

# Internship Program Strength Training in Sports Performance

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Internship Program  
Strength Training  
in Sports Performance

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# 01 Introduction

Strength training has become a determining factor in sports performance and injury prevention in athletes of all levels. That is why it is essential that physical therapists have specialized knowledge in this field, applying not only the most advanced techniques, but also the latest technology for patient recovery. For this, TECH offers a 3-week program in a prestigious clinical center, which will lead you to improve your skills in the design and programming of specific strength training, according to the characteristics and needs of the athlete. and needs of the athlete. A unique opportunity to live an unparalleled experience that only students will find through this academic institution.

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*Incorporate into your daily practice the most relevant advances in the field of Strength Training from experts in the field”*







Over the past few years, significant advances have been made in the field of Strength Training, including a greater understanding of the mechanisms including a greater understanding of the mechanisms of muscle hypertrophy, muscle fiber activation and the of muscle hypertrophy, activation of muscle fibers and improvement of the quality of life of patients recovering from sports injuries, as well as quality of life of patients recovering from sports injuries, as well as prevention of future injuries. the occurrence of future injuries. In this scenario, physiotherapists play a fundamental role in the application of these advances and the most effective work methodologies. and the most effective work methodologies.

In this sense, it is essential that professionals have specialized knowledge in Strength Training. For this reason, this Practical Training was created to provide students with the necessary tools and skills to apply these advances in the treatment of their patients.

To achieve this goal, this academic institution has selected a prestigious clinical center, where, surrounded by the best experts, you will surrounded by the best experts, you will be able to enhance your practical skills and clinical experience in a real environment, working with leading specialists in the area of Sports Physiotherapy. reference specialists in the area of Sports Physiotherapy. This allows them to apply the most innovative diagnostic procedures and to plan the latest generation therapeutics for each pathology, thus improving the quality of care they provide to their patients.

# 02

## Why Study an Internship Program?

An athlete's sporting performance is greatly influenced by his or her physical condition. Thus, in recent years, training methodologies and planning have been improved, taking into account Strength as a determining factor for injury prevention. Therefore, it is essential that the physiotherapist be aware of these advances and incorporate them into his or her clinical practice. To support this skills upgrade, TECH offers a hands-on experience in a distinguished clinical center where you can specialize in key aspects of strength training, training methodologies and exercise prescription. All this, in a real environment that will allow the graduate to enhance his or her skills.



*TECH is the only university that offers you the possibility of entering into real clinical environments with the best specialists in sports physiotherapy”*

### 1. Updating from the Latest Technology Available

Today, state-of-the-art technology has been integrated to monitor the performance and physical condition of athletes, as well as the use of innovative strength training techniques. and physical condition of the athletes, as well as the use of innovative strength training techniques. For this reason, with the completion of this Practical Training, the graduate will have the opportunity to go into this field digital resources and interactive tools to complement their updating process. their updating process.

### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

In this Practical Training in Strength Training in Sports Performance, the physiotherapist professional will be accompanied by a team of experts working in the distinguished clinical center where he/she will carry out the practical stay. In this way, students will be able to integrate the most advanced methodologies, diagnostic and therapeutic procedures from the best specialists in the field.

### 3. Entering First-Class Clinical Environments

TECH carries out a rigorous selection of the clinical centers available for the Practical the Practical Training, assuring the specialist access to a prestigious environment in the area of Sports of prestige in the area of Sports Physiotherapy. During the practical stay, the professional will be able to experience the rigor and demands of daily work, applying the latest theses and scientific the latest scientific theses and postulates in the work methodology.



#### **4. Putting the acquired knowledge into daily practice from the very first moment**

TECH proposes a different pedagogical approach that adjusts to the specialists' work pace. With a 100% practical training, the professional will be able to acquire advanced knowledge in the field of Strength Training in Sports Performance and apply it in their daily practice in only 3 weeks. In this way, the professional will be able to carry out a process of updating and be at the forefront in their area of work.

#### **5. Expanding the Boundaries of Knowledge**

TECH offers physiotherapists the possibility of completing their Practical Training in Strength Training in Sports Performance in prestigious national and international centers. This will allow them to expand their experience and catch up with the best professionals in renowned clinical centers in different continents. A unique opportunity that only offer TECH, the largest online university in the world.



*You will have full practical immersion  
at the center of your choice"*



# 03

## Objectives

The main objective of the Internship Program in Strength Training in Sports Performance aimed at physical therapists is to provide students with the opportunity to apply the theoretical knowledge acquired in a practical and real environment. During the internship, students will have the opportunity to work alongside an attending specialist, observing real patients and applying the most innovative diagnostic procedures and state-of-the-art therapies for each pathology. In addition, students are expected to acquire competencies in the evaluation of sports performance, training prescription and programming performance evaluation, prescription and programming of strength training, and strength training and the methodology of strength training under the paradigm of complex dynamic systems. of complex dynamic systems.



