

Postgraduate Diploma

Performance Assessment and Strength Training

Endorsed by the NBA





Postgraduate Diploma Performance Assessment and Strength Training

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

Website: www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-assessment-strength-training

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01

Introduction

With this intensive training the student will acquire the necessary management, from the theoretical foundation and practical management, of most of the tests and evaluation protocols currently proposed, in order to apply them according to specific requirements and field of professional performance.





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This 100% online Postgraduate Diploma will enable you to balance your studies while increasing your knowledge in this field”

In recent years, strength training has burst with great impetus in the scientific community, covering multiple contexts ranging from sports performance in time and brand sports, to situational sports through the whole range of sports modalities.

This Postgraduate Diploma 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 a differentiating education 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 Performance Evaluation and Strength Sports Training has made a careful selection of each of the topics of this training to offer the student a study opportunity as complete as possible and always linked to current events.

Asia, TECH Technological University has set out to create contents of the highest teaching and educational quality that will turn students into successful professionals, following the highest quality standards in teaching at an international level. Therefore, we is shown this Postgraduate Diploma with a rich content that 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 Performance Assessment and Strength Training** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of numerous case studies presented by specialists in personal training
- ◆ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ◆ 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 Global University"

The teaching staff includes professionals from the field of sports science, who bring their experience to this training 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 course. To do so, the professional will be assisted by an innovative interactive video system developed by renowned and experienced experts in Performance Evaluation and Strength Sports Training.

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

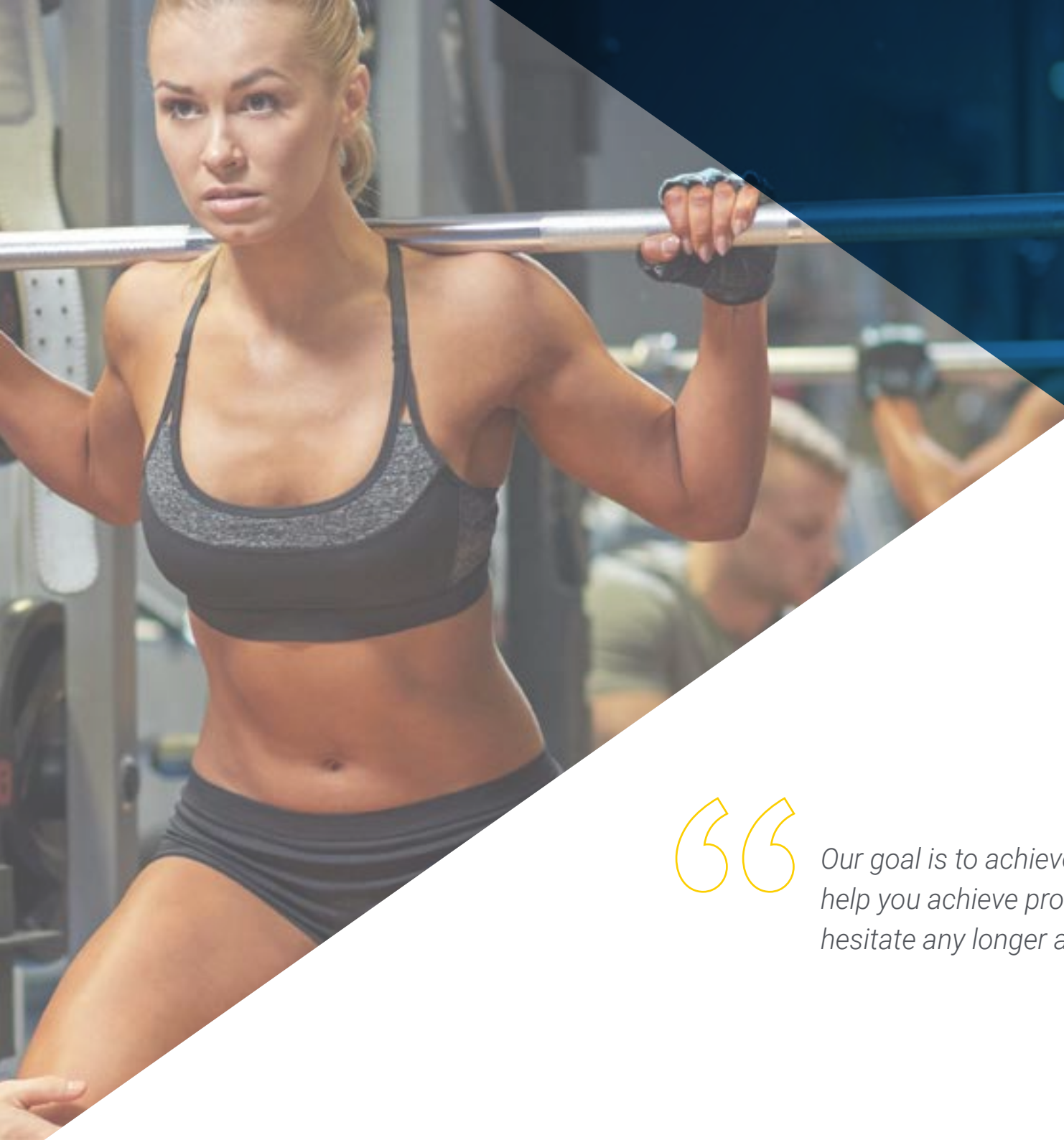
Increase your knowledge in Performance Assessment and Strength Training with this high-level program.



