

# Professional Master's Degree Professional Rugby

Endorsed by the NBA



**tech** technological  
university



## Professional Master's Degree Professional Rugby

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/pk/sports-science/professional-master-degree/master-professional-rugby](http://www.techtitute.com/pk/sports-science/professional-master-degree/master-professional-rugby)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Skills

---

*p. 12*

04

Course Management

---

*p. 16*

05

Structure and Content

---

*p. 20*

06

Methodology

---

*p. 30*

07

Certificate

---

*p. 38*



# 01

# Introduction

The use of the Smart Ball or the use of new technologies for broadcasting are just some of the innovations that Professional Rugby has incorporated in recent years. In this scenario, coaches who wish to focus their careers on high-level clubs should be aware of the latest developments in the field. In this line, TECH has designed this program that integrates the most advanced multidisciplinary syllabus in only 12 months. Thus, it will delve into areas such as sports nutrition, marketing, psychology and the modalities of this sport in order to improve the performance of the players. A unique opportunity for progression under the guidance of an excellent teaching team made up of former elite players.





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*Thanks to this Professional Master's Degree 100% online you will be able to master all the essential elements to progress in Professional Rugby”*

One of the highest professional aspirations of any Rugby coach is to reach the elite and play in the Six Nations. Achieving this goal requires a deep knowledge of the sport and integrating the latest technological, nutritional or technical-tactical strategy advances for the improvement of the team and the players.

In this sense, the professionalization of this sport and its great worldwide repercussion has raised in the last years even more the competitiveness and demand at the highest level. For this reason, TECH has created this Professional Master's Degree that provides future specialists in this sport, an intensive learning about Professional Rugby.

This is a 12-month program that will take students to deepen from a theoretical-practical perspective in the latest scientific evidence on certain physical preparation sessions, improvements in nutritional programs or psychological strategies in conflict resolution. All of this is complemented by pedagogical tools based on multimedia pills, essential readings and case studies that make this program even more dynamic.

Likewise, with the Relearning system, based on the reiteration of continuous content throughout the academic itinerary, the graduate will reduce the long hours of study and memorization. In this way, you will learn in a simple way and away from traditional pedagogical methodologies.

An excellent opportunity to progress through a flexible training program that you can access as and when you wish. All you need is a digital device with an Internet connection to view the content of the program at any time of the day. Thus, with no classroom attendance or classes with restricted schedules, students have greater freedom to self-manage their study time and make this teaching compatible with their daily activities.

This **Professional Master's Degree in Professional Rugby** contains the most complete and updated scientific program in the market. Its most outstanding features are:

- ◆ The development of case studies presented by experts in Rugby and areas such as Psychology, Marketing and Nutrition
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the 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



*A program that will allow you to keep abreast of the latest developments in nutrition for professional athletes Rugby”*

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*With TECH's methodology you will be able to reduce the long hours of study and acquire a key learning in your professional progression in a simple way”*

The program's teaching staff includes professionals from the 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.

*Thanks to this program, you will work with greater precision on the strength, endurance and speed of your players.*

*It delves into Rugby VII, the form of rugby present in the Olympic Games and its technical specifications.*





# 02 Objectives

This Professional Master's Degree has been designed with the purpose of providing students with a comprehensive learning about the main Rugby modalities, team management, physical and nutritional preparation or the incorporation of the latest marketing strategies to enhance the visibility of the club. A multidisciplinary knowledge that will be much easier to acquire thanks to the pedagogical material provided by TECH and the support of the excellent teachers that make up this program.







