

Postgraduate Diploma

Neuroeducation, Motor Practices, and Brain Development in Psychology



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Neuroeducation, Motor Practices, and Brain Development in Psychology

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-neuroeducation-motor-practices-brain-development-psychology

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01

Introduction

The training and education of psychologists in Neuropsychopedagogy is essential for them to understand the brain mechanisms underlying learning, memory, language, sensory and motor systems, attention, emotions, and how the environment can influence these processes.



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This Postgraduate Diploma in Neuroeducation, Motor Practices, and Brain Development in Psychology will instill a sense of confidence in your professional performance, helping you grow both personally and professionally”

We need a harmonious and complementary relationship between the feelings of intuition and emotion, and the thinking processes of cognitive executive function. In the search for a connection between teaching and learning that ensures quality, we need an education that embraces diversity, helping us coexist and become better human beings.

Science has advanced in the study of the brain as the organ of learning in order to help each student develop their cognitive, intellectual, and emotional potential to the fullest. Although current education aims for a comprehensive approach, it remains primarily focused on the cognitive aspect, with limited development in emotional domains, including poor management of one's own and others' emotions, lack of self-motivation, self-control, and communication skills.

This program offers a Physical Education perspective from the Brain Science standpoint, which, after numerous and recent studies, has confirmed the significant role of physical activity in learning processes and memory.

Neuroscientists are emphasizing how physical exercise is crucial for mental health, illustrating the connection between a lack of physical activity and the development of mental health issues (such as Alzheimer's, Parkinson's, bipolar disorders, etc.), and stressing the need for individuals—particularly students—to engage in physical movement.

This approach not only focuses on cognitive improvement but seeks the holistic development of the person, considering other dimensions of health, such as emotional and social well-being, which are also enhanced by physical activity and bodily work. These dimensions nourish and interrelate constantly, making it impossible for them to function in isolation.

This **Postgraduate Diploma in Neuroeducation, Motor Practices, and Brain Development in Psychology** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of clinical cases presented by experts in Neuroeducation, Motor Practices, and Brain Development
- ♦ The graphic, schematic, and practical contents of which they are composed provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ The latest updates in Neuroeducation, Motor Practices, and Brain Development
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student
- ♦ Special emphasis on methodologies based on Neuroeducation, Motor Practices, and Brain Development
- ♦ 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



Update your knowledge through the Postgraduate Diploma in Neuroeducation, Motor Practices, and Brain Development in Psychology in a practical and tailored manner to meet your needs"

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This Postgraduate Diploma could be the best investment you can make when selecting a professional development program for two reasons: in addition to updating your knowledge in Neuroeducation, Motor Practices, and Brain Development in Psychology, you will also earn a diploma awarded by TECH Global University”