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 Performance Evaluation and Strength Sports Training.





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



General Objectives

- ◆ Delve into the knowledge based on the most current scientific evidence with full applicability in the practical field of strength training
- ◆ Master all the most advanced methods of strength training
- ◆ Apply with certainty the most current educational methods to improve sports performance regarding strength
- ◆ Effectively master strength training for performance enhancement in time and mark sports as well as situational sports
- ◆ Master the principles governing exercise physiology and biochemistry
- ◆ Delve into the principles governing the theory of complex dynamic systems as they relate to strength training
- ◆ Successfully integrate strength training for the improvement of motor skills immersed in sport
- ◆ Successfully master all the knowledge acquired in the different modules in real practice



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





Specific Objectives

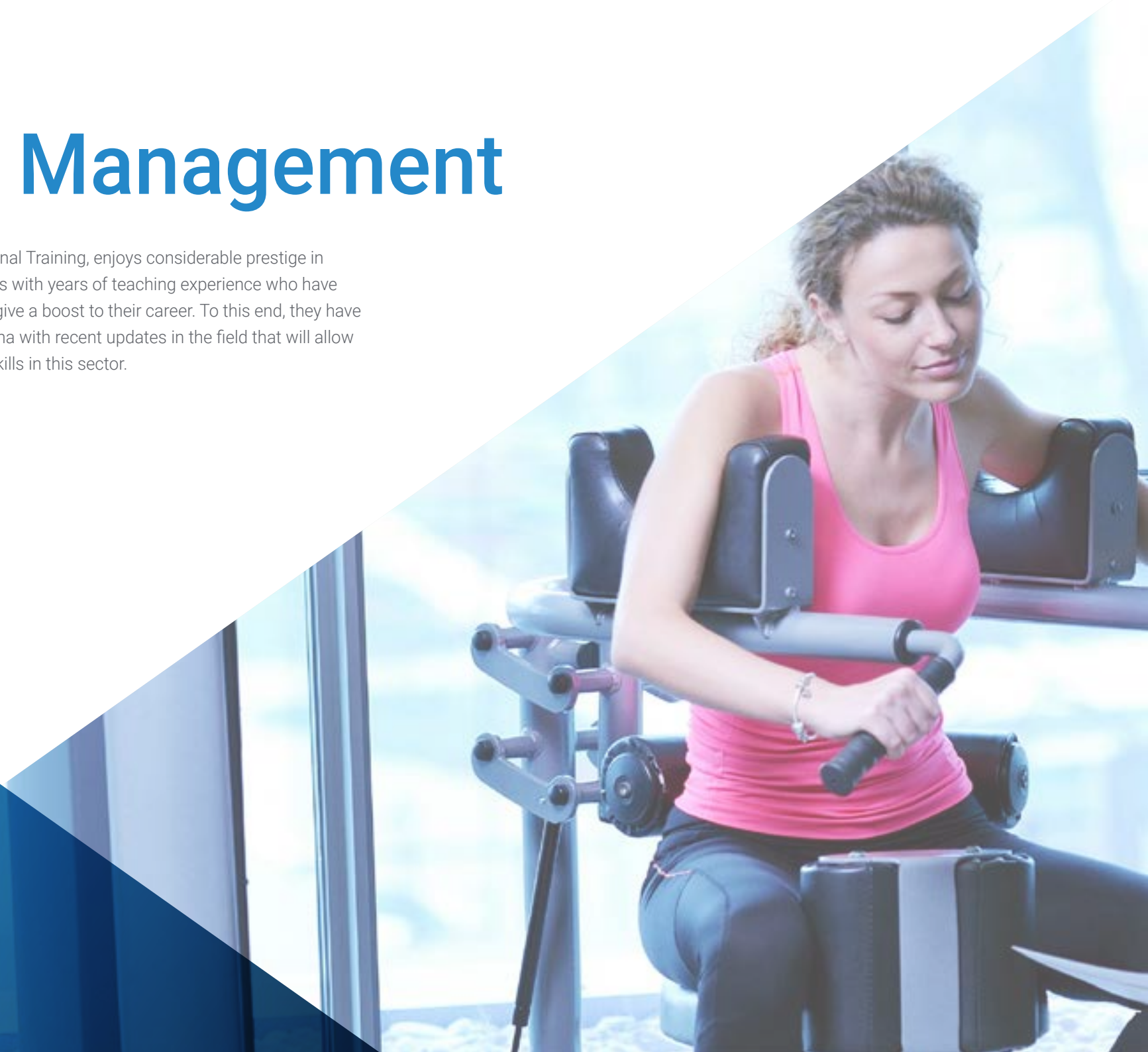
- ◆ Specialize in the different types of assessment and their applicability to the field of practice
- ◆ Select the most appropriate tests for your specific needs
- ◆ Correctly and safely administer the protocols of the different tests and the interpretation of the data collected
- ◆ Delve into and apply different types of technologies currently used in the field of assessment, in the field of health and fitness performance at any level of demand
- ◆ Gain an in-depth understanding of the logic of movement-based training design
- ◆ Differentiate between means and methods for strength
- ◆ Detect priority movement patterns for applying force in the sport at hand
- ◆ Understand the functioning and application of technological means in the service of strength training
- ◆ Identify and analyze the mechanisms of force production in different endurance disciplines
- ◆ Gain in-depth knowledge of the different means and methods of strength training and their practical application
- ◆ Delve into the effects of concurrent training and its responses on endurance
- ◆ Program and organize strength training