### General Objectives

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- Develop the necessary skills to design strength training programs that maximize athletic performance, considering the individual needs and characteristics of each athlete
- To develop the ability to evaluate sport performance, enabling professionals to identify the factors that influence performance and to design strategies for and design improvement strategies
- To promote the acquisition of communication skills to work with athletes and other sports professionals, and to foster teamwork skills in a high performance environment







## Specific Objectives

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- ♦ prescribed Training in Medium and Long Duration Sports
- ♦ Identify and apply the different methods and means for strength training in situational sports. in situational sports
- ♦ Correctly apply the techniques of sports performance evaluation in strength training in strength training
- ♦ Adapt strength training programming to the individual needs of athletes
- ♦ Apply the biomechanical and physiological aspects that influence the development of speed and change of direction. of speed and change of direction
- ♦ To develop skills in the selection and application of different types of sport performance evaluation of sport performance
- ♦ Designing movement-based training in situational sports.
- ♦ To develop skills in the organization and scheduling of strength training for sports performance. for sports performance
- ♦ Use the latest Technologies in the field of Strength training and evaluation
- ♦ Select those tests/tests most appropriate for the athlete's performance evaluation process. of the athlete's performance



# 04

## Educational Plan

The Practical Training of this program in Strength Training in Sports Performance will provide the opportunity for the physiotherapist professional to carry out a practical stay in a prestigious center for 3 weeks. From Monday to Friday, you will be accompanied by specialists for 8 consecutive hours, applying the most innovative procedures in the field of strength training. the most innovative procedures in the field of strength training, and planning the most effective and planning the most effective therapy in each case. During this period, you will be able to observe and work with real athletes, in collaboration with a team of highly trained professionals. of highly trained professionals.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide rehabilitation and prevention of sports injuries conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

It is undoubtedly an opportunity to update competencies in a first class clinical environment. TECH offers, therefore, new way of understanding and integrating healthcare processes, and turns a prestigious center into the ideal teaching scenario for this innovative experience in the improvement of professional skills.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for PHYSIOTHERAPY practice (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



*Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"*



Module	Practical Activity
Training in Medium and Long Duration Sports	Design training plans for middle and long distance runners.
	Supervise training sessions on the track or in sports centers.
	Accompany athletes in high intensity training sessions.
	Recording and analyzing running times to measure athlete progress
Strength Training in Situational Sports	To help coaches design Strength Training plans adapted to the sports situation adapted to situational sports.
	Conduct Strength Training sessions on the field or in the gym, focused on improving sport-specific skills.
	Use Strength Training techniques with implements, such as medicine balls or elastic bands, to improve the athlete's strength and power.
	Evaluate the athlete's progress in his or her ability to apply force in game situations. in game situations
Strength Training Methodology	Review existing Strength Training plans and make recommendations for and make recommendations for improvement
	To research and present updated information on the most advanced methods methods in Strength Training
	Coordinate work with other professionals to apply the most current Strength Training methodologies.
	Assist in the preparation of teaching materials for future Strength Training courses.
Sports Performance Assessment in Strength Training	Evaluate the athlete's strength capacity through specific tests, such as the 1RM test
	Use advanced technology, such as force platforms, to measure an athlete's the athlete's power
	Analyze the athlete's movement in relation to the application of force during sport.
	Use evaluation and data analysis tools to interpret test results and present recommendations for sports performance improvement
Strength Training Prescription and Scheduling	Elaborate personalized strength training plans for each athlete, taking into account their medical history and sporting objectives.
	Establish an effective Strength Training program that combines high intensity training sessions with periods of rest and recovery.
	Schedule strength training sessions according to the athlete's sport calendar.
	Adjust Strength Training plans as the athlete progresses and strength capacity increases.



# 05 Where Can I Do the Internship Program?

In order to offer a quality Practical Training, TECH has expanded its training offer to provide this program in Strength Training in Sports Performance in first level centers. This is an unparalleled opportunity for physiotherapists, who will be able to continue developing their careers alongside the best professionals in the sector, in different prestigious venues.



*Immerse yourself in a unique hands-on experience, learning from specialists in a prestigious clinical center"*







The student will be able to do this program at the following centers:



### Policlínico HM Moraleja

Country: Spain City: Madrid

Management: Pº de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



### Policlínico HM Matogrande

Country: Spain City: La Coruña

Management: R. Enrique Mariñas Romero, 32G, 2º, 15009, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Sports Physiotherapy
- Neurodegenerative Diseases



### Exactfitness Vigo

Country: Spain City: Pontevedra

Management: Rúa de María Berdiales, 39, 36203 Vigo, Pontevedra

Exactfitness is a personal training of personal training

**Related internship programs:**

- Strength Training in Sports Performance



### Premium global health care Madrid

Country: Spain City: Madrid

Management: C. de Victor de la Serna, 4, 28016 Madrid

Rehabilitation, readaptation and personal training: these are the pillars of the Physiotherapy clinic in Chamartín.

**Related internship programs:**

- MBA in Digital Marketing
- Project Management



### Premium global health care Fuenlabrada

Country: Spain City: Madrid

Management: Paseo de Roma, 1, 28943 Fuenlabrada, Madrid

Rehabilitation, readaptation and personal training: these are the pillars of the Physiotherapy clinic in Fuenlabrada.

**Related internship programs:**

- MBA in Digital Marketing
- Project Management



### Premium global health care Pozuelo

Country: Spain City: Madrid

Management: Centro Comercial Monteclaro, Local 59.4, s/n, Av. de Monteclaro, d, 28223 Pozuelo de Alarcón, Madrid

Rehabilitation, readaptation and personal training: these are the pillars of the Physiotherapy clinic in Pozuelo.

**Related internship programs:**

- MBA in Digital Marketing
- Project Management

# 06

## General Conditions

### Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. 3.- DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This **Internship Program's Degree in Strength Training in Sports Performance** contains the most complete and up-to-date program in the professional and academic landscape.

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

The diploma issued by TECH will state the score obtained in the test.

Title: **Internship Program in Strength Training in Sports Performance**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**

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