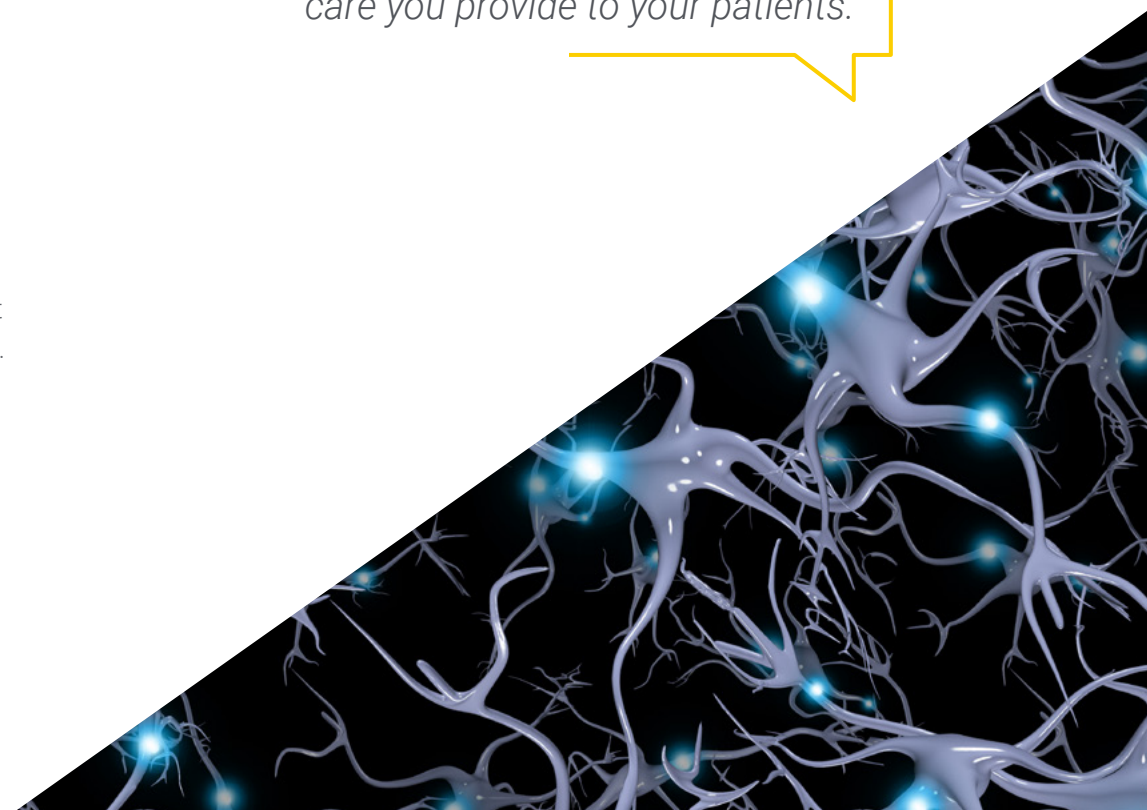
The Postgraduate Diploma includes real clinical cases and exercises to bring the development of the training closer to the psychologist's daily practice.

Take advantage of the opportunity to update your knowledge in Neuroeducation, Motor Practices, and Brain Development, and enhance the care you provide to your patients.

The faculty includes professionals from the fields of Neuroeducation, Motor Practices, and Brain Development, who bring their practical experience to this specialization, as well as renowned experts from leading scientific societies.

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 an immersive learning experience designed to prepare for real-life situations.

The design of this program focuses on Problem-Based Learning, through which the psychologist will be required to address various professional practice situations presented throughout the Postgraduate Diploma. To achieve this, the specialist will have the support of an innovative interactive video system created by renowned experts in the fields of Neuroeducation, Motor Practices, and Brain Development, all with extensive experience.



02 Objectives

The main objective of this program is the development of theoretical and practical learning, so that the psychologist can master Neuroeducation, Motor Practices, and Brain Development in a practical and rigorous manner.



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This professional development program will instill a sense of confidence in the psychologist's practice, helping them grow both personally and professionally”



General Objectives

- Understand the fundamentals and key elements of Neuroeducation
- Integrate the new contributions of Brain Science into the teaching-learning processes
- Discover how to enhance brain development through motor activity
- Implement innovations in Neuroeducation within the Physical Education subject
- Achieve specialized training as professionals in Neuroeducation within the field of motor activity



Specific Objectives

- Demonstrate the capacity of Physical Education to "engage" students and serve as a factor of inclusion and social equity, a fundamental reason to encourage school/garden attendance
- Create opportunities for exchange and training for Teachers, Coordinating Directors, and Inspectors to promote greater quality and efficiency in the work within this institutionalization of School Physical Education
- Continuously update the National and Jurisdictional Database with data provided directly from the field by the actors involved (Coordinating Directors and Inspectors)
- Develop general guidelines for the Physical Education Area that guide, advise, and facilitate the work of teachers, Coordinating Directors, and Inspectors
- Coordinate and support the National Thematic Commissions in this area of knowledge
- Continue efforts to achieve the Universalization of Aquatic Activities
- Support the participation of our public schools in various sports events
- Resolve motor situations with diverse stimuli and spatiotemporal conditions, selecting and combining basic motor skills and adapting them effectively to the established conditions
- Utilize the expressive resources of the body and movement in an aesthetic and creative way, communicating sensations, emotions, and ideas



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Take the step to update yourself on the latest developments in Neuroeducation, Motor Practices, and Brain Development”

03

Course Management

This program includes in its faculty renowned health professionals from the field of Neuroeducation in Physical Education, who bring their practical experience to this training. Additionally, renowned specialists—members of prestigious national and international scientific societies—have participated in the design and development of the program.



