Postgraduate Diploma

Movement, Dynamic Systems and Speed in Strength Training

Endorsed by the NBA

tech global university

tech global university

Postgraduate Diploma

Movement, Dynamic Systems and Speed in Strength Training

- Modality: **online**
- Duration: **6 months**
- Certificate: **TECH Global University**
- Credits: **18 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Website: www.techtitute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-movement-dynamic-systems-speed-strength-training

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01

Introduction

In this high-level specialization, special emphasis will be placed on identifying the main skills, classifying and ordering them, in order to propose efficient methodological proposals based on their understanding.

Throughout these months, the fundamental components of complex dynamic systems in sports training will be analyzed, delving not only into each of them, but also into each interaction and how they constantly modify our environment. The means and methods of strength training for the development of the different phases of speed will also be described.

A unique opportunity to stand out in an exciting sector with high professional competition.

This Postgraduate Certificate 100% online and will enable you to combine your studies while increasing your knowledge in this field"

The evolution of sports training is determined by a constant advance in science, methodologies and techniques, but also by the gradual incorporation of both individual and collective interactions. With this intensive program you will specialize in movements, dynamic systems and speed in strength training.

In recent years, strength training has gained great momentum in the scientific community, covering multiple contexts ranging from performance in individual, time-based sports to competitive team sports, covering the whole range of sports disciplines.

This Postgraduate Certificate addresses the vital importance of strength in human performance in all its possible expressions with a unique level of theoretical depth and a level of descent to the practical totally different from what has been seen so far.

The student of this Postgraduate Diploma will have differentiating skills with respect to their professional colleagues, being able to perform in all areas of sport as a specialist in Strength Training.

The teaching team of this Postgraduate Diploma in Movement, Dynamic Systems and Speed in Strength Training has made a careful selection of each of the topics of this specialization in order to offer the student a study opportunity as complete as possible and always linked to current events.

Therefore, at TECH we have set out to create contents of the highest teaching and educational quality that will turn our students into successful professionals, following the highest quality standards in teaching at an international level. Therefore, we show you this Postgraduate Diploma with a rich content that will help you reach the elite of physical training. In addition, as it is an online Postgraduate Diploma, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their work or personal life with their academic life.

This **Postgraduate Diploma in Movement, Dynamic Systems and Speed in Strength Training** contains the most complete and up-to-date scientific program on the market. The most important features of the specialization are:

- Development of practical cases presented by experts in personal training.
- The graphic, schematic, and practical contents with which they are created contain information that is indispensable for professional practice.
- It contains exercises where the self-assessment process can be carried out to improve learning.
- Algorithm-based interactive learning system for decision-making.
- Special emphasis on innovative methodologies in personal training.
- 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.

Immerse yourself in the study of this Postgraduate Diploma of high scientific rigor and improve your skills in strength training for high performance sports"

This Postgraduate Diploma is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge as a personal trainer, you will obtain a qualification from TECH"

Specialize and stand out in a sector with high demand for professionals.

Increase your knowledge of Movement, Dynamic Systems and Speed in Strength Training with this high-level specialization.

Its teaching staff includes professionals belonging to the field of sports sciences, who bring to this training the experience of their work, as well as recognized specialists from leading companies 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 throughout the program. For this, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts in Movement, Dynamic Systems and Speed in Strength Training.

02

Objectives

The main objective of this program is the development of theoretical and practical learning, so that the sports science professional can master in a practical and rigorous way the Movement, Dynamic Systems and Speed in Strength Training.

Our goal is to achieve academic excellence and help you achieve professional success. Don't hesitate any longer and join us”

General Objectives

- Deepen your knowledge based on the most current scientific evidence with full applicability in the practical field of strength training.
- Master knowledge of all the most advanced methods of strength training.
- Confidently apply the most current training methods for the improvement of sports performance in terms of strength.
- Efficiently master knowledge of strength training to improve performance in individual, time-based sports as well as competitive, team sports.
- Master the principles governing Exercise Physiology, as well as Biochemistry
- Deepen knowledge of the principles that govern the Theory of Complex Dynamic Systems and how this relates to strength training.
- Successfully integrate strength training to improve motor skills used in sport.
- Successfully master all the knowledge acquired in different modules and be able to apply it in practice.

The sports field requires trained professionals and we give you the keys to position yourself among the professional elite"

Specific Objectives

- Understand in-depth the relationship that exists between strength and skills.
- Identify the main skills in sports in order to analyze them, understand them and then enhance them through training.
- Organize and systematize the skill development process
- Link and relate field and gym work to enhance skills.
- Manage specific knowledge on the theory of systems in sports training.
- Analyze the different components that are interrelated in strength training and their application in situational sports
- Orient strength training methodologies towards a perspective that addresses the specific demands of sport.
- Develop a critical vision of the reality of strength training for both athletes and non-athletes.
- Know and interpret the key aspects of the techniques for speed and changing direction.
- Compare and differentiate the speed of situational sport with respect to the track and field model
- Gain an in-depth understanding of the mechanical aspects that may influence performance impairment and the mechanisms which can cause injury in sprinting.
- Analytically apply the different means and methods of strength training to development sprinting skills.

