

# Postgraduate Diploma

## Prescription, Methodology and Basis for Strength Training

Endorsed by the NBA





## Postgraduate Diploma Prescription, Methodology and Basis for 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-prescription-methodology-basis-strength-training](http://www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-prescription-methodology-basis-strength-training)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 24*

06

Certificate

---

*p. 32*

01

# Introduction

With this complete educational program the student will learn how to program, periodize and plan the different variables of training, its physiological and methodological bases and its structuring. Also the student's ability to apply this knowledge to improve physical performance, fitness, health and related issues.

This training also covers very important topics in strength training, such as terminology, definitions and practical applications, as well as strength training for structural purposes (hypertrophy).





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*This 100% online Postgraduate Diploma will allow you to balance your studies with your professional work at the same time while you increase your knowledge in this area"*

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 training 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 Prescription, Methodology and Bases for Strength 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 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 Prescription, Methodology and Basis for 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 educational 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 educational 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 recognized experts in Prescription, Methodology and Bases for Strength Training and with great experience.

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

*Increase your knowledge in the Postgraduate Diploma Prescription, Methodology and Principles for Strength Training with this high-level training.*



# 02 Objectives

The main objective of this educational program is the development of theoretical and practical learning, so that the sports science professional can master in a practical and rigorous way La Prescription, Methodology and Bases for Strength 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

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- ♦ 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

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- ♦ Specialize and interpret the key aspects of strength training
- ♦ In-depth knowledge of the different components of the load
- ♦ Delve into key aspects of planning, periodization and load monitoring.
- ♦ Gain in-depth knowledge of the different session set-up schemes
- ♦ Manage the most common prescribing, monitoring and adjustment models
- ♦ Gain in-depth knowledge of the different methodological proposals of strength training and their applicability to the field of practice
- ♦ Select the most appropriate methods for specific needs
- ♦ Recognize and safely apply the different methods proposed in the literature
- ♦ Master in depth the theoretical terms as far as Strength Training is concerned.
- ♦ Master in depth the theoretical terms as far as Power Training is concerned
- ♦ Master the methodological aspects of training for hypertrophic purposes
- ♦ Master the physiological aspects of training for hypertrophic purposes



*Enter one of the most creative and exciting fields in the world of gastronomy with the background of a complete professional, qualified to successfully lead any project"*

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.





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

## Management



### Mr. 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. University of Melilla
- ◆ 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 Evaluations 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