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Learn from leading professionals about the latest advances in Neuroeducation, Motor Practices, and Brain Development in Psychology”

Management



Pellicer Royo, Irene

- ♦ Degree in Physical Activity and Sports Science
- ♦ Master's Degree in Medical Sciences applied to Physical Activity and Sport
- ♦ Certificate in Management and Administration of Sports Entities
- ♦ Master's Degree in Emotional Education and Well-being
- ♦ Postgraduate in Neuroeducation

Faculty

De la Serna, Juan Moisés

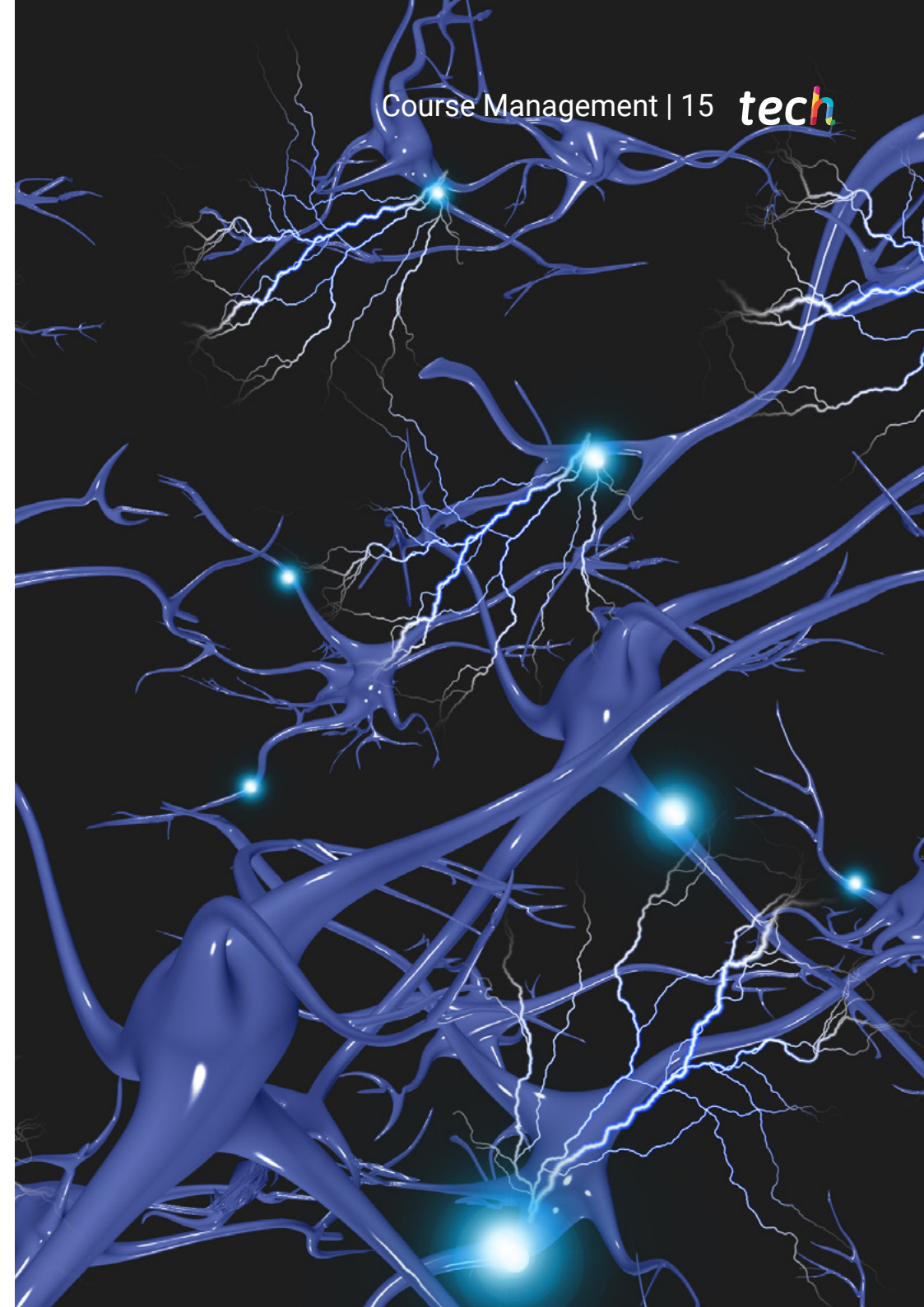
- ♦ Doctorate in Psychology
- ♦ Master's Degree in Neurosciences and Behavioral Biology
- ♦ Director of the Open Chair of Psychology and Neurosciences and science communicator
- ♦ University Expert in Didactic Methodology
- ♦ University Specialist in Clinical Hypnosis
- ♦ Expert in Project Management
- ♦ Occupational Trainer