03

Course Management

Our teaching team, experts in Personal Training, all have extensive prestige in the profession and are professionals with years of teaching experience who have come together to help you give a boost to your profession. For this reason, they have developed this Postgraduate Diploma with recent updates on the subject that will allow you to specialize and increase your skills in this sector.

Learn from the best professionals and become a successful professional yourself"

Management

Mr. Rubina, Dardo

- CEO of Test and Training
- EDM Physical Training Coordinator
- Physical trainer of the EDM First Team
- Master's Degree in 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
- Specialist in Applied Biomechanics and Functional Assessment
- Certification in Weight Management and Physical Performance Technologies
- Postgraduate course in Physical Activity in Populations with Pathologies
- Postgraduate Degree in Injury Prevention and Rehabilitation
- Certification in Functional Assessment and Corrective Exercise
- Certification in Functional Neurology
- Diploma in Advanced Studies (DEA) University of Castilla la Mancha
- PhD Candidate in ARD

Professors

Mr. Añon, Pablo

- Degree in Physical Activity and Sport
- Postgraduate Degree in Sports Medicine and Applied Sports Science
- Physical trainer of the National Volleyball team that will attend the next Olympic Games
- Certified Strength and Conditioning Specialist, NSCA certification
- NSCA National Conference

Mr. Bruno Gizzarelli, Matías

- Degree in Physical Education
- Training in Applied Neurosciences
- EXOS Performance Specialist
- Author of the Book "Basketball Training: Physical Training"

Mr. Carbone, Leandro

- Degree in Physical Education
- Specialist in exercise physiology
- Msc Strength and Conditioning
- CSCS–NASCA, CISSN–ISSN
- Currently at Club The Strongest
- Olympic Athlete Partners

Mr. Garzon Duarte, Mateo

- Degree in Physical Activity and Sport
- MGD -Customized Training. S&C Coach
- Research and Author of Papers

Mr. Masse, Juan

- Degree in Physical Education
- Director of the Athlos study group
- Physical Trainer in various professional soccer teams in South America, experiences teacher

Mr. alarino, Matías

- Degree in Physical Activity and Sport
- Physical trainer in Professional Soccer
- Physical Trainer in Field Hockey
- Physical Trainer in Rugby
- Extensive teaching experience in physical training and weight load control courses.

Mr. Trobadelo, Pablo Omar

- Strength and Physical Performance Coach, general and specific physical preparation of amateur athletes of different disciplines for national and international competitions. Handball, Tennis, Soccer, Taekwondo, Motocross Enduro, Jiu Jitsu, Wrestling, Street Racing and Ultra Endurance, etc.
- Personal Fitness Trainer for all types of people looking to reach their sports performance goals, general fitness, health, aesthetics and functional rehabilitation of injuries and movement re-education.
- Degree in High Performance in Sports. National University of Lomas de Zamora
- Physical Education Teacher at the Physical Education Higher Institute Nº1 "Dr. Enrique Romero Brest" (CeNARD -National Center for High Performance Sports)