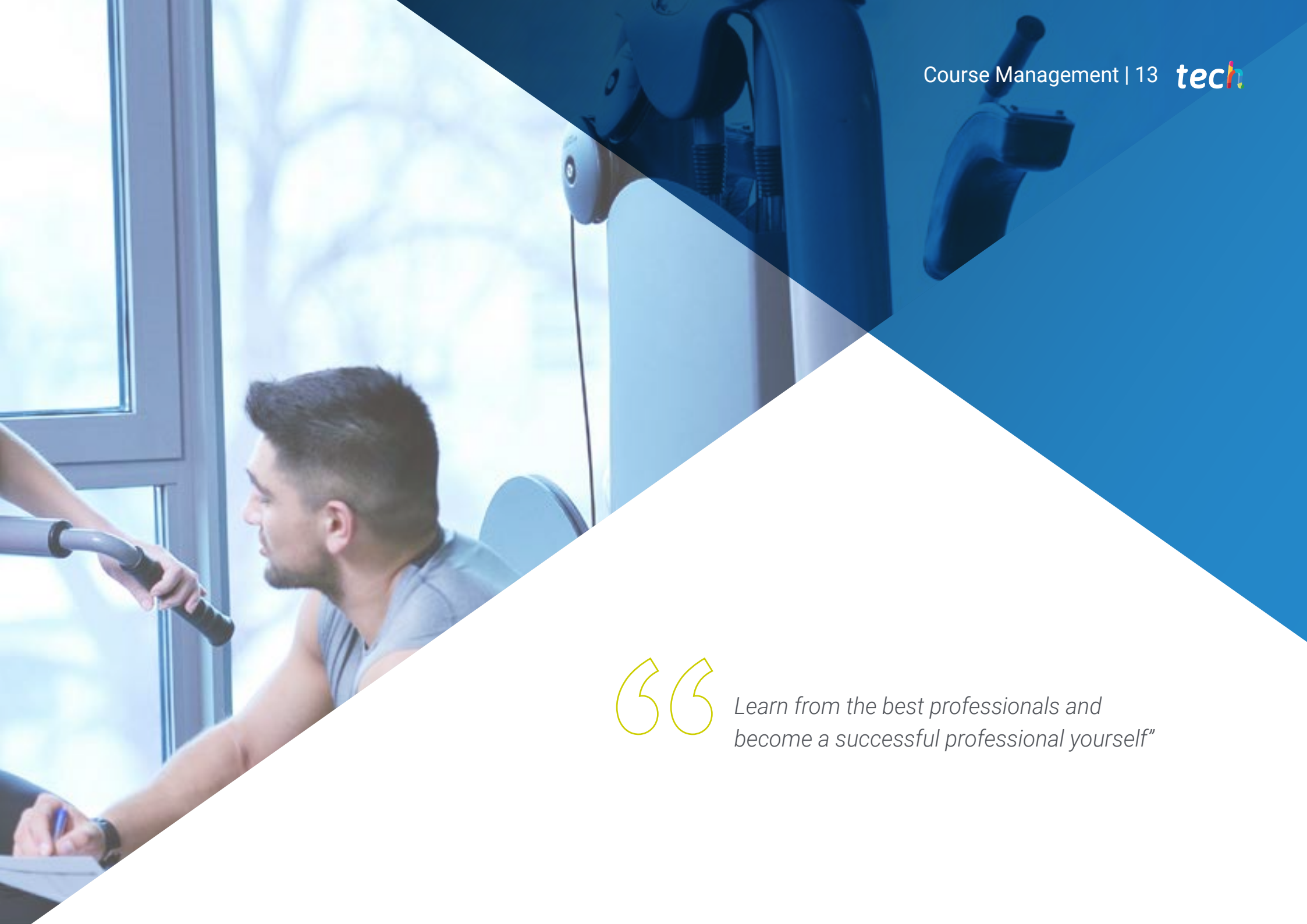


03

Course Management

The teaching staff, experts in Personal Training, enjoys considerable prestige in the profession and are professionals with years of teaching experience who have come together to help Students to give a boost to their career. To this end, they have developed this Postgraduate Diploma with recent updates in the field that will allow you to improve and increase your skills in this sector.