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



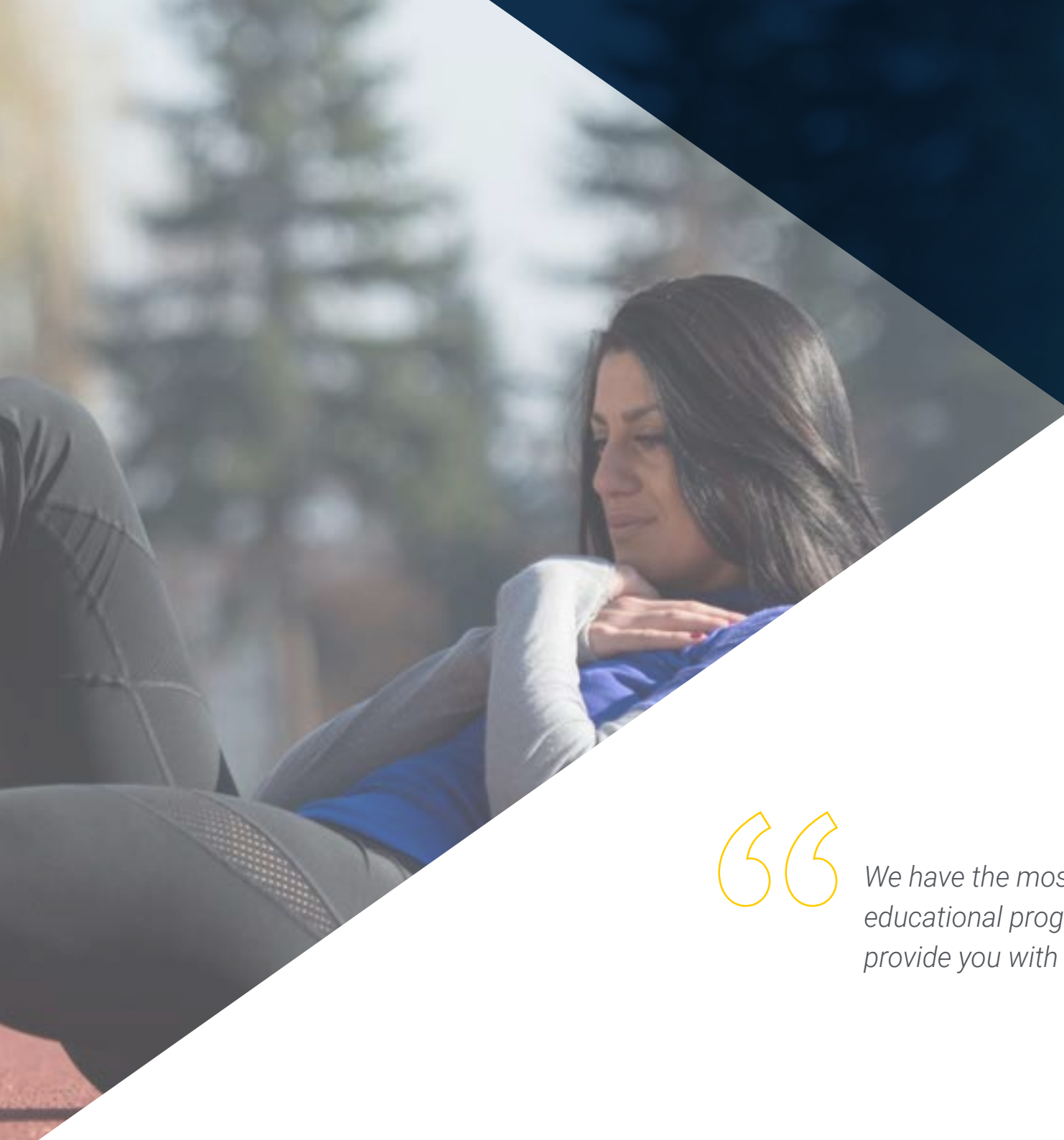
# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in daily practice, aware of the relevance of specialization in the field of personal training; and committed to quality teaching through new educational technologies.







“

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

## Module 1. Strength Training Prescription and Scheduling

- 1.1. Introduction and Definition of Concepts
  - 1.1.1. General Concepts
    - 1.1.1.1. Planning, Periodization, Prescription
    - 1.1.1.2. Qualities, Methods, Objectives
    - 1.1.1.3. Complexity, Risk and Uncertainty
    - 1.1.1.4. Complementary Pairs
- 1.2. Exercises
  - 1.2.1. General Vs. Specific
  - 1.2.2. Simple Vs. Complexity
  - 1.2.3. Push Vs. Ballistic
  - 1.2.4. Kinetics and Kinematics
  - 1.2.5. Basic Patterns
  - 1.2.6. Order, Emphasis, Importance
- 1.3. Programming Variables
  - 1.3.1. Intensity
  - 1.3.2. Effort
  - 1.3.3. Intension
  - 1.3.4. Volume
  - 1.3.5. Density
  - 1.3.6. Weight
  - 1.3.7. Dose
- 1.4. Periodization Structure
  - 1.4.1. Microcycle
  - 1.4.2. Mesocycle
  - 1.4.3. Macrocycle
  - 1.4.4. Olympic Cycles
- 1.5. Structure of the Sessions
  - 1.5.1. Hemispheres
  - 1.5.2. Entries
  - 1.5.3. Weider
  - 1.5.4. Patterns
  - 1.5.5. Muscle



