

Postgraduate Diploma

Musculoskeletal Ultrasound in Hip and Thigh Physiotherapy



Postgraduate Diploma Musculoskeletal Ultrasound in Hip and Thigh Physiotherapy

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

Website: www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-musculoskeletal-ultrasound-hip-thigh-physiotherapy

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01

Introduction

Over the years, imaging tests for detecting disorders in the hip and thigh have evolved significantly, resulting in cutting-edge ultrasound devices that allow real-time accurate diagnosis. Their immediacy and efficiency enable the adoption of the most appropriate physiotherapy treatment for each patient quickly, so healthcare entities require highly skilled physiotherapists in their management to preserve the recovery of injured individuals. For this reason, TECH has created this qualification, through which students will expand their exploration capabilities for hip and thigh disorders and enhance their healthcare performance, all in a 100% online modality.



“

You will master, thanks to this qualification, the most efficient methods of exploration of the most frequent tendon pathologies of the hip”

Ultrasound is the diagnostic method par excellence for the detection of various disorders that occur in the hip and thigh, given the accuracy it offers to subsequently treat an injury in these areas. Over the last decades, there have been constant advances in these imaging techniques, with the aim of achieving levels of vision that facilitate the physiotherapist's diagnostic work and ensure the optimization of their therapies with each patient. This fact, which provides benefits for the professionals themselves and the affected person, highlights the relevance of updating their skills to perform a first level physiotherapeutic care.

For this reason, TECH has designed this educational program, through which the physiotherapist will develop their knowledge in the field of Musculoskeletal Ultrasound applied to the detection and treatment of hip and thigh ailments in order to face the new and more complex professional challenges with success. During 540 hours of learning, you will increase your skills in the examination of structures of the anterior, posterior and lateral aspect of the hip or in the approach to the most common tendon disorders in this joint. Likewise, you will learn to use the up-to-date contraction-relaxation tests to stimulate the thigh musculature.

Given the 100% online nature of this program, students will be able to optimize their learning without the need to make uncomfortable daily trips to a study center. In addition, this Postgraduate Diploma is designed by physicians specialized in Physical Medicine and Rehabilitation and by physiotherapists, so the contents that the student will assimilate will have a full professional applicability.

This **Postgraduate Diploma in Musculoskeletal Ultrasound in Hip and Thigh Physiotherapy** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The development of case studies presented by experts in Physical Medicine, Rehabilitation, and Physiotherapy
- ♦ The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable 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, individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



Delve into the examination of the ailments produced in the anterior, posterior or lateral aspect of the hip to perfect their therapy through this qualification"

“

Upon completion of this program, you will have cutting-edge skills that will boost your access to the best professional opportunities in the field of Physiotherapy”

The program's teaching staff includes professionals from the industry who contribute their work experience to this 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.

The design of this program focuses on Problem-Based Learning, by means of which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. To do so, they will have the help of an innovative interactive video system created by recognized experts.

Access to teaching resources available 24 hours a day to adapt learning to your personal needs.

This qualification includes a top-level teaching staff, who will guide students toward acquiring a series of skills that will enhance their professional development.



02 Objectives

The Postgraduate Diploma in Musculoskeletal Ultrasound in Hip and Thigh Physiotherapy program has been developed with the objective of providing the Physiotherapy professionals with the knowledge and skills that will allow them to enhance their work performance in this field. In this way, they will manage the updated procedures to detect and optimize the treatment of disorders by means of this imaging test, guaranteeing their learning by following these general and specific objectives.