Mr. Tinti, Hugo

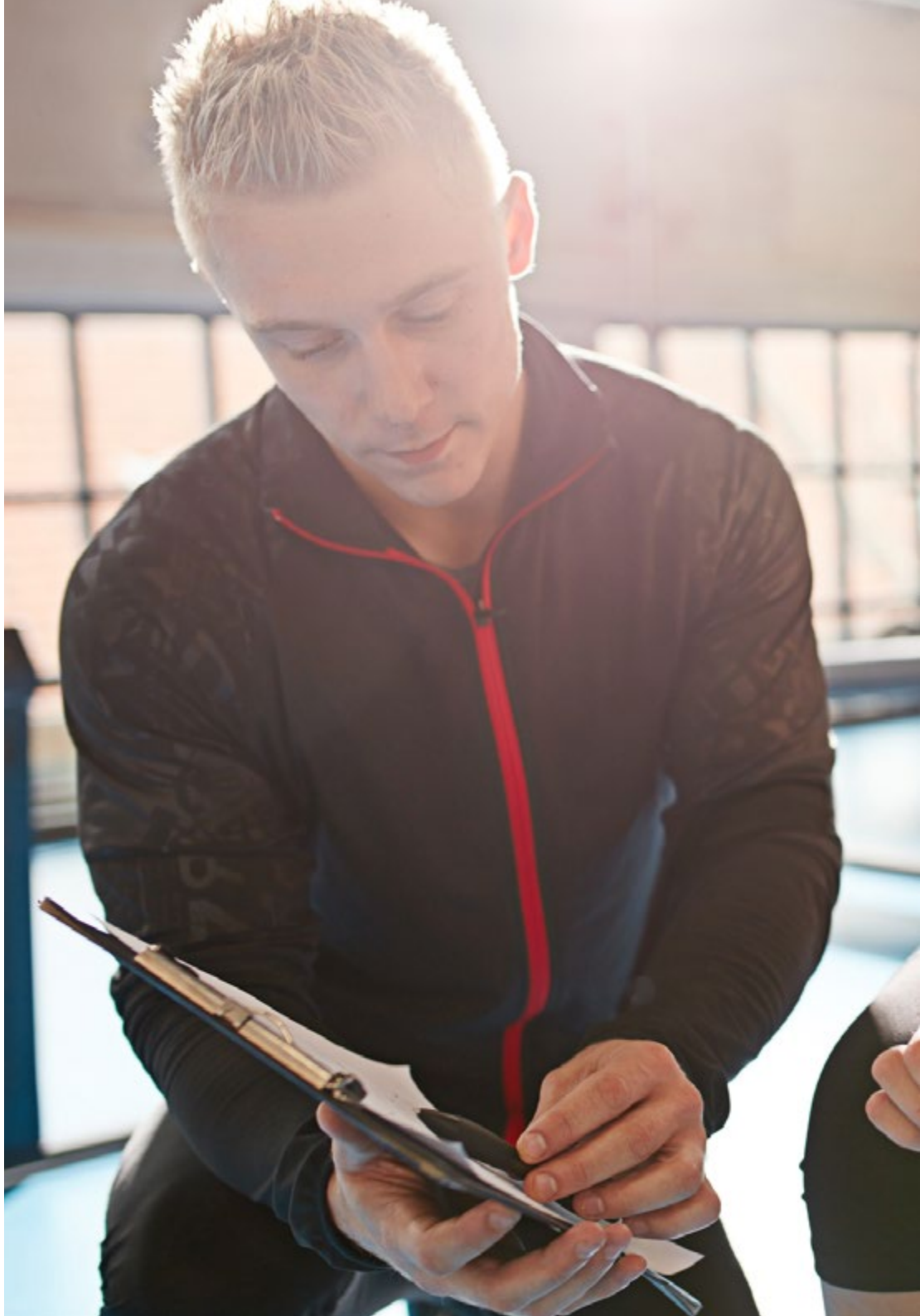
- Degree in Physical Activity and Sport
- Master's Degree in Big Data
- Specialist in Technologies and Injury Prevention in Soccer
- Specialist in Load Management

Mr. Rossanigo, Horacio

- BUILD Academy-Academic Services in Physical Training
- CEO, Jaguares –Argentinian Rugby Union
- Degree in Physical Education and Physical Work Physiology, FMS 1&2
- Lecturer in courses on sports performance

Mr. Vaccarini, Adrián

- Degree in sports medicine
- Head of the Applied Sciences Department of the Peruvian soccer federation
- Physical Trainer of the Peruvian National Soccer Team (present in the last World Cup)



Mr. Varela, Mauricio Carlos

- Physical Education Teacher. Faculty of Humanities and Educational Sciences. National University of La Plata.
- Teacher of personalized physical activity classes for older adults
- Physical trainer, personal trainer of Elite category cyclists of the Astronomy Cycling Circuit.
- Physical education teacher in various schools in Argentina
- Specialization in Exercise Programming and Evaluation (Postgraduate course, Faculty of Humanities and Education Sciences, La Plata National University) Cohort
- ISAK level 1 Accredited Anthropometrist.