- 1.6. Prescription
  - 1.6.1. Load-Effort Tables
  - 1.6.2. Based on %
  - 1.6.3. Based on Subjective Variables
  - 1.6.4. Based on Speed (VBT)
  - 1.6.5. Others
- 1.7. Prediction and Monitoring
  - 1.7.1. Speed-Based Training
  - 1.7.2. Areas of Repetition
  - 1.7.3. Load Areas
  - 1.7.4. Time and Reps
- 1.8. Planning
  - 1.8.1. Series– Repetition Schemes
    - 1.8.1.1. Plateau
    - 1.8.1.2. Step
    - 1.8.1.3. Waves
    - 1.8.1.4. Steps
    - 1.8.1.5. Pyramids
    - 1.8.1.6. Light-Heavy
    - 1.8.1.7. Cluster
    - 1.8.1.8. Rest-Pause
  - 1.8.2. Vertical Planning
  - 1.8.3. Horizontal Planning
  - 1.8.4. Classifications and Models
    - 1.8.4.1. Constant
    - 1.8.4.2. Lineal
    - 1.8.4.3. Reverse Linear
    - 1.8.4.4. Blocks
    - 1.8.4.5. Accumulation
    - 1.8.4.6. Undulating
    - 1.8.4.7. Reverse Undulating
    - 1.8.4.8. Volume-Intensity

- 1.9. Adaptation
  - 1.9.1. Dose-Response Model
  - 1.9.2. Robust-Optimal
  - 1.9.3. Fitness-Fatigue
  - 1.9.4. Microdoses
- 1.10. Assessments and Adjustments
  - 1.10.1. Self-Regulated Load
  - 1.10.2. Adjustments Based on VBT
  - 1.10.3. Based on RIR and RPE
  - 1.10.4. Based on Percentages
  - 1.10.5. Negative Pathway