“

TECH offers you a program with which, in only 6 months, you will update your skills in the use of Musculoskeletal Ultrasound to enrich your physiotherapeutic practice”



General Objectives

- Learn to locate the different anatomical structures of the region
- Identify pathologies for a correct treatment of ultrasound-guided rehabilitation medicine
- Define the limits of ultrasound
- Learn about the use of ultrasound in the framework of physiotherapist skills

“

Develop your professional functions with maximum efficiency and confidence thanks to the knowledge in Musculoskeletal Ultrasound in Hip and Thigh Physiotherapy that you will assimilate through this qualification”





Specific Objectives

Module 1. Basic Ultrasound

- ♦ Learn about ultrasound and an ultrasound scanner, its history and application to physiotherapy
- ♦ Identify the ultrasound patterns of the different structure of the locomotor system
- ♦ Study the different devices available in ultrasound and learn how to use them beneficially
- ♦ Explain the use of ultrasound by the rehabilitation physician and its legal considerations
- ♦ Describe the piezoelectric effect and the physical basis of ultrasound
- ♦ Explain the different components of the equipment
- ♦ Explain the production of the ultrasound image
- ♦ Describe the terminology used in ultrasound
- ♦ Define the types of images obtained by ultrasound and the different tissue patterns

Module 2. Ultrasound of the Lower Limb: Hip

- ♦ Learn about the echo anatomy of the different structures of the hip
- ♦ Describe the normal examination of the structures of the anterior aspect of the hip
- ♦ Describe the normal examination of the structures of the lateral aspect of the hip
- ♦ Describe the normal examination of the structures of the posterior aspect of the hip
- ♦ Describe the normal examination of the structures of the medial aspect of the hip
- ♦ Identify the most common lesions of the hip, to ensure correct ultrasound-guided treatment and/or monitoring of its evolution
- ♦ Learn how to perform ultrasound-guided dynamic assessment tests for the hip
- ♦ Describe the least common pathologies that can affect the hip

Module 3. Ultrasound of the Lower Limb: Thigh

- ♦ Learn the echo anatomy of the different structures of the thigh
- ♦ Describe the normal examination of the structures of the anterior aspect of the thigh
- ♦ Describe the normal examination of the structures of the lateral aspect of the thigh
- ♦ Describe the normal examination of the structures of the posterior aspect of the thigh
- ♦ Describe the normal examination of the structures of the medial aspect of the thigh
- ♦ Identify the most common lesions of the thigh, to ensure correct ultrasound-guided treatment and/or monitoring of its evolution
- ♦ Learn how to perform ultrasound-guided dynamic assessment tests for the thigh
- ♦ Describe the least common disorders that can affect the thigh
- ♦ Identify the muscles of the thigh and the most common muscular lesions

03

Course Management

With TECH's utmost commitment to offer the highest level of education to its students, this program is directed and taught by experts with extensive experience in the management of Musculoskeletal Ultrasound, given their background in renowned hospitals and rehabilitation centers. These professionals are responsible for carrying out all the teaching content that students will have during the duration of this program, so that the skills they will assimilate will have full applicability in the workplace.



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Specialists in Physical Medicine and Rehabilitation and high caliber Physiotherapists are responsible for teaching and carrying out the teaching content of this qualification”

Management



Dr. Castillo Martín, Juan Ignacio

- Head of Service of Physical Medicine and Rehabilitation at the 12 de Octubre University Hospital
- Doctor Specialist in Physical and Rehabilitation Medicine, Hospital Complex Ruber Juan Bravo
- Rehabilitation Physician at the Traffic Accidents Unit of the Ruber Juan Bravo Hospital Complex
- Rehabilitation Physician at Hospital Recoletas Cuenca
- Coordinator of continuing education of the Spanish Society of Cardiology in Exercise Testing with Oxygen Consumption
- Associate Professor at UCM, School of Medicine
- Teaching coordinator in continuing education courses of the Health Department of the Community of Madrid:
- Tertiary prevention in chronic cardiac patients. Cardiac Rehabilitation
- Bachelor's Degree in Medicine and Surgery. University of Salamanca.
- Master's Degree in Cardiac Rehabilitation. SEC-UNED
- Master's Degree in Assessment and Disability. UAM
- Master's Degree in Child Disability. UCM.
- PhD in Neuroscience. University of Salamanca.
- Member of the Spanish Society of Cardiology

