Postgraduate Certificate
Invisible Training in Brain Development

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Postgraduate Certificate
Invisible Training in Brain Development

» Modality: **online**
» Duration: **6 Weeks**
» Certificate: **TECH Global University**
» Accreditation: **6 ECTS**
» Schedule: **at your own pace**
» Exams: **online**

Website: **www.techtitute.com/us/education/postgraduate-certificate/invisible-training-brain-development**

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Introduction

The benefits of physical activity for both the human body and mind are undoubted. However, few professionals take into account the relevance of sleep habits, nutrition or sports hygiene. Recent scientific research has shown that the so-called invisible training is as important as physical exercise itself. For this reason, TECH has created this 100% online program, which offers teachers an advanced syllabus that delves into the relevance of invisible training and improving student performance. All this, through a high quality multimedia content, developed by a team specialized in Invisible Training in Brain Development.

"

A university program that will lead you to improve the cognitive and physical quality of students through programs and strategies focused on active and invisible training"

In recent years and thanks to the support of scientific research in neuroeducation, the knowledge of the so-called "invisible training" has been promoted among teachers. In this way, the relationship between physical activity and health has gone a step further, to take into account the relevance of nutrition, active rest or the importance of sleep in learning.

This scientific evidence leads the teaching professional to transfer through their teaching methods, healthy habits that prevent diseases, improve body posture and know the effects of motor action on health. In this line, TECH has created this 100% online program, which offers the teacher an intensive and advanced agenda on Invisible Training in Brain Development.

Through video summaries, detailed videos, essential readings and case studies, students can learn about the main programs and tools used to improve people's quality of life, prevent diseases and promote learning. A set of concepts that will be assimilated in a much more effective way, thanks to the *Relearning* method used by this institution.

An excellent opportunity to grow professionally through a flexible Postgraduate Certificate that you can access comfortably, whenever and wherever you want. Students only need an electronic device with an Internet connection to be able to view the content hosted on the virtual platform at any time. A unique academic option compatible with the most demanding responsibilities.

This **Postgraduate Certificate in Invisible Training in Brain Development** contains the most complete and up-to-date educational program on the market. The most important features include:

- Case studies presented by experts in Neuroeducation and Physical Education
- The graphic, schematic and practical contents with which it is conceived scientific and practical information on those disciplines that are essential for professional practice
- Practical exercises where the self-assessment process can be carried out 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 100% online Postgraduate Certificate that will allow you to delve into how the brain arranges the body posture and influences the way we feel and think"

During 150 teaching hours you will learn about the latest scientific postulates that highlight the importance of sleep and nutrition in student performance.

An academic option that will give you the keys to bring to your classroom the different strategies to carry out active rest"

Promote educational actions that encourage healthy habits in your students through invisible training.

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

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

This program is designed around Problem-Based Learning, whereby the professionals must try to solve the different professional practice situations that arise throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.

02
Objectives

The objective of this Postgraduate Certificate is to offer the teaching professionals the most outstanding information on invisible training and brain development from a neuroscientific perspective. In this way, they will be able to carry out teaching methodologies that promote healthy habits through the relationship between physical action and mental health. In addition, to achieve this, the students will have a teaching team that will guide them during the 6 weeks of this program.

Multimedia pills, readings or case studies make up the didactic material to which you will have access 24 hours a day, 7 days a week"

General Objectives

- Know the basis and main elements in Neuroeducation
- Integrate the new contributions of brain science in the teaching-learning processes
- Discover how to enhance brain development through motor action
- Implement the innovations in Neuroeducation in the subject of Physical Education
- Achieve specialized skills as Neuroeducation professionals in the field of Motor Action

Specific Objectives

- Understand the role of the main myokines in relation to exercise and health
- Identify new postulates for disease prevention and improvement of quality of life in cardiovascular risk diseases (obesity, diabetes or metabolic syndrome)
- Analyze the relevance of body posture from a neuroscientific point of view

"Discover in this Postgraduate Certificate the importance of myokines and their relationship with exercise and the well-being of the person"

Course Management

TECH has brought together in this Postgraduate Certificate a management and teaching staff versed in Invisible Training in Brain Development, who transfer their extensive professional background to the syllabus of this program. In addition, given its human quality will resolve any questions that arise about the importance of invisible training in the brain development of students and their improvement of academic results.