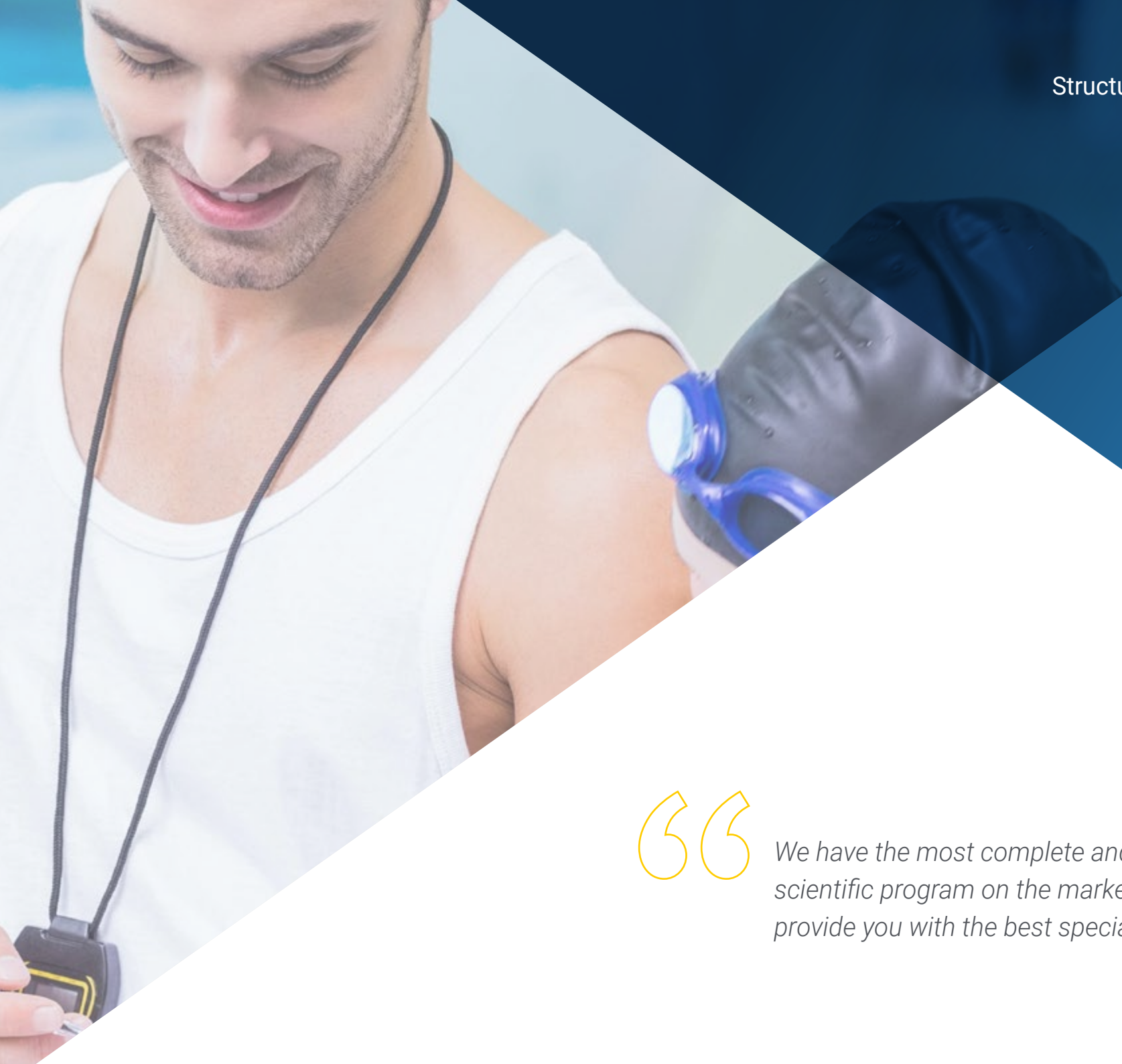
Mr. Vilariño, Leandro

- Degree in Physical Activity and Sport
- Teacher at the Peruvian Federation of Soccer
- Teacher of the Postgraduate Diploma in Sports Medicine
- Physical Trainer in professional soccer in Argentinian and Bolivian Leagues

04

Structure and Content

The structure of the contents has been designed by a team of professionals who possess extensive knowledge about the implications of specialization in daily practice, who are aware of the relevance of the current program in the field of Personal Training; and are committed to quality teaching through new educational technologies.



We have the most complete and up-to-date scientific program on the market. We want to provide you with the best specialization"

Module 1. Strength Training for the Improvement of Movement Skills

1.1. Strength in Skill Development
- 1.1.1. Importance of Strength in the Development of Skills
- 1.1.2. Benefits of Strength Training Oriented Towards Skills Development
- 1.1.3. Types of Strength in Different Skills
- 1.1.4. Training Tools Necessary for the Development of Strength in Skills

1.2. Skills in Team Sports
- 1.2.1. General concepts
- 1.2.2. Skills in Performance Development
- 1.2.3. Classification of Skills
  - 1.2.3.1. Locomotive skills
  - 1.2.3.2. Manipulative skills

1.3. Agility and Movements
- 1.3.1. Basic Concepts
- 1.3.2. The Importance of Sports
- 1.3.3. Agility Components
  - 1.3.3.1. Classification of Movement skills
  - 1.3.3.2. Physical Factors: Strength
  - 1.3.3.3. Anthropometric Factors
  - 1.3.3.4. Perceptual-Cognitive Components

1.4. Posture
- 1.4.1. Importance of Posture in the Different Skills
- 1.4.2. Posture and Mobility
- 1.4.3. Posture and CORE
- 1.4.4. Posture and Center of Pressure
- 1.4.5. Biomechanical Analysis of Efficient Posture
- 1.4.6. Methodological Resources

