

# Postgraduate Diploma Physiotherapy, Nutrition and Psychology Applied to Rugby

Endorsed by the NBA





## Postgraduate Diploma Physiotherapy, Nutrition and Psychology Applied to Rugby

- » 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-physiotherapy-nutrition-psychology-applied-rugby](http://www.techtute.com/in/sports-science/postgraduate-diploma/postgraduate-diploma-physiotherapy-nutrition-psychology-applied-rugby)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

Although rules focused on player welfare are becoming increasingly comprehensive, Rugby continues to rank as one of the most injurious sports in existence today. Likewise, despite its proven importance, the psychological facet is one of the least worked in this sport discipline. These and other key aspects are the focus of this program, with which the Sports Science professional will be able to go through the fundamentals of Sports Physiotherapy and examine the usual concussion. Likewise, he will delve into the physiological basis for nutrition in this sport and the relevant role of the psychologist. All this from a convenient online format and with innovative content designed by major world Rugby references.



A close-up photograph of a hand holding a rugby ball. The hand is in the foreground, and the ball is in the background. The background is blurred, showing a green field and a blue sky. The image is partially obscured by a diagonal split into blue and white sections.

“

*Examine the most common pathologies in Rugby and help prevent them thanks to this Postgraduate Diploma"*

If there is one thing that characterizes Rugby, it is its high physical intensity and high level of contact. This causes a large number of injuries, so physiotherapeutic activity plays a significant role in treating and preventing them through the evaluation of posture, movement and training technique. But there is one pathology that is characteristic of Professional Rugby above all others: Concussion. It is important to have a thorough knowledge of this lesion in order to act appropriately.

In this sense, this program will not only focus on physiotherapy applied to this sport, but will also explore the nutritional and psychological facet so that the student will become an expert in the key elements for the welfare of the professional player. To do so, it will analyze in depth common injuries such as spine and head trauma or lower limb injuries, as well as establishing the basics for recognizing a Concussion. It will also cover the basics of Rugby player's body composition to assess their nutritional needs and will delve into the design of individualized psychological intervention plans.

Undoubtedly, a highly comprehensive specialization that will add luster to the student's curriculum and will allow him/her to study it comfortably wherever and whenever he/she wants. All you need is a device with Internet access to take your career a step further and benefit from a modern-day academic opportunity. In fact, TECH will give you the baton to manage your own academic deadlines at your convenience. To this end, it will have an extensive digital catalog of resources on Physiotherapy, Nutrition and Psychology applied to Rugby available 24 hours a day on the Online Campus.

This **Postgraduate Diploma in Physiotherapy, Nutrition and Psychology Applied to Rugby** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ The development of case studies presented by experts in Physiotherapy, Nutrition and Psychology Applied to Rugby
- ♦ The graphic, schematic and eminently practical contents of the book provide sporting and practical information on those disciplines that are essential for professional practice
- ♦ Practical exercises where 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



*Become an expert in recognizing concussions in Rugby players to act in time"*

“

*Hone your skills by designing specific psychological intervention plans for each player by analyzing videos, interactive diagrams and master classes"*

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

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*It analyzes in depth the sports supplementation in each Rugby modality to increase the performance of the players.*

*Enroll now to handle the most innovative tools that exist today in sports coaching, such as the META or SWOT model.*



# 02 Objectives

The design of this Postgraduate Diploma incorporates a series of objectives oriented to achieve that the student recognizes the most common injuries of the Professional Rugby player and develops competences for their prevention or readaptation. Similarly, such objectives also focus on the student's handling of the different models of nutrition and supplementation of this sport and the importance of the psychological factor to enhance performance.







“

*You will be a reference when it comes to directing an athlete's readaptation to Rugby after an injury"*



## General Objectives

---

- ♦ Know in depth about Rugby XV and VII, as well as the rest of the modalities.
- ♦ Know how to deepen, develop, and a physical and technical
- ♦ Acquire a specialization in Rugby oriented nutrition, according to the modality and position of the player.
- ♦ How to manage emotions and apply psychology to the sports field
- ♦ Learn to manage teams and players
- ♦ How to sell Rugby as a consumer product
- ♦ In-depth knowledge of the tools for the player to control his emotions in order to obtain maximum performance.