" *TECH has selected under a rigorous process an excellent multidisciplinary teaching team that will guide you to improve your teaching methodologies through physical activities"*

Management

Ms. Pellicer Royo, Irene

- Postgraduate Diploma in Emotional Education at the Jesuitas-Caspe School, Barcelona
- Professional Master's Degree in Medical Sciences Applied to Physical Activity and Sport by the University of Barcelona
- Professional Master's Degree in Emotional Education and Well-being from the University of Barcelona
- Degree in Physical Activity and Sport Sciences at the University of Lérida

Professors

Dr. De la Serna, Juan Moisés

- Psychologist and Writer expert in Neurosciences
- Writer specializing in Psychology and Neurosciences
- Author of the Open Chair in Psychology and Neurosciences
- Scientific disseminator
- PhD in Psychology
- Degree in Psychology. University of Seville
- Professional Master's Degree in Neurosciences and Behavioral Biology Pablo de Olavide University, Seville
- Postgraduate Diploma in Teaching Methodology. La Salle University

- University Specialist in Clinical Hypnosis, Hypnotherapy. National University of Distance Education - UNED
- Diploma in Social Graduate, Human Resources Management, Personnel Administration. University of Seville
- Postgraduate Diploma in Project Management, Administration and Business Management. Federation of Services U.G.T
- Trainer of Trainers. Official College of Psychologists of Andalusia

Dr. Navarro Ardoy, Daniel

- Principal CEO at Teacher MBA
- PROFITH (PROmoting FITness and Health) Research Group
- SAFE Research Group
- EFFECTS 262 Research Group
- Physical Education Teacher
- PhD in Physical Education Applied to Health by the Physical Activity and Health Program of the University of Granada
- PhD in Physical Education Applied to Health with research stay at Karolinska Institutet in Stockholm
- Degree in Physical Activity and Sport Sciences from the University of Granada

Ms. Rodríguez Ruiz, Celia

- Clinical Psychologist at EVEL Center
- Psychopedagogical Area Manager at Atenea Study Center
- Pedagogical Advisor at Cuadernos Rubio
- Editor of Hacer Familia Magazine
- Editor of Webconsultas Healthcare Medical Team
- Collaborator at the Eduardo Punset Foundation
- Degree in Psychology, UNED
- Degree in Pedagogies from the Complutense University of Madrid
- University Specialist in Cognitive Behavioral Therapy in Childhood and Adolescence by the UNED
- Specialist in Clinical Psychology and Child Psychotherapy by INUPSI
- Trained in Emotional Intelligence, Neuropsychology, Dyslexia, ADHD, Positive Emotions and Communication

04
Structure and Content

TECH uses a unique pedagogical system, the Relearning method. A pedagogical strategy consisting in the reiteration of key concepts throughout the syllabus, which will allow you to consolidate the acquired knowledge and reduce the long hours of study. Moreover, thanks to the innovative teaching material, you will be able to learn in a more attractive and dynamic way about the relevance of invisible training for improving student performance. All of these resources are available 24 hours a day, from any electronic device with an Internet connection.

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"Thanks to a theoretical-practical approach, you will be able to acquire advanced learning about invisible training and transfer it to your students"

Module 1. Invisible Training in Brain Development

"With this Postgraduate Certificate you will learn about the most effective programs and tools for the prevention of mental illnesses through physical activity"

05
Methodology

This training program offers 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"

At TECH Education School we use the Case Method

In a given situation, what should a professional do? Throughout the program students will be presented with multiple simulated cases based on real situations, where they will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method.

With TECH, educators can experience a learning methodology that is shaking the foundations of traditional universities around the world.

It is a technique that develops critical skills and prepares educators to make decisions, defend their arguments, and contrast opinions.

Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"

The effectiveness of the method is justified by four fundamental achievements:

1. Educators who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.

2. The learning process is solidly focused on practical skills that allow educators to better integrate the knowledge into daily practice.

3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life teaching.