1.5. Linear Skills
- 1.5.1. Characteristics of Linear Skills

1.5.1.1. Main Planes and Vectors
1.5.2. Classification
1.5.2.1. Starting, Braking and Deceleration
1.5.2.1.1. Definitions and Context of Use
1.5.2.1.2. Biomechanical Analysis
1.5.2.1.3. Methodological Resources
1.5.2.2. Acceleration
1.5.2.2.1. Definitions and Context of Use
1.5.2.2.2. Biomechanical Analysis
1.5.2.2.3. Methodological Resources
1.5.2.3. Backpedal
1.5.2.3.1. Definitions and Context of Use
1.5.2.3.2. Biomechanical Analysis
1.5.2.3.3. Methodological Resources
1.6. Multi-directional Skills: Shuffle
1.6.1. Classification of Skills
1.6.2. Shuffle: Definitions and Context of Use
1.6.3. Biomechanical Analysis
1.6.4. Methodological Resources
1.7. Multi-directional Skills: Crossover
1.7.1. Crossover as a Change of Direction
1.7.2. Crossover as a Transitional Movement
1.7.3. Definitions and Context of Use
1.7.4. Biomechanical Analysis
1.7.5. Methodological Resources
1.8. Jump Skills 1
1.8.1. Importance of Jumps in the Different Skills
1.8.2. Basic Concepts
1.8.2.1. Biomechanics of Jumps
1.8.2.2. CEA
1.8.2.3. Stiffness
1.8.3. Jump Classification
1.8.4. Methodological Resources
1.9. Jump Skills 2
1.9.1. Methods
1.9.2. Acceleration and Jumps
1.9.3. Shuffle and Jumps
1.9.4. Crossover and Jumps
1.9.5. Methodological Resources
1.10. Programming Variables

Module 2. Strength Training Under the Paradigm of Complex Dynamic Systems

2.1. Introduction to Complex Dynamical Systems
2.1.1. Models Applied to Physical Preparation
2.1.2. The Determination of Positive and Negative Interactions
2.1.3. Uncertainty in Complex Dynamical Systems
2.2. Motor Control and its Role in Performance
2.2.1. Introduction to Motor Control Theories
2.2.2. Movement and Function
2.2.3. Motor Learning
2.2.4. Motor Control Applied to Systems Theory
2.3. Communication Processes in the Theory of Systems
2.3.1. From Message to Movement
2.3.1.1. The Efficient Communication Process
2.3.1.2. The Stages of Learning
2.3.1.3. The Role of Communication and Sport Development in Early Ages
2.3.2. VAKT Principles
2.3.3. Performance Knowledge vs. Outcome Knowledge
2.3.4. Verbal feedback in System Interactions

2.4. Strength as an Essential Condition
- 2.4.1. Strength Training in Team Sports
- 2.4.2. Manifestations of Strength Within the System
- 2.4.3. The Strength-Speed Continuum. Systemic Review

2.5. Complex Dynamical Systems and Training Methods
- 2.5.1. Periodization. Historical Review
  - 2.5.1.1. Traditional Periodization
  - 2.5.1.2. Contemporary Periodization
- 2.5.2. Analysis of Periodization Models in Training Systems
- 2.5.3. Evolution of Strength Training Methods

2.6. Strength and Motor Divergence
- 2.6.1. Developing Strength at Early Ages
- 2.6.2. The Manifestations of Strength in Infantile-Juvenile Ages
- 2.6.3. Efficient Programming at Youth Ages

2.7. The Role of Decision-Making in Complex Dynamical Systems
- 2.7.1. The Decision-Making Process
- 2.7.2. Decisional Timing
- 2.7.3. The Development of Decision Making
- 2.7.4. Programming Training Based on Decision Making

2.8. Perceptual Abilities in Sports
2.8.1 Visual Capabilities
  - 2.8.1.1. Visual Recognition
  - 2.8.1.2. Central and Peripheral Vision
- 2.8.2. Motor Experience
- 2.8.3. Attentional Focus
- 2.8.4. The Tactical Component

2.9. Systemic Vision of Programming
- 2.9.1. The Influence of Identity on Programming
- 2.9.2. The System as a Path to Long-Term Development.
- 2.9.3. Long-Term Development Program

2.10. Global Programming: From the System to the Needs
- 2.10.1. Program Design
- 2.10.2. Practical System Assessment Workshop

Module 3. Strength Training to Improve Speed

3.1. Strength
- 3.1.1. Definition
- 3.1.2. General concepts
  - 3.1.2.1. Manifestations of Strength
  - 3.1.2.2. Factors that Determine Performance
  - 3.1.2.3. Strength Requirements for Improving Sprinting Relationship Between Strength and Sprinting
  - 3.1.2.4. Speed- Strength Curve
  - 3.1.2.5. Relationship of the S-S and Power Curve and its Application to Sprint Phases
  - 3.1.2.6. Development of Muscular Strength and Power