“

*Learn from the best professionals and
become a successful professional yourself”*

Management



Dr. Rubina, Dardo

- ◆ Specialist in High Performance Sports
- ◆ CEO of Test and Training
- ◆ Physical Trainer at Moratalaz Sports School
- ◆ Teacher of Physical Education in Football and Anatomy. CENAFE Schools Carlet
- ◆ Coordinator of Physical Preparation in Field Hockey. Club Gimnasia y Esgrima de Buenos Aires
- ◆ Doctorate in High Performance Sports
- ◆ Postgraduate Certificate in Advanced Research Studies (DEA), University of Castilla la Mancha
- ◆ Master's Degree in High Performance Sports by the Autonomous University of Madrid
- ◆ Postgraduate in Physical Activity in Populations with Pathologies by the University of Barcelona
- ◆ Competitive Bodybuilding Technician. Extremadura Federation of Bodybuilding and Fitness
- ◆ Expert in Sports Scouting and Quantification of Training Load (specialization in Soccer), Sports Sciences.
- ◆ Expert in Advanced Weight Training by IFBB
- ◆ Expert in Advanced Nutrition by IFBB
- ◆ Specialist in Physiological Assessment and Interpretation of Physical Fitness by Bio
- ◆ Certification in Technologies for Weight Control and Physical Performance. Arizona State University

Professors

Mr. Carbone, Leandro

- ◆ Professor of Strength Training and Physical Conditioning
- ◆ CEO of LIFT, a training and coaching company
- ◆ Head of the Department of Sports Evaluation and Exercise Physiology WellMets - Institute of Sports and Medicine in Chile
- ◆ CEO/ Manager at Complex I
- ◆ University Professor
- ◆ External Consultant for Speed4lift, a leading company in sports technology
- ◆ Bachelor's Degree in Physical Activity from the University of Salvador
- ◆ Specialist in Exercise Physiology from the National University of La Plata
- ◆ MCs. Strength and Conditioning at Greenwich University, UK

Mr. Masse, Juan Manuel

- ◆ Physical trainer for high performance athletes
- ◆ Director of the Athlon Science Study Group
- ◆ Physical trainer for several professional soccer teams in South America

Mr. Añon, Pablo

- ◆ Physical trainer of the Women's National Volleyball Team for the Olympic Games
- ◆ Physical trainer of volleyball teams of the Argentinean Men's First Division
- ◆ Physical trainer of professional golfers Gustavo Rojas and Jorge Berent
- ◆ Swimming coach of Quilmes Atlético Club
- ◆ National Professor of Physical Education (INEF) in Avellaneda
- ◆ Postgraduate diploma in Sports Medicine and Applied Sports Sciences from the University of La Plata
- ◆ Master's Degree in High Performance Sports by the Catholic University of Murcia
- ◆ Training courses oriented to the field of High Performance Sports

Mr. Vaccarini, Adrián Ricardo

- ◆ Physical trainer specialized in top level soccer
- ◆ Head of the Applied Sciences Area of the Peruvian Football Federation
- ◆ Second Physical Trainer of the Peruvian National Soccer Team
- ◆ Physical Trainer of the Peruvian Under 23 National Team
- ◆ Responsible for the research and performance analysis Area of Quilmes
- ◆ Responsible for the research and performance analysis area of Velez Sarsfield
- ◆ Regular speaker at High Performance Sport Congresses
- ◆ Degree in Physical Education
- ◆ National Physical Education Teacher

Mr. Tinti, Hugo

- ◆ Physical Trainer at Club Estudiantes de Mérida
- ◆ Former Physical Trainer at Oriente Petrolero Soccer Club
- ◆ Former Physical Trainer in Alianza Petrolera
- ◆ Former Physical Trainer of the fourth division of Club Arsenal
- ◆ Master's Degree in Sports Big Data from Universidad Católica San Antonio de Murcia
- ◆ Degree in Physical Education from the National University Gral. San Martín

Mr. Vilariño, Leandro

- ◆ Physical trainer for high performance athletes
- ◆ Physical Trainer of the Bolivian Football Club The Strongest
- ◆ Physical Trainer of professional teams of the Argentinean league
- ◆ Degree in Physical Activity and Sport