Faculty

Dr. Santiago Nuño, Fernando

- ♦ Physiotherapist, Osteopath, Podiatrist and Co-Director of the clinic Nupofis
- ♦ Physiotherapist and Podiatrist at Armstrong International Clinic
- ♦ Orthopedist at Ortoaccesible
- ♦ Professor of Musculoskeletal Ultrasound and Ultrasound-guided Infiltrations at UCM and UEM
- ♦ Doctor in Podiatry by the UDC
- ♦ Physiotherapist specialized in Traumatology, Neurology and Rehabilitation of Sports Injuries at Armstrong International Clinic
- ♦ Master's Degree in Advanced Clinical Podiatry by CEU-UCH
- ♦ Private Master's Degree in Clinical Management, Medical and Health Care Management by CEU-UCH
- ♦ Master's Degree in Musculoskeletal Ultrasound by CEU-UCH
- ♦ Master's Degree in Manual Therapy from the UCM of Madrid
- ♦ Online Master's Degree in Podiatric Research by the URJC
- ♦ Master's Degree of Specialist and Supervisor of Orthopedic Products by the UCM

Dr. Casado Hernández, Israel

- ♦ Podiatrist and Podiatric Researcher
- ♦ Director of Vitalpie
- ♦ Podiatrist in grassroots soccer clubs such as Getafe CF and AD Alcorcón
- ♦ Associate professor in university studies
- ♦ Author of more than 20 scientific articles and 7 book chapters
- ♦ Doctor in Epidemiology and Clinical Research in Health Sciences by the URJC
- ♦ Degree in Podiatric Medicine from the Complutense University of Madrid
- ♦ Master's Degree in Podiatric Research by the URJC

Mr. García Expósito, Sebastián

- ♦ Expert in Radiodiagnostic Applications and Techniques
- ♦ Radiodiagnostic Technician at Sanitas Women's Center
- ♦ Radiodiagnostic Technician at the La Zarzuela Hospital
- ♦ Degree in Bioimaging Production from the UNLZ

Ms. Moreno, Cristina Elvira

- ♦ Physiotherapist Expert in Musculoskeletal Ultrasound
- ♦ Physiotherapist at Nupofis Clinic
- ♦ Physiotherapist at Fisios Islas21 Clinic
- ♦ Physiotherapist at Más Fisio Clinic
- ♦ Physiotherapist at the Parkinson Madrid Association.
- ♦ Graduate in Physiotherapy from the UCM
- ♦ Master's Degree in Musculoskeletal Ultrasound in Physiotherapy by the CEU San Pablo University

Mr. Nieri, Martín Alejandro

- ♦ Diagnostic Imaging Technician Expert in Musculoskeletal Ultrasonography
- ♦ Technician in Diagnostic Imaging at the Son Espases University Hospital
- ♦ CEO of Ultrasound & Teleradiology Assistance Services SL
- ♦ Director of the Department of Quality Control at the Servicio en Asistencia Ultrasonido & Teleradiología SL
- ♦ Diagnostic Imaging Techniques Freelance
- ♦ Professor in Ultrasound training courses
- ♦ Participation in several Ultrasound projects

Dr. Pérez Calonge, Juan José

- ♦ Podiatrist Expert in Comprehensive Foot Surgery
- ♦ Podiatrist at the Gayarre Podiatric Clinic
- ♦ Co-author of the article *Technique of direct examination of onychomycosis by microscopy with potassium hydroxide*
- ♦ Doctor in Health Sciences by the UPNA
- ♦ Official Master's Degree in Health Expertise by the UCM
- ♦ Official Master's Degree in Advanced Podiatry by the CEU
- ♦ Expert in Surgery by the UCM
- ♦ Course in Infiltration of the Foot by the UCM