3.2. Dynamics and Mechanics of Linear Sprint (100m Model)
- 3.2.1. Kinematic Analysis of the Take-off
- 3.2.2. Dynamics and Strength Application During Take-off
- 3.2.3. Kinematic Analysis of the Acceleration Phase
- 3.2.4. Dynamics and Strength Application During Acceleration
- 3.2.5. Kinematic Analysis of Running at Maximum Speed
- 3.2.6. Dynamics and Strength Application During Maximum Speed

3.3. Analysis of Acceleration Technique and Maximum Speed in Team Sports
- 3.3.1. Description of the Technique in Team Sports
- 3.3.2. Comparison of Sprinting Technique in Team Sports vs. Athletic Events
- 3.3.3. Timing and Motion Analysis of Speed Events in Team Sports

3.4. Exercises as Basic and Special Means of Strength Development for Sprint Improvement
- 3.4.1. Basic Movement Patterns
  - 3.4.1.1. Description of Patterns with Emphasis on Lower Limb Exercises
  - 3.4.1.2. Mechanical Demand of the Exercises
  - 3.4.1.3. Exercises Derived from Olympic Weightlifting

3.4.1.4. Ballistic Exercises
3.4.1.5. S-S Curve of the Exercises
3.4.1.6. Strength Production Vector

3.5. Special Methods of Strength Training Applied to Sprinting
3.5.1. Maximum Effort Method
3.5.2. Dynamic Effort Method
3.5.3. Repeated Effort Method
3.5.4. French Complex and Contrast Method
3.5.5. Speed-Based Training
3.5.6. Strength Training as a Means of Injury Risk Reduction

3.6. Means and Methods of Strength Training for Speed Development
3.6.1. Means and Methods of Strength Training for the Development of the Acceleration Phase
3.6.1.1. Connection of Force to Acceleration
3.6.1.2. Sledding and Racing Against Resistance
3.6.1.3. Slopes
3.6.1.4. Jumpability
3.6.1.4.1. Building the Vertical Jump
3.6.1.4.2. Building the Horizontal Jump
3.6.2. Means and Methods for Top Speed Training
3.6.2.1. Plyometry
3.6.2.1.1. Concept of the Shock Method
3.6.2.1.2. Historical Perspective
3.6.2.1.3. Shock Method Methodology for Speed Improvement
3.6.2.1.4. Scientific Evidence

3.7. Means and Methods of Strength Training Applied to Agility and Change of Direction
3.7.1. Determinants of Agility and COD
3.7.2. Multidirectional Jumps
3.7.3. Eccentric Strength

3.8. Assessment and Control of Strength Training
3.8.1. Strength-Speed Profile
3.8.2. Speed- Load Profile
3.8.3. Progressive Loads

3.9. Integration.
3.9.1. Case Study

A unique specialization experience, key and decisive to boost your professional development"

05

Methodology

This program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Relearning***.

This teaching system is used 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".

At TECH we use the Case Method

Our program offers you a revolutionary approach to developing your skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

With TECH, you can experience a way of learning that is shaking the foundations of traditional universities around the world"

Our University is the first in the world to combine Harvard Business School case studies with a 100%-online learning system based on repetition.

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 Sports Science program at TECH Global University is an intensive program that prepares you to face all the challenges in this field, both nationally and internationally. We are committed to promoting your personal and professional growth, the best way to strive for success, that is why at TECH you will use Harvard case studies, with which we have a strategic agreement that allows us to offer you material from the best university in the world.

> *We are the only online university that offers Harvard materials as teaching materials on its courses"*

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.

In a given situation, what should a professional do? This is the question that you are presented with in the case method, an action-oriented learning method. Throughout the course, you will be presented with multiple real cases. Students will have to combine all their knowledge, and research, argue, and defend their ideas and decisions.