*Alcanza los objetivos del título y domina los métodos de estimación de la composición corporal del jugador de Rugby Profesional"*





## Specific Objectives

---

### **Module 1. Injury Prevention Physiotherapy and**

- ♦ Identify, recognize and use the necessary equipment
- ♦ Recognize the most common injuries
- ♦ Acquire the knowledge of prevention and readaptation
- ♦ Identify the most common injury: Concussion

### **Module 2. Sports nutrition applied to Rugby**

- ♦ To deepen in the concept of nutrition for Rugby
- ♦ Differentiate the body composition of the player according to his modality
- ♦ Learn the different models of nutrition and supplementation for Rugby

### **Module 3. Applied Psychology**

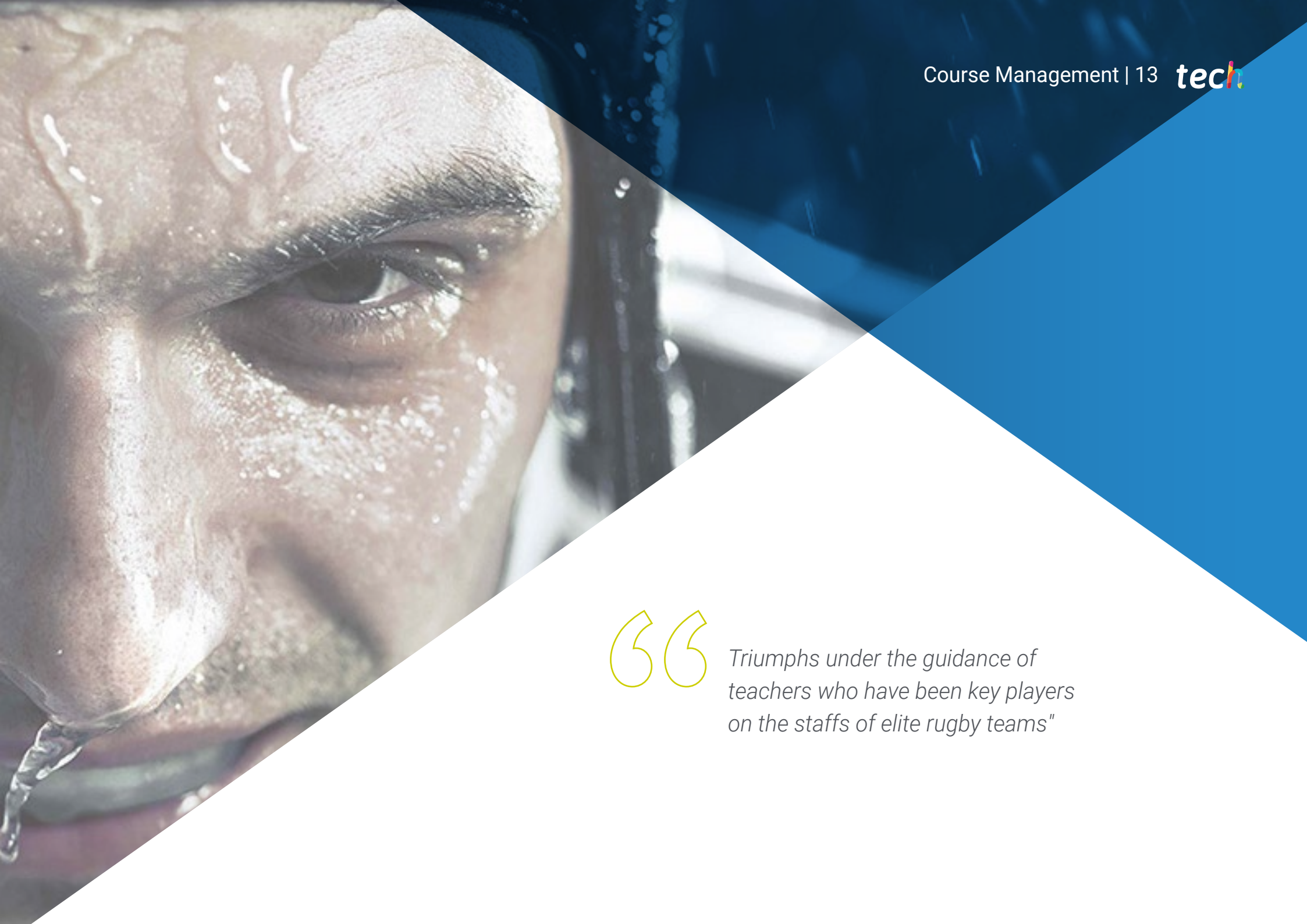
- ♦ Learn the use of Psychology in Sport
- ♦ Know which motives influence performance
- ♦ Learn to identify and resolve Burnout
- ♦ See how to reach 100% of an athlete's potential