## Module 2. Methodology of Strength Training

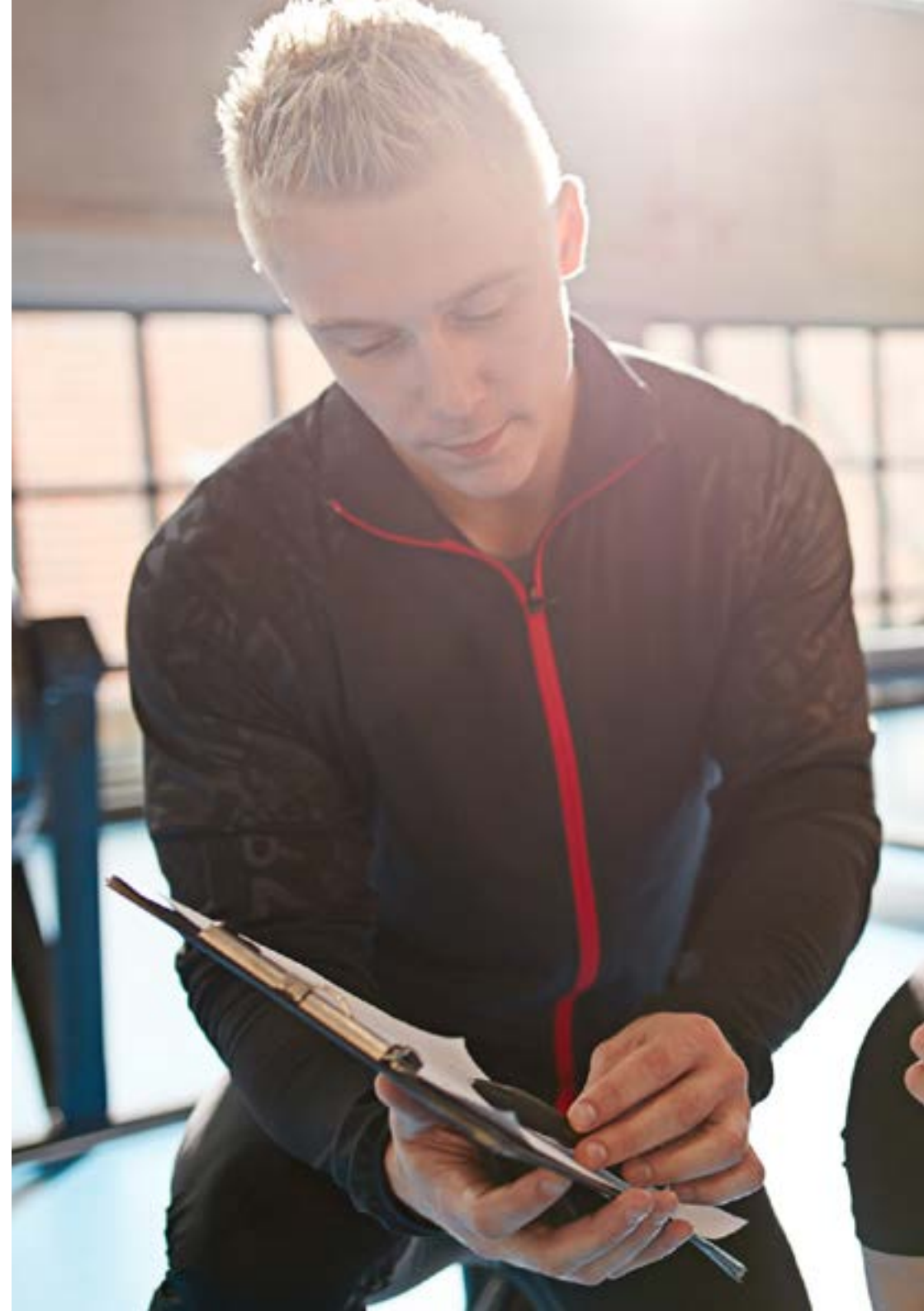
- 2.1. Methods of Training From Powerlifting
  - 2.1.1. Functional Isometrics
  - 2.1.2. Forced Repetitions
  - 2.1.3. Eccentrics in Competition Exercises
  - 2.1.4. Main Characteristics of the Most Commonly Used Methods in Powerlifting
- 2.2. Methods of Training from Weightlifting
  - 2.2.1. Bulgarian Method
  - 2.2.2. Russian Method
  - 2.2.3. Origin of the Popular Methodologies in the School of Olympic Lifting
  - 2.2.4. Differences Between the Bulgarian and Russian Concepts
- 2.3. Zatsiorsky's Methods
  - 2.3.1. Maximum Effort Method (ME)
  - 2.3.2. Repeated Effort Method (RE)
  - 2.3.3. Dynamic Effort Method (DE)
  - 2.3.4. Load Components and Main Features of the Zatsiorsky Methods
  - 2.3.5. Interpretation and Differences in Mechanical Variables (Force, Power and Speed) between ME, RE and DE and their Internal Response

- 2.4. Pyramidal Methods
  - 2.4.1. Classic Ascending
  - 2.4.2. Classic Descending
  - 2.4.3. Double
  - 2.4.4. Skewed Pyramid
  - 2.4.5. Truncated Pyramid
  - 2.4.6. Flat or Stable Pyramid
  - 2.4.7. Load Components (Volume and Intensity) of the Different Proposals of the Pyramidal Method
- 2.5. Training Methods From Bodybuilding
  - 2.5.1. Superseries
  - 2.5.2. Triseries
  - 2.5.3. Compound Series
  - 2.5.4. Giant Series
  - 2.5.5. Congestive Series
  - 2.5.6. Wave-Like loading
  - 2.5.7. ACT (Anti-Catabolic Training)
  - 2.5.8. Bulk
  - 2.5.9. Cluster
  - 2.5.10 10x10 Satziorsky
  - 2.5.11 Heavy Duty
  - 2.5.12 Ladder
  - 2.5.13 Characteristics and Load Components of the Different Methodological Proposals of Training Systems Coming From Bodybuilding
- 2.6. Methods from Sports Training
  - 2.6.1. Plyometry
  - 2.6.2. Circuit Training
  - 2.6.3. Cluster Training
  - 2.6.4. Contrast
  - 2.6.5. Main Characteristics of Strength Training Methods Derived from Sports Training
- 2.7. Methods from Unconventional Training and Crossfit
  - 2.7.1. EMOM (Every Minute on the Minute)
  - 2.7.2. Tabata
  - 2.7.3. AMRAP (As Many Reps as Possible)
  - 2.7.4. For Time
  - 2.7.5. Main Characteristics of Strength Training Methods Derived from Crossfit Training
- 2.8. Velocity-Based Training (VBT)
  - 2.8.1. Theoretical Foundation
  - 2.8.2. Practical Considerations
  - 2.8.3. Own Data
- 2.9. The Isometric Method
  - 2.9.1. Concepts and Physiological Fundamentals of Isometric Stresses
  - 2.9.2. Yuri Verkhoshanski Proposal
- 2.10. Repeat Power Ability (RPA) Method of Alex Natera
  - 2.10.1. Theoretical Basis
  - 2.10.2. Practical Applications
  - 2.10.3. Continuous Vs. Own Data
- 2.11. Training Methodology Proposed by Fran Bosch
  - 2.11.1. Theoretical Basis
  - 2.11.2. Practical Applications
  - 2.11.3. Continuous Vs. Own Data
- 2.12. Cal Dietz and Matt Van Dyke's Three-Phase Methodology
  - 2.12.1. Theoretical Basis
  - 2.12.2. Practical Applications
- 2.13. New Trends in Quasi- Isometric Eccentric Training
  - 2.13.1. Neurophysiological Rationale and Analysis of Mechanical Responses Using Position Transducers and Force Platforms for Each Strength Training Approach