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*The practical approach of this program will allow you to incorporate the most advanced physical preparation planning during your Rugby team's season”*



## General Objectives

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- ◆ 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



## Specific Objectives

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### Module 1. Rugby Modalities

- ◆ In-depth knowledge of Rugby's origins
- ◆ Know how to detect the values of sport
- ◆ In-depth learning of the Modalities and General Regulations

### Module 2. Rugby XV Sports and Regulations

- ◆ In-depth knowledge of the specific regulations
- ◆ Comprehensive knowledge of the positions
- ◆ Differentiate and know the different offensive and defensive systems
- ◆ Study different static and dynamic phases

### Module 3. Specific preparation Rugby XV

- ◆ Acquire knowledge of seasonal planning
- ◆ Analyze loads according to players
- ◆ To know the main trends in physical preparation in Rugby
- ◆ Structuring the sessions

### Module 4. Rugby VII Sport and its Regulations

- ◆ In-depth knowledge of the specific regulations
- ◆ Know how to differentiate and know in depth the positions
- ◆ Recognize the different offensive and defensive systems
- ◆ Learning and differentiating between static and dynamic phases

**Module 5. Specific preparation Rugby VII professional**

- ◆ Acquire knowledge of seasonal planning
- ◆ Analyze loads according to players
- ◆ To have an in-depth knowledge of the main trends in physical preparation in Rugby
- ◆ Knowing and learning how to structure the sessions

**Module 6. Rugby team management**

- ◆ Learning to manage teams
- ◆ Appreciate and learn leadership techniques
- ◆ Learning conflict management

**Module 7. Injury Prevention Physiotherapy and**

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

**Module 8. 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 9. Applied Psychology**

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

**Module 10. Sports marketing and sponsorship**

- ◆ Learning to see Rugby as a product
- ◆ Learn the different distribution channels
- ◆ Differentiate and identify the target audience



*With this program you will be able to deal with situations as frequent in Rugby as concussion and to act in front of the main injuries”*



# 03 Skills

At the highest level of competition, technical professionals must have the skills and competencies to manage teams through proper leadership and excellent individual and collective communication. In this sense, this program provides graduates with the most effective coaching tools, as well as the technological skills necessary to successfully develop in the digital era, enhancing the image of personal brand and the club itself.







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*Increase your communication and team management skills through the psychological strategies provided by this training”*





## General Skills

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- ◆ Improving communication skills with club and team members
- ◆ Increase the capacity to analyze the opponent's game by incorporating new technologies
- ◆ Enhance digital communication and marketing skills
- ◆ Adapt the nutrition of each player according to his physical characteristics and position
- ◆ To develop the different Rugby modalities, including inclusive Rugby
- ◆ Improving the sporting performance of the Rugby athlete
- ◆ To promote the sporting values of Rugby in the different categories
- ◆ Acting professionally when players are injured
- ◆ Intervene appropriately in situations of player stress and anxiety during the course of the competition

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*Apply the main coaching tools provided by this intensive program to your team management”*







## Specific Skills

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- ◆ Incorporate the latest trends in sports marketing
- ◆ Design of individualized psychological intervention plans
- ◆ Program the rehabilitation of the player who has suffered an injury
- ◆ Addressing the most frequent pathologies in Rugby athletes
- ◆ Implementing protocols to effectively manage teams
- ◆ Developing rugby in the initial stages of learning
- ◆ Improve a player's decision making process during a game
- ◆ Mastering the rules of each Rugby sport modality
- ◆ Design specific physical preparation plans for professional rugby
- ◆ Structure training sessions integrating the latest scientific evidence on their effectiveness depending on the moment of competition

04

# Course Management

In this university program, TECH has brought together an excellent team of professionals from the elite of Spanish Rugby, also specialized in Psychology, Physiotherapy, Nutrition and Sports Marketing. Their unparalleled knowledge of these disciplines is evident in a syllabus oriented to provide the most current and advanced information of the current academic scene. In addition, graduates will be able to resolve any questions they may have about the content of this program with the expert faculty of this Professional Master's Degree.



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*A Professional Master's Degree that includes athletes of the Spanish Rugby elite and specialists in areas such as Psychology, Nutrition or Marketing”*



## Management



### Mr. De Juan Roldán, Javier

- ♦ 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. Lliteras Ruiz, Marta

- ♦ 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. Lino Samaniego, Ángel

- ◆ Responsible for the physical preparation of the women's project at Club de Rugby Complutense Cisneros
- ◆ Physical trainer at Blagnac Rugby
- ◆ Physical trainer at Complutense Cisneros Rugby Club
- ◆ Professor of Collective Rugby Sports and Biomechanics at the Alfonso X el Sabio University
- ◆ Bachelor of Science in Physical Activity and Sport Sciences at the UPS
- ◆ Master's Degree from the UPM
- ◆ Master's Degree in High Performance in Sports by UPS
- ◆ World Rugby Level II Coach by the Spanish Rugby Federation