03

# Course Management

TECH has demonstrated its ambition when designing this program by betting on the best experts in Professional Rugby that can be found on the current scene. In a program led by no less than world stars of the sport, the student will benefit from the valuable experience of a teaching staff that has played a key role in the Staff of elite Rugby teams and European countries' federations. In fact, they have positioned themselves as versed specialists in Human Nutrition and Dietetics or in Mental Health of athletes, so they come together in the program from different professional fields to boost the student's career.





“

*Triumphs under the guidance of teachers who have been key players on the staffs of elite rugby teams”*

## Management



### Mr. Javier De Juan Roldán

- ♦ Professional rugby player of the Spanish national team VII
- ♦ Two-time European Rugby VII champion
- ♦ Professional player of Independiente Rugby Club
- ♦ Professional Rugby Science player
- ♦ Coach at Ciencias Rugby Club and Independiente Rugby Club schools



### Ms. Marta Lliteras Ruiz

- ♦ Coach of Rugby, female 7's and male XV
- ♦ Coach of the General Command of the Balearic Army, female 7's and male XV
- ♦ Co-founder of All&Go
- ♦ Coordinator of the Association for Women in the Professional Field
- ♦ International player of Rugby XV and 7's
- ♦ European Rugby Champion
- ♦ Olympic Diploma Rio de Janeiro
- ♦ Degree in Political Science, Master's Degree in Human Resources Management and Management
- ♦ Master's Degree in Team Management



## Professors

### Mr. Carlos Sánchez Nogales

- ♦ Psychologist in the Area of Equality of the City Council of Alhaurín el Grande
- ♦ Psychotherapist in private practice
- ♦ Coach of men's and women's XV and 7's teams
- ♦ Degree in Psychology from the University of Malaga
- ♦ Master's Degree in Physical Activity and Sport Research by UMA
- ♦ Master's Degree in Individual and Group Coaching by UMA
- ♦ Expert in Sports Coaching by COANCO
- ♦ World Rugby level 2 trainer title

### Mr. Pablo García Horcajadas

- ♦ Physiotherapist in Rugby Clubs
- ♦ Complutense Cisneros Rugby Club Physiotherapist
- ♦ Physiotherapist of the Spanish Rugby Federation in the Rugby Sevens modality
- ♦ Degree in Physiotherapy

### Mr. Cristian Serra Hernández

- ♦ Nutritionist at the Be Strong Nutrition Clinic
- ♦ Coach and player at the San Roque rugby club in the División de Honor B
- ♦ Professional Rugby player
- ♦ Teacher of the Master's Degree in Sports Nutrition at the Apta Vital Sport Training School
- ♦ Graduate in Human Nutrition and Dietetics from the University of Valencia

# 04

## Structure and Content

The syllabus of this Postgraduate Diploma clearly positions it in front of other programs by having the most comprehensive and updated vision of Physiotherapy, Nutrition and Psychology applied to Rugby that the student will find in the market. In fact, each and every one of those enrolled will be immersed in an individualized academic itinerary that uses Relearning as a methodological substrate. This means that they will effectively internalize the concepts in a repeated and directed manner using interactive resources. They will thus enjoy a much more natural educational cycle.