## Module 3. Theory of Strength Training and Basis for Structural Training

- 3.1. Strength, its Conceptualization and Terminology
  - 3.1.1. Strength from Mechanics
  - 3.1.2. Strength from Physiology
  - 3.1.3. Concept of Strength Deficit
  - 3.1.4. Concept of Applied Strength
  - 3.1.5. Concept of Useful Strength
  - 3.1.6. Terminology of Strength Training
    - 3.1.6.1. Maximum Strength Training
    - 3.1.6.2. Explosive Strength
    - 3.1.6.3. Elastic Explosive Strength
    - 3.1.6.4. Reflective Elastic Explosive Strength
    - 3.1.6.5. Ballistic Strength
    - 3.1.6.6. Rapid Force
    - 3.1.6.7. Explosive Power
    - 3.1.6.8. Speed Strength
    - 3.1.6.9. Resistance Training
- 3.2. Concepts Connected to Power 1
  - 3.2.1. Definition of Power
    - 3.2.1.1. Conceptual Aspects of Power
    - 3.2.1.2. Importance of Power in the Context of Sports Performance
    - 3.2.1.3. Clarification of Power-Related Terminology
  - 3.2.2. Factors Contributing to Peak Power Development
  - 3.2.3. Structural Aspects Conditioning Power Production
    - 3.2.3.1. Muscle Hypertrophy
    - 3.2.3.2. Muscle Structure
    - 3.2.3.3. Ratio of Fast and Slow Fibers in a Cross Section
    - 3.2.3.4. Muscle Length and its Effect on Muscle Contraction
    - 3.2.3.5. Quantity and Characteristics of Elastic Components
- 3.2.4. Neural Aspects Conditioning Power Production
  - 3.2.4.1. Action Potential
  - 3.2.4.2. Speed of Motor Unit Recruitment
  - 3.2.4.3. Muscle Coordination
  - 3.2.4.4. Intermuscular Coordination
  - 3.2.4.5. Prior Muscle Status (PAP)
  - 3.2.4.6. Neuromuscular Reflex Mechanisms and Their Incidence
- 3.3. Concepts Connected to Power 2
  - 3.3.1. Theoretical Aspects for Understanding the Force-Time Curve
    - 3.3.1.1. Strength Impulse
    - 3.3.1.2. Phases of the Force-Time Curve
    - 3.3.1.3. Phases of Acceleration in the Strength-Time Curve
    - 3.3.1.4. Maximum Acceleration Area of the Force-Time Curve
    - 3.3.1.5. Deceleration Phase of the Strength-Time Curve
  - 3.3.2. Theoretical Aspects for Understanding Power Curves
    - 3.3.2.1. Power-Time Curve
    - 3.3.2.2. Power-Displacement Curve
    - 3.3.2.3. Optimal Workload for Maximum Power Development
- 3.4. Relating Concepts of Strength and Their Link to Sports Performance
  - 3.4.1. Objective of Strength Training
  - 3.4.2. Relationship of Power to the Training Cycle or Phase
  - 3.4.3. Connection of Maximum Force and Power
  - 3.4.4. Connection Between Power and the Improvement of Athletic Performance
  - 3.4.5. Connection Between Strength and Sports Performance
  - 3.4.6. Relationship between Strength and Speed
  - 3.4.7. Relationship between Strength and Jumps
  - 3.4.8. Relationship between Strength and Changes in Direction
  - 3.4.9. Relationship Between Strength and Other Aspects of Sports Performance
    - 3.4.9.1. Maximum Strength and Its Effects on Training