Navarro Ardoy, Daniel

- ♦ PhD in Exercise Physiology Applied to Health with a research stay at Karolinska Institutet Stockholm (Sweden)
- ♦ PROFITH (PRomoting FITness and Health) Research Group
- ♦ Degree in Physical Activity and Sports Science
- ♦ Physical Education Teacher

Rodríguez Ruiz, Celia

- ♦ Bachelor's degree in Pedagogy
- ♦ Bachelor's Degree in Psychology
- ♦ Specialization in clinical psychology and child psychotherapy
- ♦ Specialization in Cognitive Behavioral Therapy in Childhood and Adolescence



04

Structure and Content

The structure of the content has been designed by a team of professionals who are knowledgeable about the implications of the psychologist's specialization, aware of the relevance of up-to-date training to effectively address patients with mental health conditions or psychological needs, while providing quality education through the use of new educational technologies.





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This Postgraduate Diploma in Neuroeducation, Motor Practices, and Brain Development contains the most complete and up-to-date scientific program available on the market”

Module 1. Basis of Neurosciences

- 1.1. Nervous System and Neurons
- 1.2. Basic Anatomy of Learning-Related Structures
- 1.3. Psychological Processes Related to Learning
- 1.4. Main Brain Structures Related to Motor Skills
- 1.5. Plastic Brain and Neuroplasticity
- 1.6. Epigenetics
- 1.7. Effects of the Environment on Brain Development
- 1.8. Changes in the Infant's Brain
- 1.9. Evolution of the Adolescent Brain
- 1.10. Adult Brain

Module 2. Physical Neuroeducation and Learning

- 2.1. Body-Brain Language and Embodied Cognition
- 2.2. Mental Health and Exercise
- 2.3. Development of Cognitive Functions through Physical Exercise
- 2.4. Executive Attention and Exercise
- 2.5. Working Memory in Motor Action
- 2.6. Improvement of Cognitive Performance Derived from Motor Action
- 2.7. Academic Results and Their Relation to Physical Exercise
- 2.8. Positive Influence of Motor Skills on Students with Learning Difficulties
- 2.9. Pleasure, a Fundamental Element in Physical Neuroeducation
- 2.10. General Recommendations for the Implementation of Didactic Proposals



Module 3. Motor Practices that Influence Brain Development

- 3.1. Body Wisdom
- 3.2. Aerobic Exercise
- 3.3. Anaerobic Exercise
- 3.4. Play
- 3.5. Muscular Strength
- 3.6. Coordinative Activities
- 3.7. Relaxation and Meditation Activities
- 3.8. Expressive and Artistic Activities and Brain Development from a Socioemotional Perspective
- 3.9. Activities in the Natural Environment and Brain Development
- 3.10. Global Proposals for Physical Neuroeducation

Module 4. Invisible Training in Brain Development

- 4.1. Concept of Invisible Training
- 4.2. The Role of Key Myokines in Relation to Exercise and Health
- 4.3. Nutrition
- 4.4. The Relevance of Sleep in Learning
- 4.5. Active Breaks
- 4.6. Active Breaks
- 4.7. Prevention of Harmful Habits
- 4.8. Body Posture from a Neuroscientific Perspective
- 4.9. Prevention of Diseases and Improvement of Quality of Life in Relation to Cardiovascular Risk Diseases (Obesity, Diabetes, or Metabolic Syndrome)
- 4.10. Prevention of Diseases and Improvement of Quality of Life Through Physical Activity at the Mental Level (Alzheimer's, Parkinson's, etc.)
- 4.11. Prevention and Improvement of Cancer Processes Through Motor Activity



A unique, essential and decisive learning experience to boost your professional development"

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.



