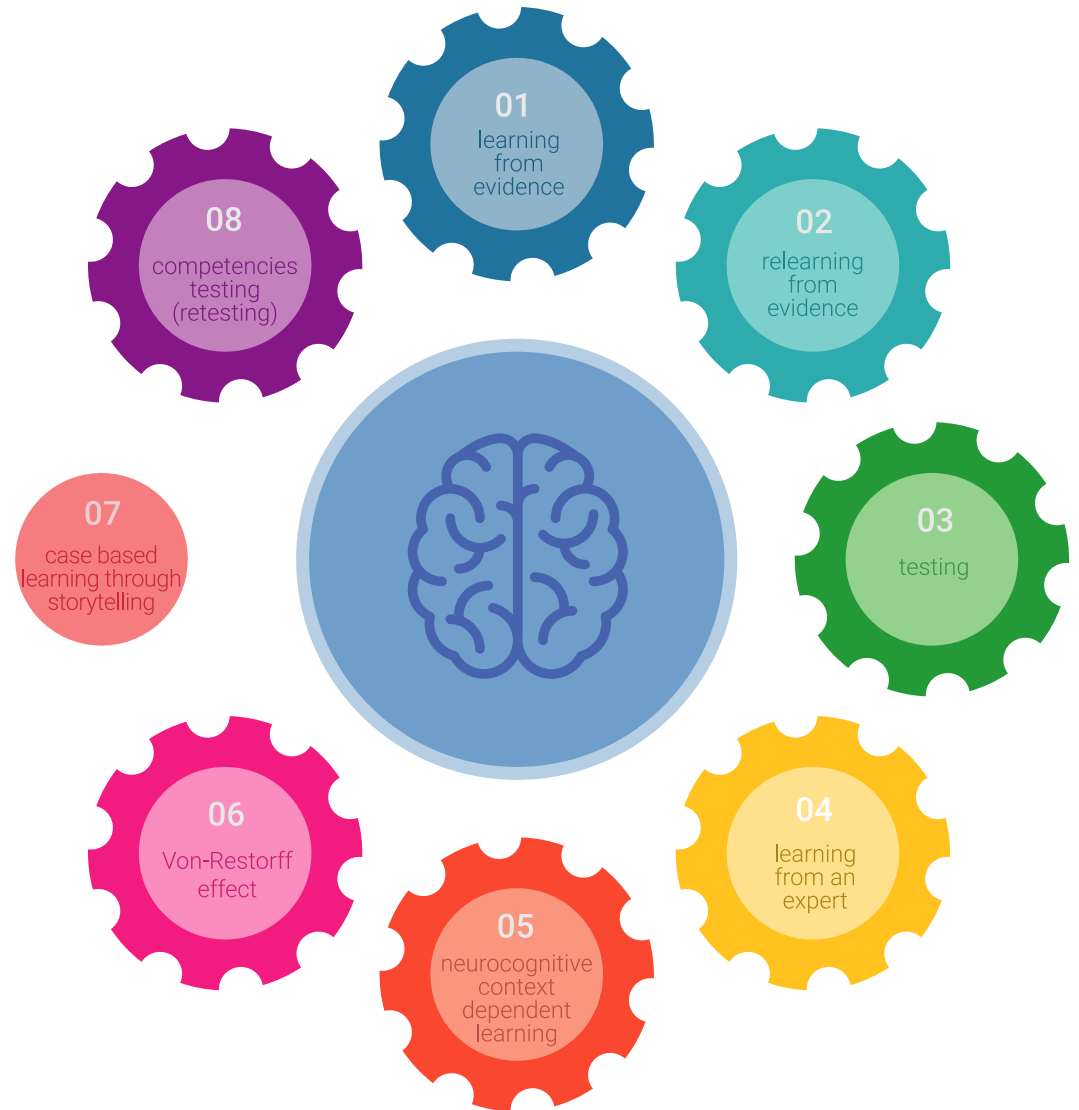
TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

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.



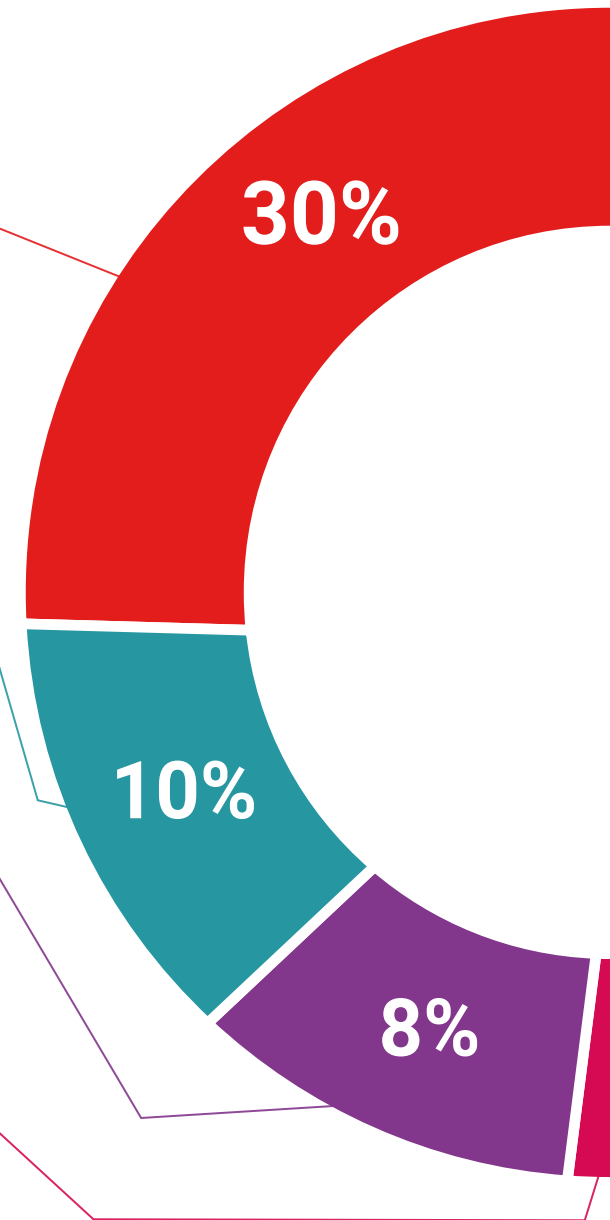
#### Practising Skills and Abilities

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 Diploma in Mobility, Strength and Targeted Training for Fitness Instructors guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Mobility, Strength and Targeted Training for Fitness Instructors** 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 Diploma**, issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the **Postgraduate Diploma**, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Mobility, Strength and Targeted Training for Fitness Instructors**

Official N° of Hours: **450 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.

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

**tech** technological  
university

**Postgraduate Diploma**  
Mobility, Strength and  
Targeted Training for  
Fitness Instructors

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

# Postgraduate Diploma

## Mobility, Strength and Targeted Training for Fitness Instructors

Endorsed by the NBA



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university