Relearning Methodology

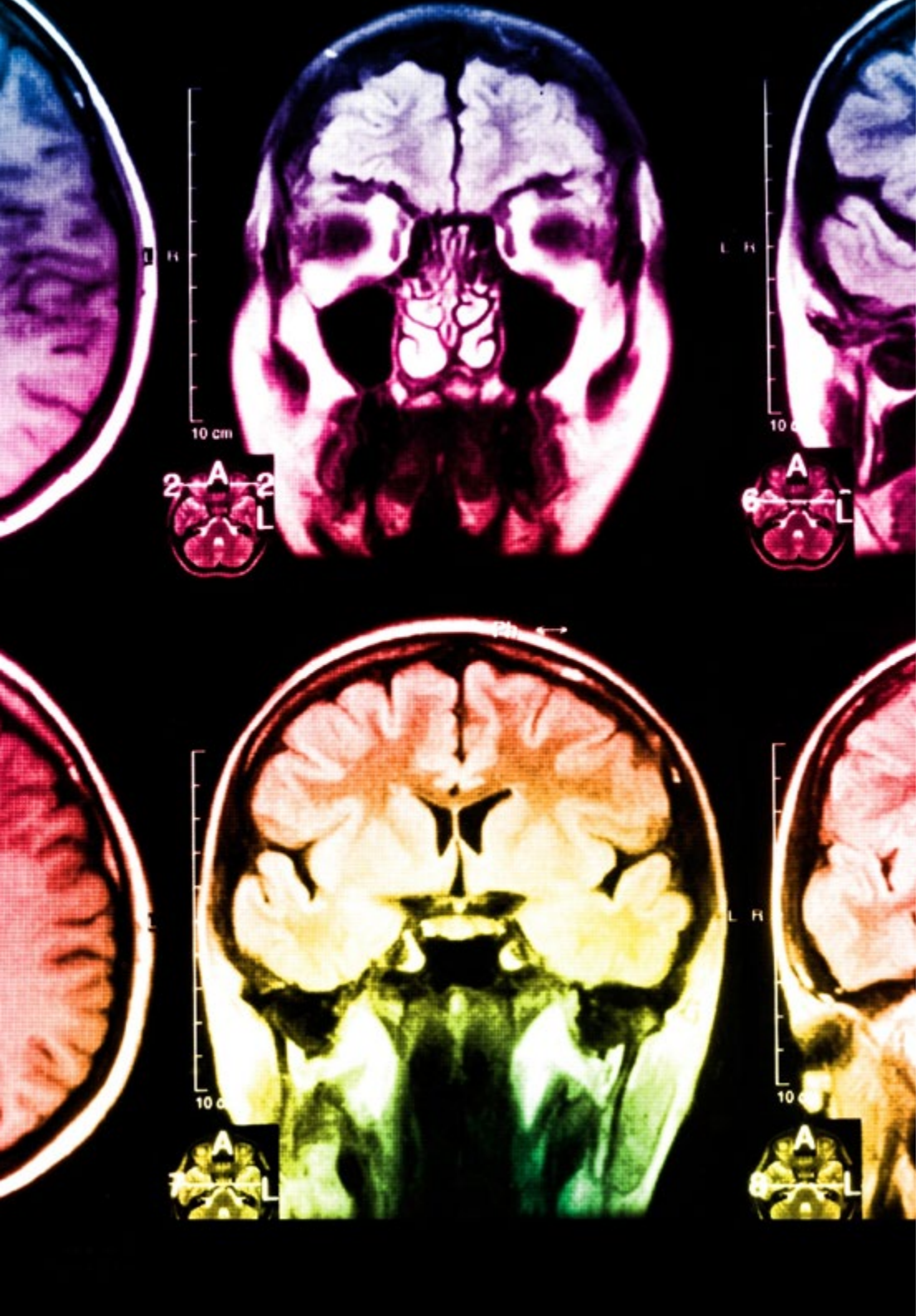
Our University is the first in the world to combine Harvard University case studies with a 100%-online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance Harvard case studies 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 prepare 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 licensed to incorporate 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 Spanish online university indicators.



In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we balance 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 education, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

Based on the latest evidence in the field of neuroscience, not only do we know how to organize information, ideas, images, memories, but we also know that the place and context where we have learned something is crucial for us to be able to remember it and store it in the hippocampus, and 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.

In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.

Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

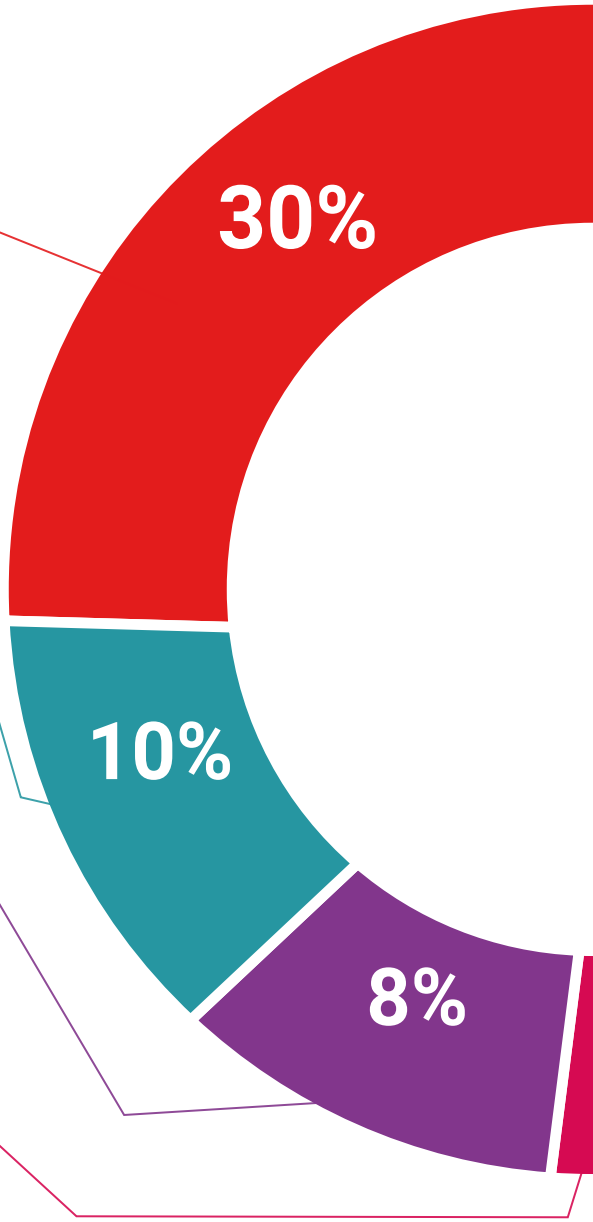
Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.