- 3.5. Neuromuscular System (Hypertrophic Training)
  - 3.5.1. Structure and Function
  - 3.5.2. Motor Unit
  - 3.5.3. Sliding Theory
  - 3.5.4. Types of Fiber
  - 3.5.5. Types of Contraction
- 3.6. Neuromuscular System Responses and Adaptations (Hypertrophic Training)
  - 3.6.1. Nerve Impulse Adaptations
  - 3.6.2. Muscle Activation Adaptations
  - 3.6.3. Motor unit Synchronization Adaptations
  - 3.6.4. Antagonist Coactivation Adaptations
  - 3.6.5. Adaptations in Doublets
  - 3.6.6. Muscle pre-activation
  - 3.6.7. Muscle Stiffness
  - 3.6.8. Reflexes
  - 3.6.9. Internal Models of Motor Engrams
  - 3.5.10. Muscle Tone
  - 3.5.11. Action Potential Speed
- 3.7. Hypertrophy\*
  - 3.7.1. Introduction
    - 3.7.1.1. Parallel and Serial Hypertrophy
    - 3.7.1.2. Sarcoplasmic Hypertrophy
  - 3.7.2. Satellite Cells
  - 3.7.3. Hyperplasia
- 3.8. Mechanisms that Induce Hypertrophy\*
  - 3.8.1. Hypertrophy-Inducing Mechanism: Mechanical Stress
  - 3.8.2. Hypertrophy-Inducing Mechanism: Metabolic Stress
  - 3.8.3. Hypertrophy-Inducing Mechanism: Muscle Damage





- 3.9. Variables for Hypertrophy Training Programming
  - 3.9.1. Volume
  - 3.9.2. Intensity
  - 3.9.3. Frequency (F)
  - 3.9.4. Weight
  - 3.9.5. Density
  - 3.9.6. Selecting Exercises
  - 3.9.7. Order in the Execution of Exercises
  - 3.9.8. Type of Muscle Action
  - 3.9.9. Duration of Rest Intervals
  - 3.9.10. Duration of Repetitions
  - 3.9.11. Range of Movement
- 3.10. Main Factors Affecting Hypertrophic Development at the Highest Level
  - 3.10.1. Genetics
  - 3.10.2. Age
  - 3.10.3. Sex
  - 3.10.4. Training Status

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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.







“

*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.*



*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.