“

*Sign up now to benefit from the most comprehensive and updated vision of Physiotherapy, Nutrition and Psychology applied to Rugby in the market"*

## Module 1. Injury Prevention Physiotherapy and

- 1.1. Sports Physiotherapy
  - 1.1.1. Sport Physiotherapy
  - 1.1.2. Field service
  - 1.1.3. Security and assistance
- 1.2. First Aid
  - 1.2.1. First assistance
  - 1.2.2. Airway
  - 1.2.3. Basic Principles of Cardioplegia
- 1.3. Most common pathologies in Rugby
  - 1.3.1. Spine and head trauma
  - 1.3.2. Upper Limb
  - 1.3.3. Lower Limb
- 1.4. Concussion: Recognize and remove
  - 1.4.1. What is concussion?
  - 1.4.2. How to recognize a concussion?
  - 1.4.3. Progressive return to play
- 1.5. Readaptation to gambling
  - 1.5.1. Return to the post-injury game
  - 1.5.2. Load control
  - 1.5.3. Interdisciplinary collaboration and return to the game
- 1.6. Injury Prevention
  - 1.6.1. Preseason
  - 1.6.2. Self-care and healthy habits
  - 1.6.3. Proprioception, cognitive work and spatial control
- 1.7. Preparation and field service: Minuto a minuto
  - 1.7.1. Pre-game Organization, management and specific work
  - 1.7.2. Field service
  - 1.7.3. Care and protection
- 1.8. Post-match and recovery
  - 1.8.1. Postpartum: care and recovery
  - 1.8.2. Individual work and self-care
  - 1.8.3. Collective work and rest

- 1.9. Control and follow-up: Medical management of equipment
  - 1.9.1. Medical control in a professional team
  - 1.9.2. Player baseline status check
  - 1.9.3. Treatments, injury monitoring and recovery
- 1.10. Medical equipment
  - 1.10.1. Basic medical equipment and material management
  - 1.10.2. Medical devices: management and storage
  - 1.10.3. Material organization and control

## Module 2. Sports nutrition applied to Rugby

- 2.1. Physiological basis for Rugby nutrition
  - 2.1.1. Macronutrients
  - 2.1.2. Digestion and Absorption of Nutrients
  - 2.1.3. Energy Balance
- 2.2. Metabolism and Energy Pathways in Rugby
  - 2.2.1. Phosphagen pathway (ATP)
  - 2.2.2. Glycolysis
  - 2.2.3. Fatty acid oxidation
- 2.3. Body composition in Rugby (XV and 7)
  - 2.3.1. Body composition in Rugby XV forwards
  - 2.3.2. Body composition in Rugby XV three-quarter rugby players
  - 2.3.3. Body composition in Rugby 7's players
- 2.4. Anthropometry in professional rugby teams
  - 2.4.1. Body Composition Estimate Methods
  - 2.4.2. Methods of estimating body composition
  - 2.4.3. Differences between Rugby XV and VII
- 2.5. Nutritional periodization in Rugby XV
  - 2.5.1. Pre-season and post-season
  - 2.5.2. In-season and game week planning
  - 2.5.3. Planning during period of injury
- 2.6. Nutrition for body composition change
  - 2.6.1. Fat loss
  - 2.6.2. Increased muscle mass
  - 2.6.3. Body recomposition