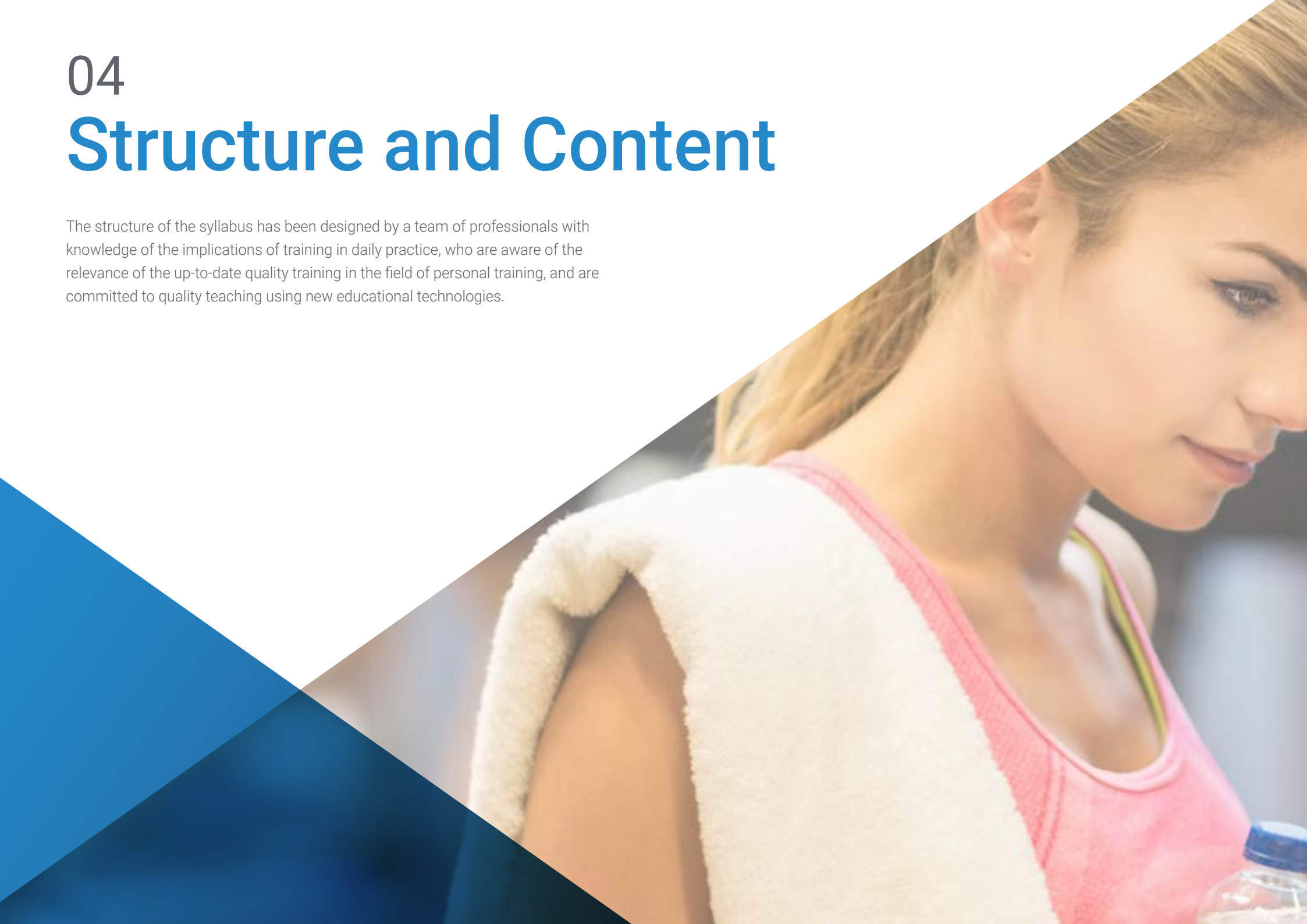
Mr. Palarino, Matías

- ◆ Physical Trainer of the Professional Staff of Club Social y Deportivo Defensa y Justicia
- ◆ CEO at An&En Analisis y Entrenamiento
- ◆ Physical Trainer of the Men's Soccer Reserve Team of Club Atletico Velez Sarsfield
- Professional Soccer Physical Trainer
- Field Hockey Physical Trainer
- Rugby Physical Trainer
- Personal Trainer
- Degree in High Performance Sports by the University of Lomas de Zamora
- Superior Professor of Physical Education by the ISEF n°1
- Extensive teaching experience in Physical Preparation and Load Control Courses

04

Structure and Content

The structure of the syllabus has been designed by a team of professionals with knowledge of the implications of training in daily practice, who are aware of the relevance of the up-to-date quality training in the field of personal training, and are committed to quality teaching using new educational technologies.



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

Module 1. Performance Assessment and Strength Training

- 1.1. Assessment
 - 1.1.1. General Concepts on Assessment, Test and Measuring
 - 1.1.2. Test Characteristics
 - 1.1.3. Types of Tests
 - 1.1.4. Assessment Objectives
- 1.2. Neuromuscular Technology and Assessments
 - 1.2.1. Contact Mat
 - 1.2.2. Strength Platforms
 - 1.2.3. Load Cell
 - 1.2.4. Accelerometers
 - 1.2.5. Position Transducers
 - 1.2.6. Cellular Applications for Neuromuscular Evaluation
- 1.3. Submaximal Repetition Test
 - 1.3.1. Protocol for its Assessment
 - 1.3.2. Validated Estimation Formulas for the Different Training Exercises
 - 1.3.3. Mechanical and Internal Load Responses During a Submaximal Repetition Test
- 1.4. Progressive Maximum Incremental Exercise Test (IETmax)
 - 1.4.1. Naclerio and Figueroa Protocol 2004
 - 1.4.2. Mechanical (linear encoder) and internal load (PSE) responses during one TPI max
 - 1.4.3. Determination of the optimal zone for power training
- 1.5. Horizontal Jump Test
 - 1.5.1. Assessment Without Using Technology
 - 1.5.2. Assessment using technology (Horizontal Encoder and Force Platform)
- 1.6. Simple Vertical Jump Test
 - 1.6.1. *Squat Jump (SJ)* Assessment
 - 1.6.2. Counter Movement Jump Assessment
 - 1.6.3. Assessment of an Abalakov Salto ABK
 - 1.6.4. *Drop Jump (DJ)* Assessment