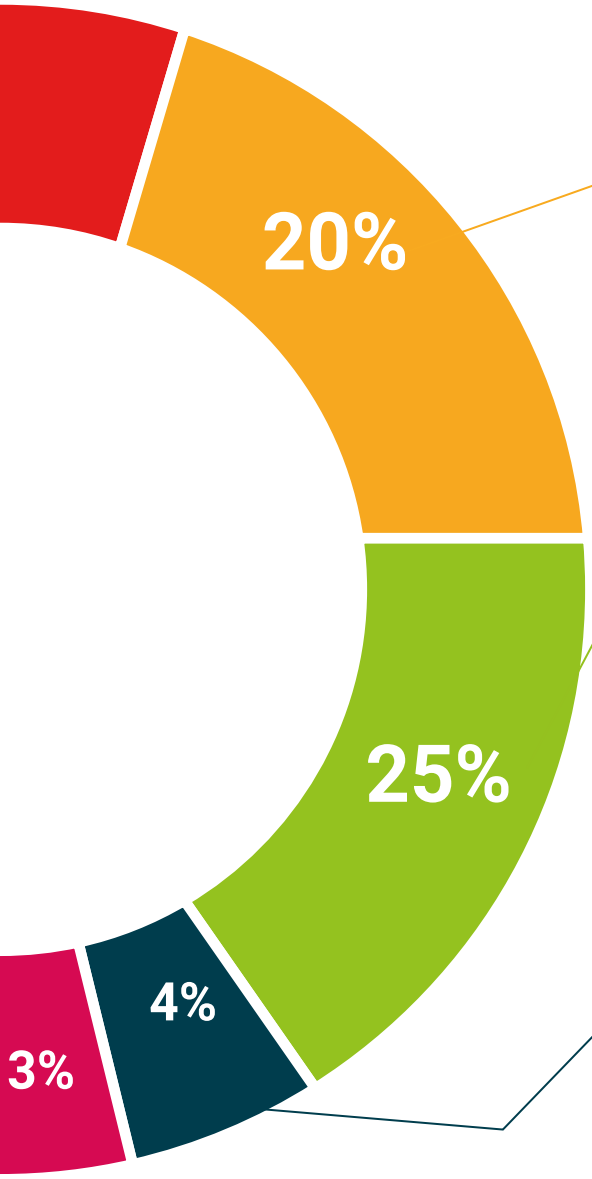
Practising Skills and Abilities

Students will carry out activities to develop specific skills and abilities in each subject 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, international guides... in our virtual library, students will have access to everything they need to complete their course.





Case Studies

You will complete a selection of the best case studies in the field used at Harvard. Cases that are presented, analyzed, and supervised by the best specialists in the world.

Interactive Summaries

We present 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 your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.

06

Certificate

This **Postgraduate Diploma in Movement, Dynamic Systems and Speed in Strength Training** guarantees you, in addition to the most rigorous and up-to-date specialization, access to a Postgraduate Diploma issued by **TECH Global University**.

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

This program will allow you to obtain your **Postgraduate Diploma in Movement, Dynamic Systems and Speed in Strength Training** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra (***official bulletin***). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Movement, Dynamic Systems and Speed in Strength Training**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**


tech global university

Mr./Ms. _____, with identification document _____
has successfully passed and obtained the title of:

Postgraduate Diploma in Movement, Dynamic Systems and Speed in Strength Training

This is a program of 450 hours of duration equivalent to 18 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Rector

The Official Online University of the NBA

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.

Unique TECH Code: AFWORD23S techtitute.com/certificates

*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

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- Exams: **online**

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