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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.

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*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.

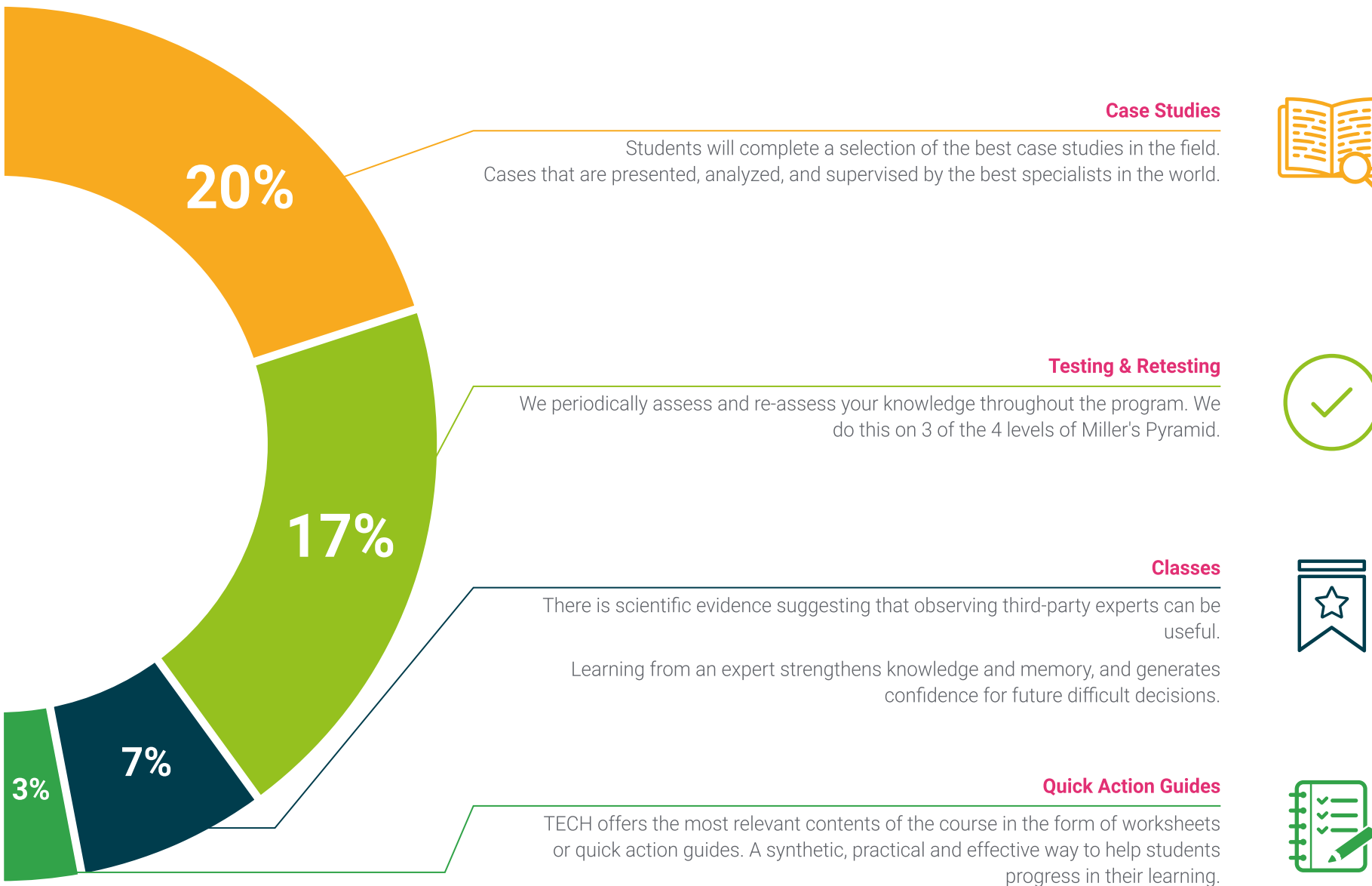
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 Neuroeducation, Motor Practices, and Brain Development in Psychology guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Postgraduate Diploma issued by TECH Global 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 diploma for the **Postgraduate Diploma in Neuroeducation, Motor Practices, and Brain Development in Psychology** 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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