### Ms. Ribera García, María

- ◆ Head coach of San Scrum of the Women's Honor Division
- ◆ Technical trainer at the Spanish Olympic Committee
- ◆ Tatami Rugby Club Coach
- ◆ International player with the Spanish women's national team in XV and VII categories
- ◆ Olympic player in Rio de Janeiro
- ◆ Bachelor of Science in Physical Activity and Sports Science
- ◆ N1, N2 and N3 rugby XV and N1 and N2 of VII, head coach of San Scrum of the women's division of honor, coach of the Tatami rugby club and technical trainer in the Spanish Olympic Committee

### Mr. Sánchez Nogales, Carlos

- ◆ 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. García Horcajo, Pablo

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

### Mr. Serra Hernández, Cristian

- ◆ 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

# 05

## Structure and Content

The program's syllabus is made up of multimedia didactic material, readings and case studies that will provide students with a theoretical and practical approach to professional rugby. In this way, the graduate will have access to a complete study plan that will lead them to deepen in the different modalities of this sport discipline, the most advanced coaching strategies for team management, as well as the incorporation of new technologies both for game analysis and for dissemination in the digital environment.







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*Numerous didactic material is available to enrich this intensive learning program in professional Rugby”*

## Module 1. Rugby Modalities

- 1.1. Rugby
  - 1.1.1. Rugby
  - 1.1.2. Origins
  - 1.1.3. World Rugby
- 1.2. Professional Rugby XV
  - 1.2.1. Beginners
  - 1.2.2. Rugby XV
  - 1.2.3. Rugby XV in Spain
- 1.3. Rugby VII and Rugby XIII
  - 1.3.1. Beginners
  - 1.3.2. Rugby VII
- 1.4. Other varieties of Rugby
  - 1.4.1. Inclusive and prison rugby
  - 1.4.2. Rugby tag and Touch
  - 1.4.3. Other varieties
- 1.5. General regulations
  - 1.5.1. Introduction
  - 1.5.2. Principles of the game
  - 1.5.3. Regulations
- 1.6. Anti-Doping
  - 1.6.1. Keep Rugby Clean
  - 1.6.2. Nutrition and supplements
  - 1.6.3. Medication
- 1.7. Anti-gambling
  - 1.7.1. Antidoping Keep Rugby Onside
  - 1.7.2. Discipline
  - 1.7.3. Discipline
- 1.8. Values
  - 1.8.1. Why defend these values?
  - 1.8.2. Integrity
  - 1.8.3. Third Half

- 1.9. Figure of the referee
  - 1.9.1. Referee in Rugby
  - 1.9.2. Referee gestures
  - 1.9.3. Types of referees
- 1.10. Major championships
  - 1.10.1. Rugby XV
  - 1.10.2. Rugby VII
  - 1.10.3. Rugby XIII

## Module 2. Rugby XV Sports and Regulations

- 2.1. Specific regulations
  - 2.1.1. Principles of the game
  - 2.1.2. Principles of the laws
  - 2.1.3. The Rules of Games
- 2.2. Player-specific skills
  - 2.2.1. Development of specific conditional capacities
  - 2.2.2. Development of coordination skills
  - 2.2.3. Improved decision making process
- 2.3. Specific positions
  - 2.3.1. Forwards
  - 2.3.2. Scrum-Half
  - 2.3.3. Three Quarters
- 2.4. Attack
  - 2.4.1. The start of the game
  - 2.4.2. The game at the meeting points
  - 2.4.3. Counter-attack in the game and permanent reorganization
- 2.5. Defence
  - 2.5.1. Tackling in Rugby XV: Introduction and types
  - 2.5.2. Defense from launching points of encounter
  - 2.5.3. Defense from static phases
- 2.6. Static phases
  - 2.6.1. Melee
  - 2.6.2. Touch
  - 2.6.3. Center Kick