- 1.7. *Rebound Jump Test*
 - 1.7.1. 5-second Repeated Jump Test
 - 1.7.2. 15-second Repeated Jump Test
 - 1.7.3. 30-second Repeated Jump Test
 - 1.7.4. Fast Strength Endurance Index (Bosco)
 - 1.7.5. Effort Exercise Rate in the *Rebound Jump Test*
- 1.8. Mechanical Responses (Strength, Power and Speed/Time) During Single and Repeated Jumps Tests
 - 1.8.1. Strength/Time in Simple and Repeated Jumps
 - 1.8.2. Speed/Time in Single and Repeated Jumps
 - 1.8.3. Power/Time in Simple and Repeated Jumps
- 1.9. Strength/Speed Profiles in Horizontal Vectors
 - 1.9.1. Theoretical Basis of an S/S Profile
 - 1.9.2. Morin and Samozino Assessment Protocols
 - 1.9.3. Practical Applications
 - 1.9.4. Contact Carpet, Linear Encoder and Force Platform Evaluation of Forces
- 1.10. Strength/Speed Profiles in Vertical Vectors
 - 1.10.1. Theoretical Basis of an S/S Profile
 - 1.10.2. Morin and Samozino Assessment Protocols
 - 1.10.3. Practical Applications
 - 1.10.4. Contact Carpet, Linear Encoder and Force Platform Evaluation of Forces
- 1.11. Isometric Tests
 - 1.11.1. McCall Test
 - 1.11.1.1. Evaluation Protocol and Values Recorded With a Force Platform
 - 1.11.2. Mid-Thigh Pull Test
 - 1.11.2.1. Evaluation Protocol and Values Recorded With a Force Platform

Module 2. Strength Training in Situational Sports

- 2.1. Basic Fundamentals
 - 2.1.1. Functional and Structural Adaptations
 - 2.1.1.1. Functional Adaptations
 - 2.1.1.2. Load-Pause Ratio (Density) as a Criterion for Adaptation
 - 2.1.1.3. Strength as a Base Quality
 - 2.1.1.4. Mechanisms or Indicators for Structural Adjustments
 - 2.1.1.5. Utilization, Conceptualization of the Muscular Adaptations Provoked, as an Adaptive Mechanism of the Imposed Load. (Mechanical Stress, Metabolic Stress, Muscle Damage)
 - 2.1.2. Motor Unit Recruitment
 - 2.1.2.1. Recruitment Order, Central Nervous System Regulatory Mechanisms, Peripheral Adaptations, Central Adaptations Using Tension, Speed or Fatigue as a Tool for Neural Adaptation
 - 2.1.2.2. Order of Recruitment and Fatigue During Maximum Effort
 - 2.1.2.3. Order of Recruitment and Fatigue During Submaximal Effort
 - 2.1.2.4. Fibrillar Recovery
- 2.2. Specific Fundamentals
 - 2.2.1. Movement as a Starting Point
 - 2.2.2. Quality of Movement as a General Objective for Motor Control, Motor Patterning and Motor Programming
 - 2.2.3. Priority Horizontal Movements
 - 2.2.3.1. Accelerating, Braking, Change of Direction With Inside Leg and Outside Leg, Maximum Absolute Speed and/or Sub-Maximum Speed Technique, Correction and Application According to the Specific Movements in Competition
 - 2.2.4. Priority Vertical Movements
 - 2.2.4.1. *Jumps, Hops, Bounds*. Technique, Correction and Application According to the Specific Movements in Competition
- 2.3. Technological Means for the Assessment of Strength Training and External Load Control
 - 2.3.1. Introduction to Technology and Sport
 - 2.3.2. Technology for Strength and Power Training Assessment and Control
 - 2.3.2.1. Rotary Encoder (Operation, Interpretation Variables, Intervention Protocols, Application)
 - 2.3.2.2. Load Cell (Operation, Interpretation Variables, Intervention Protocols, Application)
 - 2.3.2.3. Strength Platforms (Operation, Interpretation Variables, Intervention Protocols, Application)
 - 2.3.2.4. Electric Photocells (Operation, Interpretation Variables, Intervention Protocols, Application)
 - 2.3.2.5. Contact Mat (Operation, Interpretation Variables, Intervention Protocols, Application)
 - 2.3.2.6. Accelerometer (Operation, Interpretation Variables, Intervention Protocols, Application)
 - 2.3.2.7. Applications for Mobile Devices (Operation, Interpretation Variables, Intervention Protocols, Application)
 - 2.3.3. Intervention Protocols for the Assessment and Control of Training
- 2.4. Internal Load Control
 - 2.4.1. Subjective Load Perception by Rating the Perceived Exertion
 - 2.4.1.1. Subjective Perception of Load to Estimate Relative Load (% 1MR)
 - 2.4.2. Scope
 - 2.4.2.1. As Exercise Control
 - 2.4.2.1.1. Repetitions and PRE
 - 2.4.2.1.2. Repetitions in Reserve
 - 2.4.2.1.3. Scale of Speed
 - 2.4.2.2. Controlling the Overall Effect of a Session
 - 2.4.2.3. As a Tool for Periodization
 - 2.4.2.3.1. Use of (APRE) Self-Regulated Progressive Resistance Exercise, Interpretation of the Data and its Relation to the Correct Dosage of the Load in the Session
 - 2.4.3. Recovery Quality Scale, Interpretation and Practical Application in the Session (TQR 0-10)