- 2.7. Nutritional periodization in Rugby 7
    - 2.7.1. Rugby 7's preseason
    - 2.7.2. Rugby 7's tournament week
    - 2.7.3. Postseason
  - 2.8. Sports supplementation in Rugby (XV and 7)
    - 2.8.1. Supplements evidence group A
    - 2.8.2. Supplements evidence group B and C
    - 2.8.3. Supplements not allowed
  - 2.9. Nutrition during Rugby matches/tournaments (XV and 7)
    - 2.9.1. Provisions during Rugby XV matches
    - 2.9.2. Post-match recovery
    - 2.9.3. Pre-competition carbohydrate loading
  - 2.10. Nutritional advice to professional rugby players/teams
    - 2.10.1. Goal setting and dietary interview
    - 2.10.2. Development of team guidelines
    - 2.10.3. Elaboration of a personalized nutritional plan
- Module 3. Applied Psychology**
- 3.1. Psychology and Sports Coaching
    - 3.1.1. Important Aspects
    - 3.1.2. The importance of psychology in sports
    - 3.1.3. The role of the sports psychologist / coach
  - 3.2. Psychological preparation for sport and physical activity: Rugby schools
    - 3.2.1. Sport, health and psychology
    - 3.2.2. Intervention with coaches and families of young athletes
    - 3.2.3. Advice on the relationship between athletes, families and sports coaches: the importance of education in values in sport
  - 3.3. Counseling and psychological techniques for sportsmen and women: training the future elite
    - 3.3.1. Optimization of the Athlete's Learning and Search for Consistency in their Performance
    - 3.3.2. Psychological intervention with young athletes and the transition to professional sport
      - 3.3.3. Talent Management
  - 3.4. Psychological intervention in competitive sport: sports elite
    - 3.4.1. Optimal level of activation and emotional management in sports practice
    - 3.4.2. Stress and Anxiety Intervention
    - 3.4.3. Locus of control of the elite athlete
  - 3.5. Psychological variables in sports performance
    - 3.5.1. Positive and emotional psychology
    - 3.5.2. Self-confidence and self-concept in the athlete
    - 3.5.3. Athlete's Personality
  - 3.6. Individual and group intervention in sports coaching: planning and implementation of a psychological program
    - 3.6.1. Psychological intervention techniques
    - 3.6.2. Design of individualized intervention plans
    - 3.6.3. Design of intervention plans in the teams
  - 3.7. Tools in sports coaching: GOAL, SWOT and Wheel of Life
    - 3.7.1. META Model
    - 3.7.2. SWOT Analysis
    - 3.7.3. Wheel of life
  - 3.8. Burnout in the athlete
    - 3.8.1. Symptoms of the syndrome
    - 3.8.2. Actions with the athlete
    - 3.8.3. Prevention of new cases
  - 3.9. Health and emotional well-being of the athlete
    - 3.9.1. Effects of overtraining
    - 3.9.2. Psychological implications of sports injury prevention and recovery
    - 3.9.3. Flow
  - 3.10. Withdrawal from sporting activities
    - 3.10.1. Transition from elite sport and return to normalcy
    - 3.10.2. Redefining the athlete's identity
    - 3.10.3. New roles acquired

# 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 Physiotherapy, Nutrition and Psychology Applied to Rugby 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 Physiotherapy, Nutrition and Psychology Applied to Rugby** contains the most complete and up-to-date program on the market.

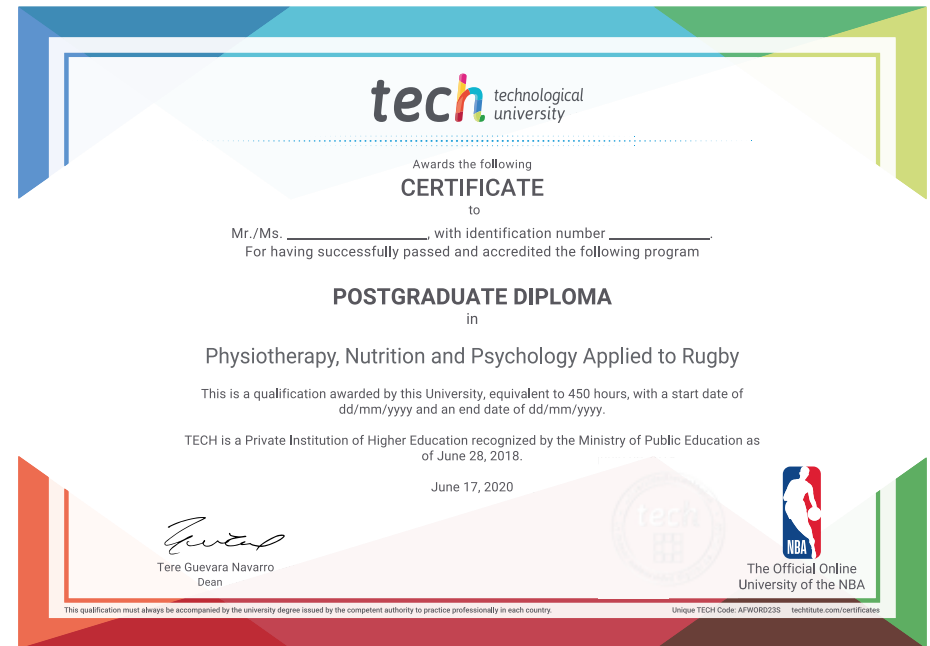
After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Diploma in Physiotherapy, Nutrition and Psychology Applied to Rugby**

Official No. 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  
development language  
virtual classroom



**Postgraduate Diploma**  
Physiotherapy, Nutrition  
and Psychology Applied  
to Rugby

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

# Postgraduate Diploma

## Physiotherapy, Nutrition and Psychology Applied to Rugby

Endorsed by the NBA