- 2.7. Maul, ruck and breakdown
  - 2.7.1. Maul
  - 2.7.2. Ruck
  - 2.7.3. Breakdown
- 2.8. Basis of the game system
  - 2.8.1. The start of the game
  - 2.8.2. The game at the meeting points
  - 2.8.3. Counter-attack in the game and permanent reorganization
- 2.9. Session Structure
  - 2.9.1. Player initiation period
  - 2.9.2. General exercises
  - 2.9.3. The training session
- 2.10. Rival analysis
  - 2.10.1. Offensive system analysis
  - 2.10.2. Defensive system analysis
  - 2.10.3. Static phase analysis

### Module 3. Specific preparation Rugby XV

- 3.1. Rugby XV
  - 3.1.1. Nature of the sport
  - 3.1.2. Playing demands on strikers
  - 3.1.3. Three-quarter play demands
- 3.2. Strength
  - 3.2.1. Requirements and principles based on sport
  - 3.2.2. Strength-hypertrophy
  - 3.2.3. Power
- 3.3. Speed
  - 3.3.1. Requirements and principles based on sport
  - 3.3.2. Acceleration
  - 3.3.3. Speed
- 3.4. Resistance
  - 3.4.1. Requirements and principles based on sport
  - 3.4.2. Running displacement resistance
  - 3.4.3. Resistance to high intensity actions

- 3.5. Test
  - 3.5.1. Interest
  - 3.5.2. Endurance Test (e.g. 1200m Shuttle Test or Bronco Test)
  - 3.5.3. Strength Test
- 3.6. Static phases
  - 3.6.1. Melee
  - 3.6.2. Touch
  - 3.6.3. Implications for physical preparation
- 3.7. Contact
  - 3.7.1. Requirements and principles based on sport
  - 3.7.2. Influence on training
  - 3.7.3. Implications for physical preparation
- 3.8. Injuries
  - 3.8.1. Epidemiology of injuries
  - 3.8.2. Injury mechanisms
  - 3.8.3. Concussions
- 3.9. GPS Technology
  - 3.9.1. Interest
  - 3.9.2. Study variables
  - 3.9.3. Ball in Play y Worst Case Scenario
- 3.10. Role of FP for Rugby Performance
  - 3.10.1. Monitoring
  - 3.10.2. How to plan
  - 3.10.3. How to program

### Module 4. Rugby VII Sport and its Regulations

- 4.1. Specific regulations
  - 4.1.1. Principles of the game
  - 4.1.2. Principles of the laws
  - 4.1.3. The Rules of Games
- 4.2. Player-specific skills
  - 4.2.1. Development of specific conditional capacities
  - 4.2.2. Development of coordination skills
  - 4.2.3. Improved decision making process

- 4.3. Specific positions
  - 4.3.1. Forwards
  - 4.3.2. Methods
  - 4.3.3. Three Quarters
- 4.4. Attack
  - 4.4.1. The start of the game
  - 4.4.2. The game at the meeting points
  - 4.4.3. Counter-attack in the game and permanent reorganization
- 4.5. Defence
  - 4.5.1. Tackling in Rugby VII: Introduction and types
  - 4.5.2. Defense from launching points of encounter
  - 4.5.3. Defense from static phases
- 4.6. Static and dynamic phases
  - 4.6.1. Melee and touch
  - 4.6.2. Maul
  - 4.6.3. Ruck
- 4.7. Center kick-off
  - 4.7.1. Importance of the center kick in Rugby VII
  - 4.7.2. Center kicks in favor
  - 4.7.3. Center kicks against
- 4.8. Basis of the game system
  - 4.8.1. The start of the game
  - 4.8.2. The game at the meeting points
  - 4.8.3. Counter-attack in the game and permanent reorganization
- 4.9. Session Structure
  - 4.9.1. Player initiation period
  - 4.9.2. General exercises
  - 4.9.3. The training session
- 4.10. Rival analysis
  - 4.10.1. Offensive system analysis
  - 4.10.2. Defensive system analysis
  - 4.10.3. Static phase analysis