- 2.4.4. As a Tool for Daily Practice
- 2.4.5. Application
- 2.4.6. Recommendations
- 2.5. Means for Strength Training
 - 2.5.1. Role of Resources in Designing a Method
 - 2.5.2. Means at the Service of a Method and in Function of a Central Sporting Objective
 - 2.5.3. Types of Resources
 - 2.5.4. Movement Patterns and Activations as a Central Axis for Media Selection and Method Implementation
- 2.6. Building a Method
 - 2.6.1. Defining the Types of Exercises
 - 2.6.1.1. Cross-Connectors as a Guide to the Movement Target
 - 2.6.2. Exercise Evolution
 - 2.6.2.1. Modification of the Rotational Component and the Number of Supports According to the Plane of Motion
 - 2.6.3. Exercise Organization
 - 2.6.3.1. Relationship With Priority Horizontal and Vertical Movements (2.3 and 2.4)
- 2.7. Practical Implementation of a Method (Planning)
 - 2.7.1. Logical Implementation of the Plan
 - 2.7.2. Implementation of a Group Session
 - 2.7.3. Individual Programming in a Group Context
 - 2.7.4. Strength in Context Applied to the Game
 - 2.7.5. Periodization Proposal
- 2.8. ITU 1 (Integrating Thematic Unit)
 - 2.8.1. Training Construction for Functional and Structural Adaptations and Recruitment Order
 - 2.8.2. Constructing a Training Monitoring and/or Assessment System
 - 2.8.3. Movement-Based Training Construction for the Implementation of Fundamentals, Means and External and Internal Load Control
- 2.9. ITU 2 (Integrating Thematic Unit)
 - 2.9.1. Construction of a Group Training Session
 - 2.9.2. Construction of a Group Training Session in Context Applied to the Game
 - 2.9.3. Construction of a Periodization of Analytical and Specific Loads

Module 3. Training in Medium and Long Duration Sports

- 3.1. Strength
 - 3.1.1. Definition and Concept
 - 3.1.2. Continuum of Conditional Abilities
 - 3.1.3. Strength Requirements for Endurance Sports. Scientific Evidence
 - 3.1.4. Strength Manifestations and Their Relationship to Neuromuscular Adaptations in Endurance Sports
- 3.2. Scientific Evidence on the Adaptations of Strength Training and its Influence on Medium and Long Duration Endurance Tests
 - 3.2.1. Neuromuscular Adaptations
 - 3.2.2. Metabolic and Endocrine Adaptations
 - 3.2.3. Adaptations When Performing Specific Tests
- 3.3. Principle of Dynamic Correspondence Applied to Endurance Sports
 - 3.3.1. Biomechanical Analysis of Force Production in Different Gestures: Running, Cycling, Swimming, Rowing, Cross-Country Skiing.
 - 3.3.2. Parameters of Muscle Groups Involved and Muscle Activation
 - 3.3.3. Angular Kinematics
 - 3.3.4. Rate and Duration of Force Production
 - 3.3.5. Stress Dynamics
 - 3.3.6. Amplitude and Direction of Movement
- 3.4. Concurrent Strength and Endurance Training
 - 3.4.1. Historical Perspective
 - 3.4.2. Interference Phenomenon
 - 3.4.2.1. Molecular Aspects
 - 3.4.2.2. Sports Performance
 - 3.4.3. Effects of Strength Training on Endurance
 - 3.4.4. Effects of Resistance Training on Strength Demonstrations
 - 3.4.5. Types and Modes of Load Organization and Their Adaptive Responses
 - 3.4.6. Concurrent Training. Evidence on Different Sports
- 3.5. Strength Training
 - 3.5.1. Means and Methods for Maximum Strength Development
 - 3.5.2. Means and Methods for Explosive Strength Development
 - 3.5.3. Means and Methods for Reactive Strength Development

- 3.5.4. Compensatory and Injury Risk Reduction Training
- 3.5.5. Plyometric Training and Jumping Development as an Important Part of Improving Running Economy
- 3.6. Exercises and Special Means of Strength Training for Medium and Long Endurance Sports
 - 3.6.1. Movement Patterns
 - 3.6.2. Basic Exercises
 - 3.6.3. Ballistic Exercises
 - 3.6.4. Dynamic Exercises
 - 3.6.5. Resisted and Assisted Strength Exercises
 - 3.6.6. CORE Exercises
- 3.7. Strength Training Programming Based on the Microcycle Structure
 - 3.7.1. Selection and Order of Exercises
 - 3.7.2. Weekly Frequency of Strength Training
 - 3.7.3. Volume and Intensity According to the Objective
 - 3.7.4. Recovery Times
- 3.8. Strength Training Aimed at Different Cyclic Disciplines
 - 3.8.1. Strength Training for Middle-Distance and Long-Distance Runners
 - 3.8.2. Strength Training for Cycling
 - 3.8.3. Strength Training for Swimming
 - 3.8.4. Strength Training for Rowing
 - 3.8.5. Strength Training for Cross-Country Skiing
- 3.9. Controlling the Training Process
 - 3.9.1. Load Speed Profile
 - 3.9.2. Progressive Load Test





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A unique, key, and decisive educational experience to boost your professional development”

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.