Ms. Sánchez Marcos, Julia

- ♦ Physiotherapist, Osteopath and Pilates teacher at Nupofis Clinic
- ♦ Physiotherapist and Osteopath at the Isabel Amoedo Physiotherapy Clinic
- ♦ Physiotherapist at the Vithas Nuestra Señora de Fátima Hospital
- ♦ Physiotherapist at ASPRODES-FEAPS
- ♦ Physiotherapist at Fisiosalud Clinic
- ♦ Master's Degree in Electrotherapy from the CEU- UCH
- ♦ Expert in Ultrasound Sonoanatomy of the Locomotor System by the European University
- ♦ Course in Neurodynamics by Zerapi Fisioterapia Avanzada
- ♦ Course in Therapeutic Percutaneous Electrolysis (EPTE)
- ♦ Course in Myofascial and Articular Neurodynamic Fibrinolysis "Hooks" by Instema
- ♦ Course in Diathermy by Helios in Electromedicine



Mr. Santiago Nuño, José Ángel

- ♦ Physiotherapist, Osteopath, Dietitian, Nutritionist and Co-Director of the Nupofis clinic
- ♦ Dietitian and Nutritionist in different physiological situations in Medicadiet
- ♦ Diploma in Physiotherapy from CEU San Pablo University
- ♦ Diploma in Human Nutrition and Dietetics from CEU San Pablo University
- ♦ Postgraduate Specialist in Food Exchange System for the Preparation of Diets and Menu Planning by the UPNA
- ♦ Physiotherapist Specializing in Traumatology, Neurology and Rehabilitation of Sports Injuries at the Armstrong International Clinic
- ♦ Specialist Master's Degree in Sports Physiotherapy from the UCM
- ♦ Expert in Traditional Chinese Medicine and Acupuncture for Physiotherapists at the UCLM

Dr. Teijeiro, Javier

- ♦ Director and Physiotherapist of Atlas Physiotherapy Clinic
- ♦ Physiotherapist and Technical Director of the Physiotherapy Service of the San Pablo and San Lázaro de Mondoñedo Welfare Center
- ♦ Autonomic Delegate of the Spanish Society of Ultrasound and Physiotherapy
- ♦ Physiotherapist of the Dinán Viveiro Clinic
- ♦ Doctorate in Health, Disability, Dependence and Welfare
- ♦ Master's Degree in Natural Medicine and its applications in Primary Care by the USC
- ♦ Master's Degree in Pharmacology for Physiotherapists from the University of Valencia
- ♦ Official Master's Degree in Intervention in Disability and Dependency by the UDC
- ♦ Master's Degree in Diagnostic Imaging by the University of Valencia
- ♦ University Expert in Musculoskeletal Ultrasound by the UFV

04

The syllabus of this qualification is made up of 3 modules through which the students will intensify their knowledge and skills in the use of musculoskeletal ultrasound to diagnose and treat from a physiotherapeutic perspective the conditions produced in the hip and thigh. Likewise, the teaching materials that the student will have available throughout this Postgraduate Diploma are accessible in media such as explanatory video, interactive summary or complementary readings. This, added to the 100% online methodology of the program, will provide an efficient learning process that can be carried out 24 hours a day.





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This program has a 100% online methodology that will enable you to achieve efficient learning without neglecting your professional duties”

Module 1. Basic Ultrasound

- 1.1. Basic Ultrasound I
- 1.2. General Aspects of Musculoskeletal
- 1.3. Physical Bases of Ultrasound. Piezoelectric Effect.
- 1.4. Basic Ultrasound II
- 1.5. Knowledge of the Equipment
- 1.6. Equipment Management: Parameters
- 1.7. Technological Improvements
- 1.8. Basic Ultrasound III
- 1.9. Artifacts in Ultrasound
- 1.10. Foreign Bodies
- 1.11. Types of Images and Different Tissue Patterns in Ultrasound
- 1.12. Dynamic Maneuvers
- 1.13. Advantages and Disadvantages of Ultrasound