## Module 5. Specific preparation Rugby VII professional

- 5.1. Rugby VII
  - 5.1.1. Nature of the sport
  - 5.1.2. Playing demands on strikers
  - 5.1.3. Three-quarter play demands
- 5.2. Strength
  - 5.2.1. Requirements and principles based on sport
  - 5.2.2. Strength - hypertrophy
  - 5.2.3. Power
- 5.3. Speed
  - 5.3.1. Requirements and principles based on sport
  - 5.3.2. Acceleration
  - 5.3.3. Speed
- 5.4. Resistance
  - 5.4.1. Requirements and principles based on sport
  - 5.4.2. Running displacement resistance
  - 5.4.3. Resistance to high intensity actions
- 5.5. Test
  - 5.5.1. Interest
  - 5.5.2. Endurance Test (e.g. 1200m Shuttle Test or Bronco Test)
  - 5.5.3. Strength Test
- 5.6. Static phases
  - 5.6.1. Melee
  - 5.6.2. Touch
  - 5.6.3. Implications for physical preparation
- 5.7. Contact
  - 5.7.1. Requirements and principles based on sport
  - 5.7.2. Influence on training
  - 5.7.3. Implications for physical preparation

- 5.8. Injuries
  - 5.8.1. Epidemiology of injuries
  - 5.8.2. Injury mechanisms
  - 5.8.3. Concussions
- 5.9. GPS Technology
  - 5.9.1. Interest
  - 5.9.2. Study variables
  - 5.9.3. Ball in Play y Worst Case Scenario
- 5.10. Role of FP for Rugby Performance
  - 5.10.1. Monitoring
  - 5.10.2. How to plan
  - 5.10.3. How to program

## Module 6. Rugby team management

- 6.1. Rugby Teams
  - 6.1.1. Group
  - 6.1.2. Equipment
  - 6.1.3. Tribe
- 6.2. Communication
  - 6.2.1. Same language
  - 6.2.2. Needs and demands
  - 6.2.3. Silences
- 6.3. Manage the sports team
  - 6.3.1. Mission
  - 6.3.2. Objectives
  - 6.3.3. Strategy
- 6.4. Leading the team
  - 6.4.1. Individual competencies
  - 6.4.2. Staff competencies
  - 6.4.3. Collective competencies

- 6.5. Team Empowerment
  - 6.5.1. Getting the best out of your staff
  - 6.5.2. Getting the best out of your team
  - 6.5.3. Getting the best out of employees
- 6.6. Leadership
  - 6.6.1. Active Listening
  - 6.6.2. Type of leadership
  - 6.6.3. Advantages and Disadvantages
- 6.7. Management Styles
  - 6.7.1. Synergies
  - 6.7.2. Addressing diversity
  - 6.7.3. Sense of belonging
- 6.8. Keys
  - 6.8.1. Participation
  - 6.8.2. Assessment
  - 6.8.3. Most suitable role
- 6.9. Negotiation and Conflict Resolution
  - 6.9.1. Recognition and detection
  - 6.9.2. Map of the conflict
  - 6.9.3. Assertiveness and empathy
- 6.10. Protocols
  - 6.10.1. Creation
  - 6.10.2. Implementation
  - 6.10.3. Review

## Module 7. Injury Prevention Physiotherapy and

- 7.1. Sport Physiotherapy
  - 7.1.1. Sport Physiotherapy
  - 7.1.2. Field service
  - 7.1.3. Security and assistance
- 7.2. First Aid
  - 7.2.1. First assistance
  - 7.2.2. Airway
  - 7.2.3. Basic Principles of Cardioplegia
- 7.3. Most common pathologies in Rugby
  - 7.3.1. Spine and head trauma
  - 7.3.2. Upper Limb
  - 7.3.3. Lower Limb
- 7.4. Concussion: Recognize and remove
  - 7.4.1. What is concussion?
  - 7.4.2. How to recognize a concussion?
  - 7.4.3. Progressive return to play
- 7.5. Re-adaptation to gambling
  - 7.5.1. Return to the post-injury game
  - 7.5.2. Load control
  - 7.5.3. Interdisciplinary collaboration and return to the game
- 7.6. Injury Prevention
  - 7.6.1. Preseason
  - 7.6.2. Self-care and healthy habits
  - 7.6.3. Proprioception, cognitive work and spatial control
- 7.7. Preparation and field service: Minute by minute
  - 7.7.1. Pre-game Organization, management and specific work
  - 7.7.2. Field service
  - 7.7.3. Care and protection
- 7.8. Post-match and recovery
  - 7.8.1. Post-match: care and recovery
  - 7.8.2. Individual work and self-care
  - 7.8.3. Collective work and rest