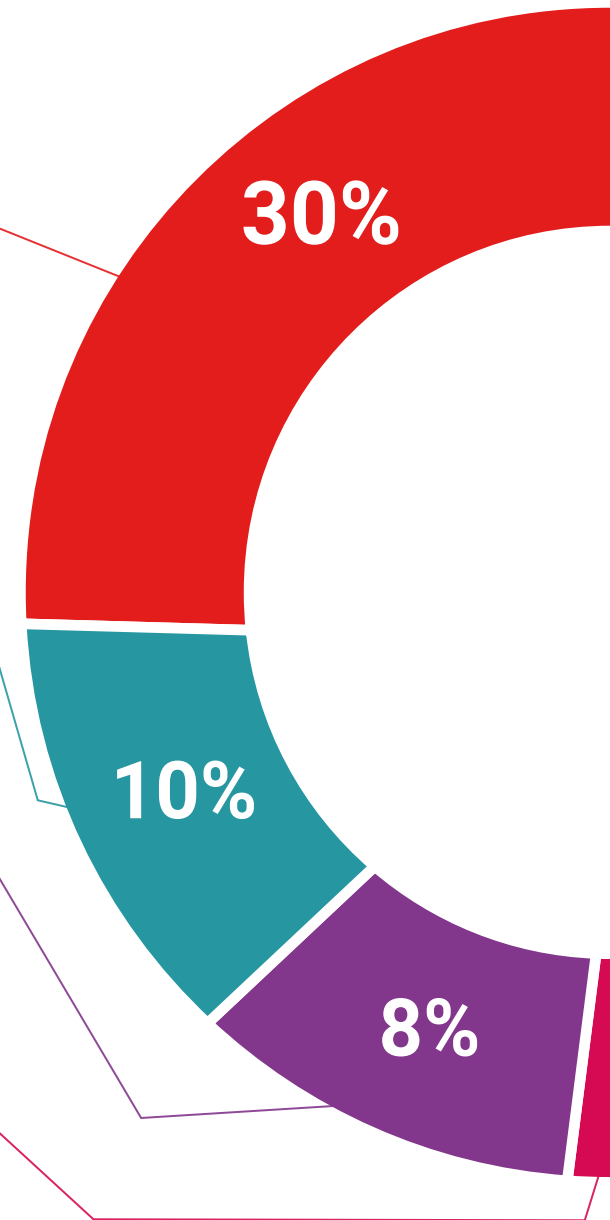
#### Practising Skills and Abilities

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

This Postgraduate Diploma in Prescription, Methodology and Basis for Strength Training guarantees, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.







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*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 Prescription, Methodology and Basis for 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.

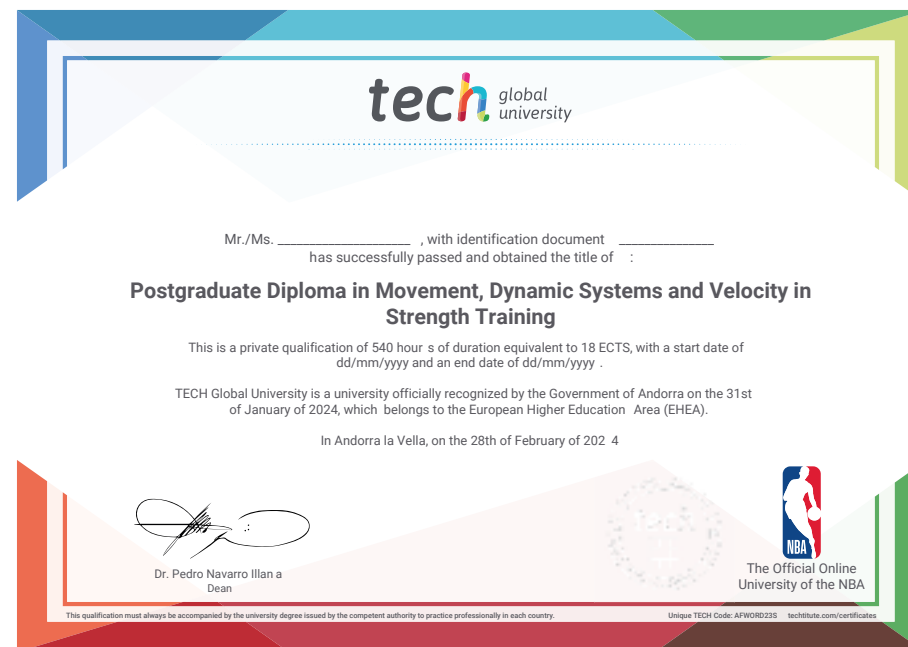
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Prescription, Methodology and Basis for 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 Prescription, Methodology and Basis for Strength Training

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

# Postgraduate Diploma

## Prescription, Methodology and Basis for Strength Training

Endorsed by the NBA