Module 2. Ultrasound of the Lower Limb: Hip

- 2.1. Normal Sonoanatomy of the Hip
- 2.2. Examination of the Anterior Aspect Structures
- 2.3. Examination of the Lateral Aspect Structures
- 2.4. Examination of the Medial Aspect Structures
- 2.5. Examination of the Posterior Aspect Structures
- 2.6. Hip Pathology
- 2.7. Most Common Tendon Pathology
- 2.8. Most Common Muscle Pathology
- 2.9. Other Hip Joint Disorders
- 2.10. Dynamic Tests on the Hip
- 2.11. *In Focus* Video
- 2.12. Clinical Cases





Module 3. Ultrasound of the Lower Limb: Thigh

- 3.1. Introduction
- 3.2. Normal Sonoanatomy of the Thigh
- 3.3. Examination of the Anterior Aspect Structures
- 3.4. Examination of the Lateral Aspect Structures
- 3.5. Examination of the Medial Aspect Structures
- 3.6. Examination of the Posterior Aspect Structures
- 3.7. Thigh Pathology
- 3.8. Most Common Tendon Pathology
- 3.9. Other Thigh Disorders
- 3.10. Dynamic Tests on the Thigh
- 3.11. *In Focus* Video
- 3.12. Clinical Cases



Enjoy teaching content in media such as video or interactive summaries to optimize your teaching process”

05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



“

TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

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

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
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.

The university methodology top-rated by its students

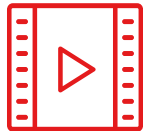
The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.

As such, the best educational materials, thoroughly prepared, will be available in this program:



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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

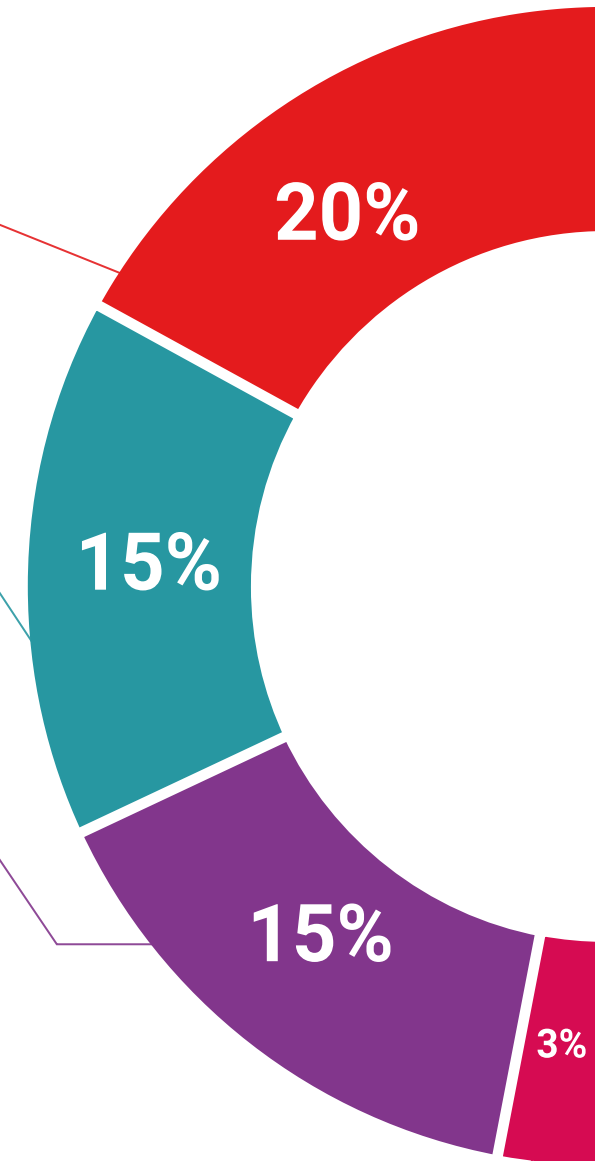
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