- 7.9. Control and follow-up: Medical management of equipment
  - 7.9.1. Medical control in a professional team
  - 7.9.2. Player baseline status check
  - 7.9.3. Treatments, injury monitoring and recovery
- 7.10. Medical equipment
  - 7.10.1. Basic medical equipment and material management
  - 7.10.2. Medical devices: management and storage
  - 7.10.3. Material organization and control

## Module 8. Sports nutrition applied to Rugby

- 8.1. Physiological basis for Rugby nutrition
  - 8.1.1. Macronutrients
  - 8.1.2. Digestion and Absorption of Nutrients
  - 8.1.3. Energy Balance
- 8.2. Metabolism and Energy Pathways in Rugby
  - 8.2.1. Phosphagen pathway (ATP)
  - 8.2.2. Glycolysis
  - 8.2.3. Fatty acid oxidation
- 8.3. Body composition in Rugby (XV and 7)
  - 8.3.1. Body composition in Rugby XV forwards
  - 8.3.2. Body composition in Rugby XV three-quarter rugby players
  - 8.3.3. Body composition in Rugby 7's players
- 8.4. Anthropometry in professional rugby teams
  - 8.4.1. Body Composition Estimate Methods
  - 8.4.2. Methods of estimating body composition
  - 8.4.3. Differences between Rugby XV and VII
- 8.5. Nutritional periodization in Rugby XV
  - 8.5.1. Pre-season and post-season
  - 8.5.2. In-season and game week planning
  - 8.5.3. Planning during period of injury
- 8.6. Nutrition for body composition change
  - 8.6.1. Fat loss
  - 8.6.2. Increased muscle mass
  - 8.6.3. Body re-composition

- 8.7. Nutritional periodization in Rugby 7
  - 8.7.1. Rugby 7's preseason
  - 8.7.2. Rugby 7's tournament week
  - 8.7.3. Post season
- 8.8. Sports supplementation in Rugby (XV and 7)
  - 8.8.1. Supplements evidence group A
  - 8.8.2. Supplements evidence group B and C
  - 8.8.3. Supplements not allowed
- 8.9. Nutrition during Rugby matches/tournaments (XV and 7)
  - 8.9.1. Provisions during Rugby XV matches
  - 8.9.2. Post-match recovery
  - 8.9.3. Pre-competition carbohydrate loading
- 8.10. Nutritional advice to professional rugby players/teams
  - 8.10.1. Goal setting and dietary interview
  - 8.10.2. Development of team guidelines
  - 8.10.3. Elaboration of a personalized nutritional plan
- 9.4. Psychological intervention in competitive sport: sports elite
  - 9.4.1. Optimal level of activation and emotional management in sports practice
  - 9.4.2. Stress and Anxiety Intervention
  - 9.4.3. Locus of control of the elite athlete
- 9.5. Psychological variables in sports performance
  - 9.5.1. Positive and emotional psychology
  - 9.5.2. Self-confidence and self-concept in the athlete
  - 9.5.3. Athlete's Personality
- 9.6. Individual and group intervention in sports coaching: planning and implementation of a psychological program
  - 9.6.1. Psychological intervention techniques
  - 9.6.2. Design of individualized intervention plans
  - 9.6.3. Design of intervention plans in the teams
- 9.7. Tools in sports coaching: GOAL, SWOT and Wheel of Life
  - 9.7.1. META Model
  - 9.7.2. SWOT Analysis
  - 9.7.3. Wheel of life
- 9.8. Burnout in the athlete
  - 9.8.1. Symptoms of the syndrome
  - 9.8.2. Actions with the athlete
  - 9.8.3. Prevention of new cases
- 9.9. Health and emotional well-being of the athlete
  - 9.9.1. Effects of overtraining
  - 9.9.2. Psychological implications of sports injury prevention and recovery
  - 9.9.3. Flow
- 9.10. Withdrawal from sporting activities
  - 9.10.1. Transition from elite sport and return to normalcy
  - 9.10.2. Redefining the athlete's identity
  - 9.10.3. New roles acquired