4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.
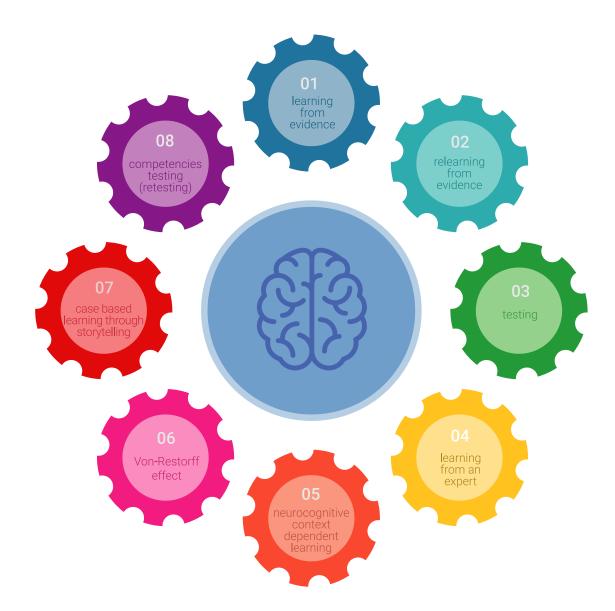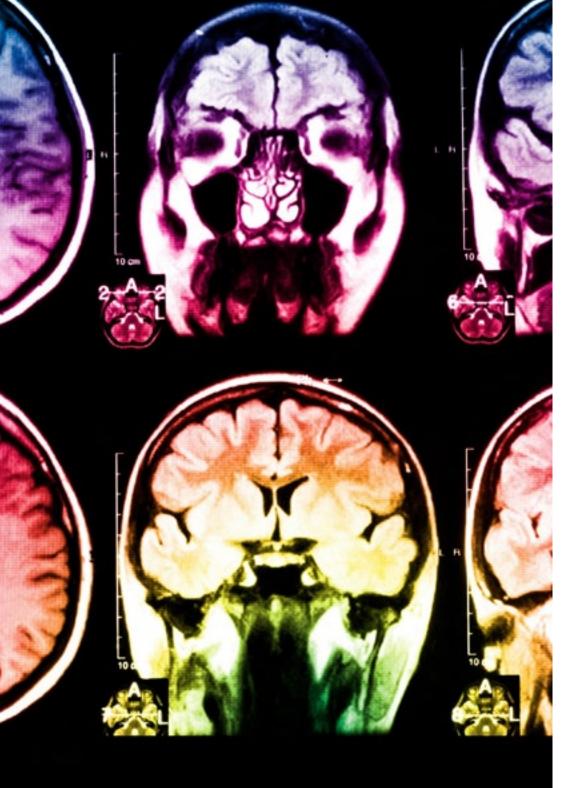
Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our University is the first in the world to combine case studies with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.

Educators will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 85,000 educators with unprecedented success in all specialties. 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 specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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.

The overall score obtained by our learning system is 8.01, according to the highest international standards.

This program offers the best educational material, prepared with professionals in mind:

Study Material

All teaching material is produced by the specialist educators who teach the course, specifically for the course, so that the teaching content is really 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.

20%

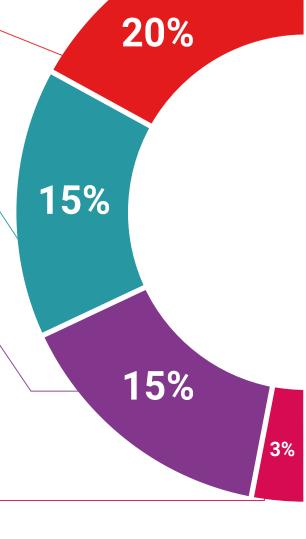### Educational Techniques and Procedures on Video

TECH introduces students to the latest techniques, with the latest educational advances, and to the forefront of Education. All this, first-hand, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.

15%

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 multimedia content presentation training Exclusive system was awarded by Microsoft as a "European Success Story".

15%

3%

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.

20%

17%

7%

3%

Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.

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 your goals.
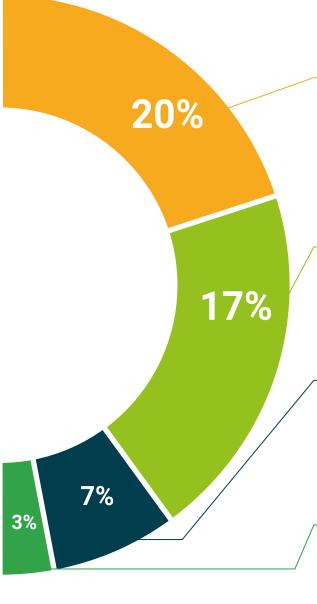
Classes

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.

Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.

Certificate

The Postgraduate Certificate in Invisible Training in Brain Development guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.

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

This private qualification will allow you to obtain a **Postgraduate Certificate in Invisible Training in Brain Development** 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 Certificate in Invisible Training in Brain Development**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

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

Postgraduate Certificate in Invisible Training in Brain Development

This is a private qualification of 180 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

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

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

Dr. Pedro Navarro Illana
Dean

Unique TECH Code: AFWORD23S   techtitute.com/certificates

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*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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