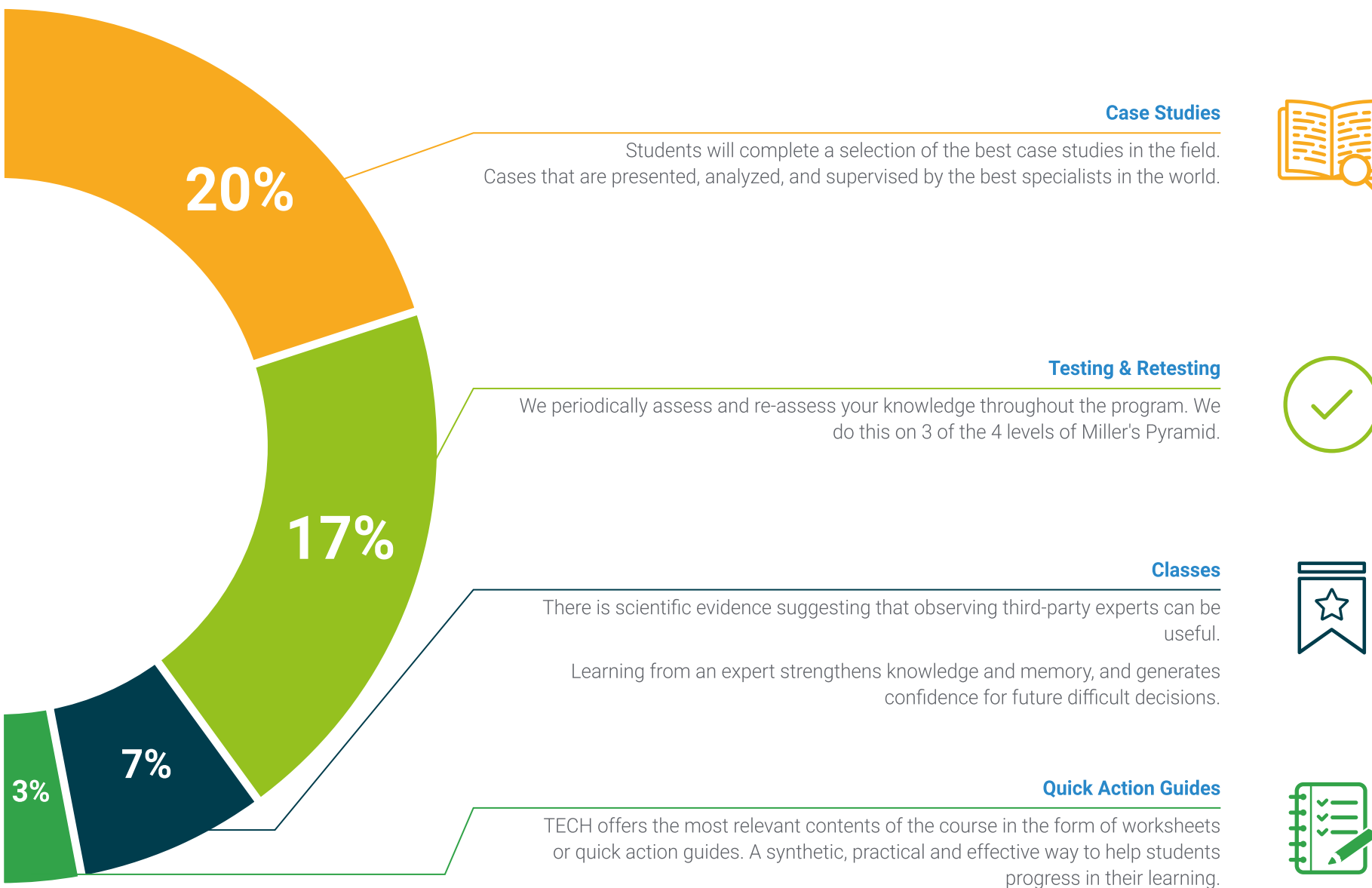
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





06 Certificate

The Postgraduate Diploma in Musculoskeletal Ultrasound in Hip and Thigh Physiotherapy guarantees students, 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 Musculoskeletal Ultrasound in Hip and Thigh Physiotherapy** 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.

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Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**





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