## Module 9. Applied Psychology

- 9.1. Psychology and Sports Coaching
  - 9.1.1. Important Aspects
  - 9.1.2. The importance of psychology in sports
  - 9.1.3. The role of the sports psychologist/coach
- 9.2. Psychological preparation for sport and physical activity: Rugby schools
  - 9.2.1. Sport, health and psychology
  - 9.2.2. Intervention with coaches and families of young athletes
  - 9.2.3. Advice on the relationship between athletes, families and sports coaches: the importance of education in values in sport
- 9.3. Counseling and psychological techniques for sportsmen and women: training the future elite
  - 9.3.1. Optimization of the Athlete's Learning and Search for Consistency in their Performance
  - 9.3.2. Psychological intervention with young athletes and the transition to professional sport
  - 9.3.3. Talent Management



**Module 10. Sports marketing and sponsorship**

- 10.1. Sports Marketing
  - 10.1.1. Marketing
  - 10.1.2. Differences between a company and a sports entity
  - 10.1.3. Trends in Sports Marketing
- 10.2. Sponsorship
  - 10.2.1. Mission and value
  - 10.2.2. Differentiation
  - 10.2.3. Strategy
- 10.3. Sponsorship II
  - 10.3.1. Activation
  - 10.3.2. Measurement
  - 10.3.3. Monitoring
- 10.4. Patronage
  - 10.4.1. Definition
  - 10.4.2. Differences
  - 10.4.3. Advantages and Disadvantages
- 10.5. Sponsorship
  - 10.5.1. Definition
  - 10.5.2. Evolution and versions
  - 10.5.3. Advantages and Disadvantages
- 10.6. Organization of Events
  - 10.6.1. Audience segmentation
  - 10.6.2. Contents
  - 10.6.3. Recruitment and loyalty
- 10.7. Distribution Channels
  - 10.7.1. Digital Presence
  - 10.7.2. Activations
  - 10.7.3. Email Marketing

- 10.8. Personal Branding in the digital ecosystem
  - 10.8.1. Values
  - 10.8.2. Target
  - 10.8.3. Branding
- 10.9. Personal Branding II
  - 10.9.1. Advertising
  - 10.9.2. Image Rights
  - 10.9.3. Success Stories
- 10.10. Digital revolution
  - 10.10.1. E-Sports
  - 10.10.2. Apps
  - 10.10.3. Digital ambassadors



*Boost the brand of your  
Rugby team or club in the  
new digital ecosystem thanks  
to this university program”*