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



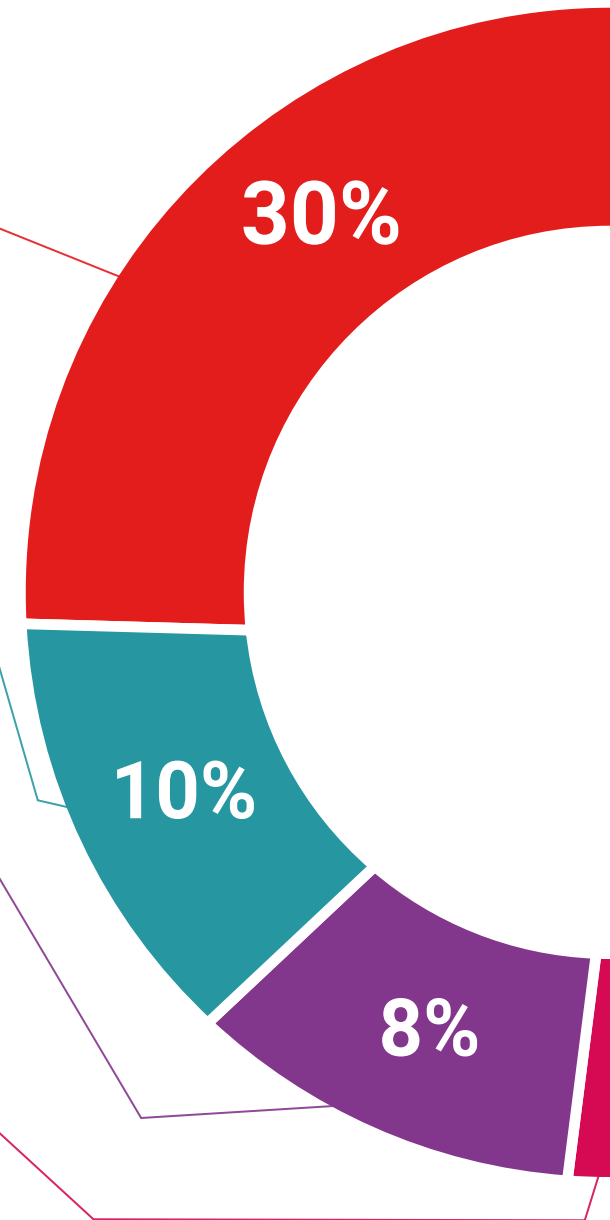
Practising Skills and Abilities

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

This Postgraduate Diploma in Performance Assessment and Strength Training guarantees students, in addition to the most rigorous and up-to-date education, 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 private qualification will allow you to obtain a **Postgraduate Diploma in Performance Assessment and 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.

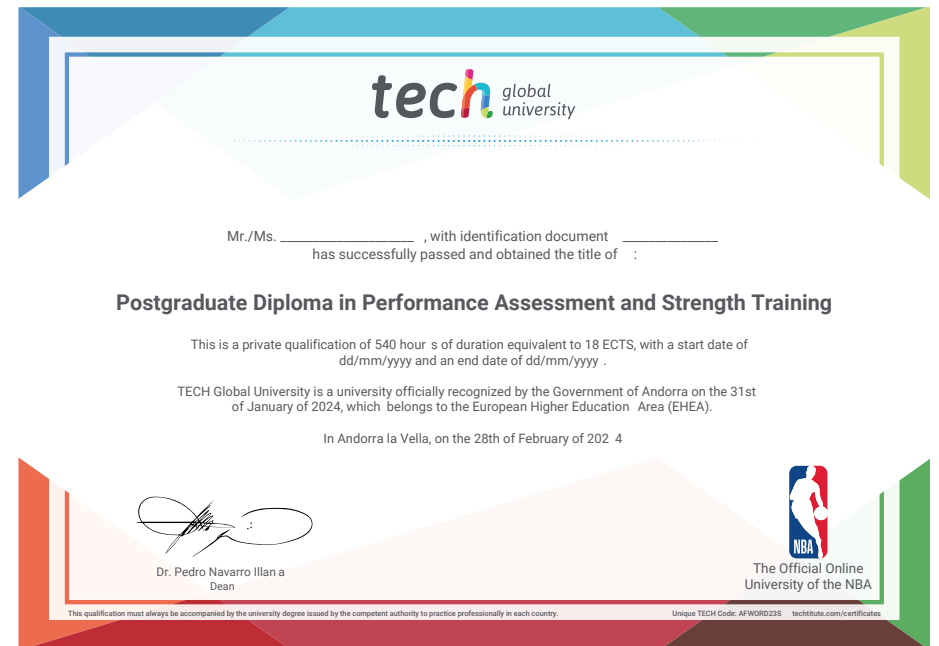
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Performance Assessment and Strength Training**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



*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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Postgraduate Diploma
Performance Assessment
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- » Modality: online
- » Duration: 6 months
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- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Postgraduate Diploma

Performance Assessment and Strength Training

Endorsed by the NBA



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