06

# 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.



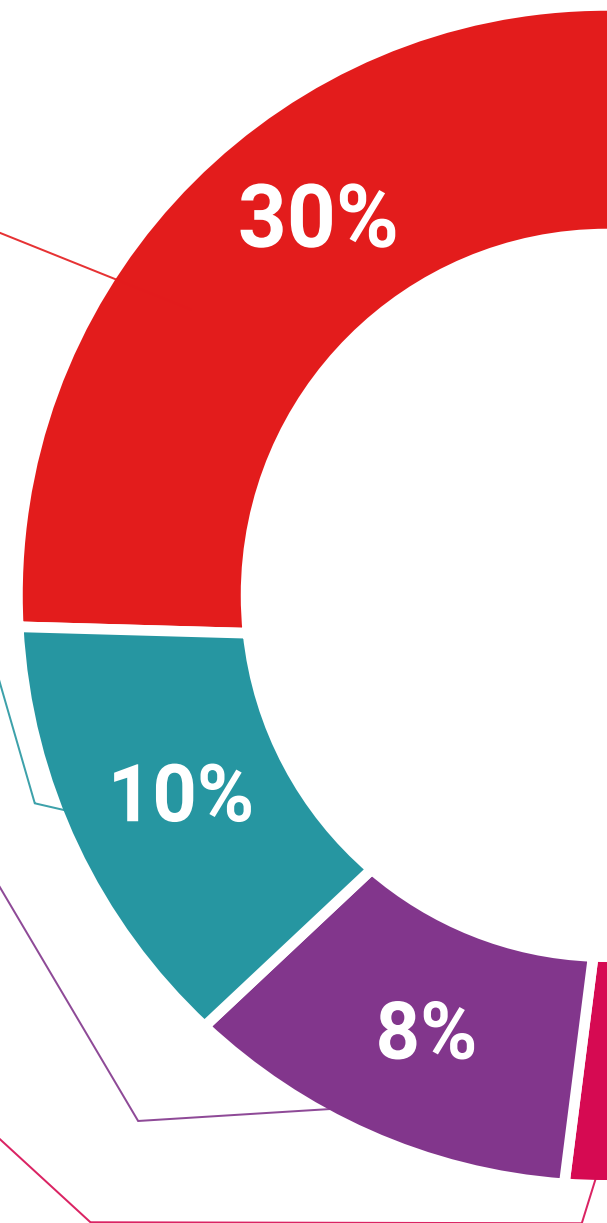
#### Practising Skills and Abilities

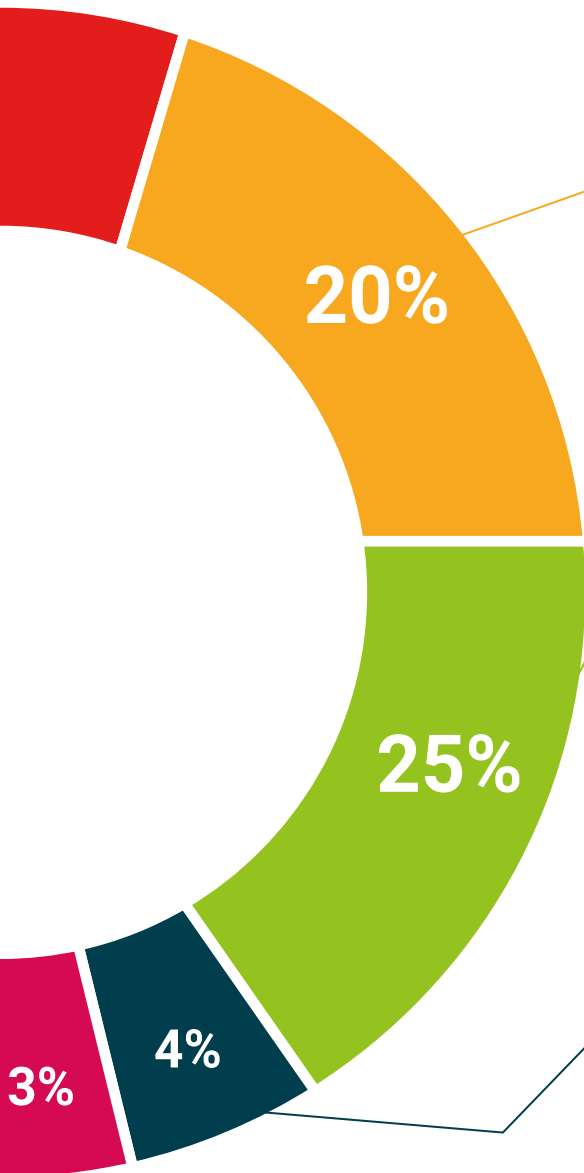
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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.



# 07 Certificate

The Professional Master's Degree in Professional Rugby guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree 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 **Professional Master's Degree in Professional Rugby** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Professional Master's Degree in Professional Rugby**

Official N° of Hours: **1,500 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 quality  
development language  
virtual classroom

**tech** technological  
university

## Professional Master's Degree

### Professional Rugby

- › Modality: online
- › Duration: 12 months
- › Certificate: TECH Technological University
- › Dedication: 16h/week
- › Schedule: at your own pace
- › Exams: online



# Professional Master's Degree Professional Rugby

Endorsed by the NBA

