

Postgraduate Certificate Volleyball Modalities

Endorsed by the NBA



tech global
university



Postgraduate Certificate Volleyball Modalities

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

Website: www.techtitute.com/us/sports-science/postgraduate-certificate/volleyball-modalities

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 16

05

Study Methodology

p. 20

06

Certificate

p. 30

01

Introduction

Volleyball is a sport whose variants: Beach Volleyball and Sitting Volley have had an important boom in recent decades. The major international circuits and the Olympic and Paralympic Games themselves have been an essential showcase for its worldwide visibility. Therefore, these two modalities provide professionals with new ways to develop their careers. This is why TECH has created this program, which provides students with intensive learning about the particularities of these alternatives, their specific physical and technical preparation and the psychological aspects to be taken into consideration. All in a 100% online academic format, made up of innovative didactic material and taught by professors closely linked to this sport.





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You will master all the characteristics of beach volleyball and Sitting Volley with this 100% online Postgraduate Certificate”

Volleyball is a sport with a great attraction for the public, regardless of the modality in which it is practiced. But, undoubtedly, being part of the 1996 Olympic Games was a before and after for beach volleyball, as was the inclusion of Sitting Volleyball in the Paralympic Games in Arnhem in 1980.

Two historic events that have marked the evolution of this sport, which is increasingly demanded and practiced by players from all over the world. In this fruitful scenario, it is appropriate for professionals who wish to be part of this sport to have a deep knowledge of its particularities for its correct development.

This is why this program was created, which offers students a 6-week course on the most important characteristics of these sports, their historical evolution and the most current methodologies for physical training. In addition, this program delves into the skills that must be possessed to foster individual and group motivation.

An intensive academic journey that will be much more dynamic thanks to the numerous didactic resources provided by this academic institution, to which the graduate will have access 24 hours a day, 7 days a week and from any electronic device with an internet connection.

A flexible and convenient Postgraduate Certificate, which provides an excellent opportunity for students to grow professionally through a program that facilitates self-management of study time and the compatibility of daily responsibilities with quality education.

This **Postgraduate Certificate in Volleyball Modalities** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Physical Education and Professional Volleyball
- ♦ The graphic, schematic and practical contents of the book provide technical and practical information on those disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



Do you want to coach Sitting Volleyball teams? Find out everything you need to know about session planning and physical preparation"

“

Delve into the most effective strategies to promote motivation in beach volleyball players in high competition”

The program’s teaching staff includes professionals from the field who contribute their work experience to this educational 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.

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

An academic option that provides resources for you to train offense and defense in a Sitting Volleyball competition.

Learn about the great benefits of Paralympic sport for its athletes.



02 Objectives

Upon completion of this university program, the graduate will have obtained a much more global and profound vision of the practice and training of beach volleyball and Sitting Volleyball. In order to achieve this objective, a specialized teaching staff will accompany you during the 150 teaching hours and will answer any questions you may have about the content of this program.





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Obtain with this university program examples of physical preparation plans for your beach volleyball team and apply them in your club”



General Objectives

- ♦ Plan specific training for the full development of the volleyball player
- ♦ Structure general training for the achievement of team objectives
- ♦ Apply recovery strategies adapted to the needs of the athlete
- ♦ Assess and develop the player's capabilities to bring them to their maximum potential
- ♦ Lead the training area in a high level team
- ♦ Develop the correct physical preparation of a player





Specific Objectives

- ♦ Explain the differences between beach volleyball and *Sitting volleyball*
- ♦ Deepen in the specific physical preparation for each volleyball modality
- ♦ Know the specific rules of beach volleyball and *Sitting volleyball*
- ♦ Analyze the most effective psychological techniques for the player practicing different types of volleyball



You will be up to date with the current regulations on beach volleyball and Sitting Volley in an attractive way"

03

Course Management

This academic institution maintains a philosophy based on offering all students a first class education. For this reason, students who take this program will have access to a syllabus taught by an excellent professional with extensive experience in volleyball, who has worked as a player and coach. In this way, the graduate will obtain updated information from the hand of an expert in this sport and the existing variants.



“

*Get a first level learning about
the Modalities of Volleyball from
the hand of real specialists in
this sport”*

Management



Ms. Nerea Tabeayo Martínez

- Voley Murcia player
- Graduate in Physical Activity and Sports Sciences from the Faculty of Physical Activity and Sports Sciences at UCAM - San Antonio Catholic University of Murcia
- Volleyball Coach Level 1



04

Structure and Content

The effectiveness of the Relearning system, based on the continuous reiteration of key concepts, has led TECH to apply it to all programs. In this way, the students of this Postgraduate Certificate will acquire a solid knowledge of Beach Volleyball and Sitting Volley, without investing many hours of study and memorization. An effective method that promotes simple learning and complements the attractive multimedia content that makes up the library of pedagogical resources.





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TECH provides you with a flexible university program in which you can self-manage your study time”

Module 1. Other Modalities

- 1.1. Beach Volleyball
 - 1.1.1. What Is It?
 - 1.1.2. Rules and characteristics
 - 1.1.3. Competitions
 - 1.1.4. Evolution Over Time
- 1.2. Beach volleyball technique
 - 1.2.1. Differences with volleyball
 - 1.2.2. Offensive techniques
 - 1.2.3. Defensive techniques
 - 1.2.4. How to Train Them?
- 1.3. Tactics in beach volleyball
 - 1.3.1. Differences with volleyball
 - 1.3.2. Offensive Phase
 - 1.3.3. Defensive Phase
 - 1.3.4. How to Train Them?
- 1.4. Physical preparation in beach volleyball
 - 1.4.1. Differences with volleyball
 - 1.4.2. Periodization
 - 1.4.3. Preparation plan
 - 1.4.4. Examples:
- 1.5. Psychology in beach volleyball
 - 1.5.1. Differences with volleyball
 - 1.5.2. Benefits
 - 1.5.3. Motivation Techniques
 - 1.5.4. Skills
- 1.6. Sitting volley
 - 1.6.1. What Is It?
 - 1.6.2. Rules and characteristics
 - 1.6.3. Competitions
 - 1.6.4. Evolution Over Time





- 1.7. Sitting volleyball technique
 - 1.7.1. Differences with volleyball
 - 1.7.2. Offensive techniques
 - 1.7.3. Defensive techniques
 - 1.7.4. How to Train Them?
- 1.8. Sitting volleyball tactics
 - 1.8.1. Differences with volleyball
 - 1.8.2. Offensive Phase
 - 1.8.3. Defensive Phase
 - 1.8.4. How to Train Them?
- 1.9. Physical preparation in Sitting volleyball
 - 1.9.1. Differences with volleyball
 - 1.9.2. Periodization
 - 1.9.3. Preparation plan
 - 1.9.4. Examples:
- 1.10. Psychology in Sitting volleyball
 - 1.10.1. Differences with volleyball
 - 1.10.2. Benefits of Paralympic sport
 - 1.10.3. Motivation Techniques
 - 1.10.4. Skills



Are you ready to learn the most effective techniques in the different Volleyball modalities? Enroll now and start viewing the content”

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

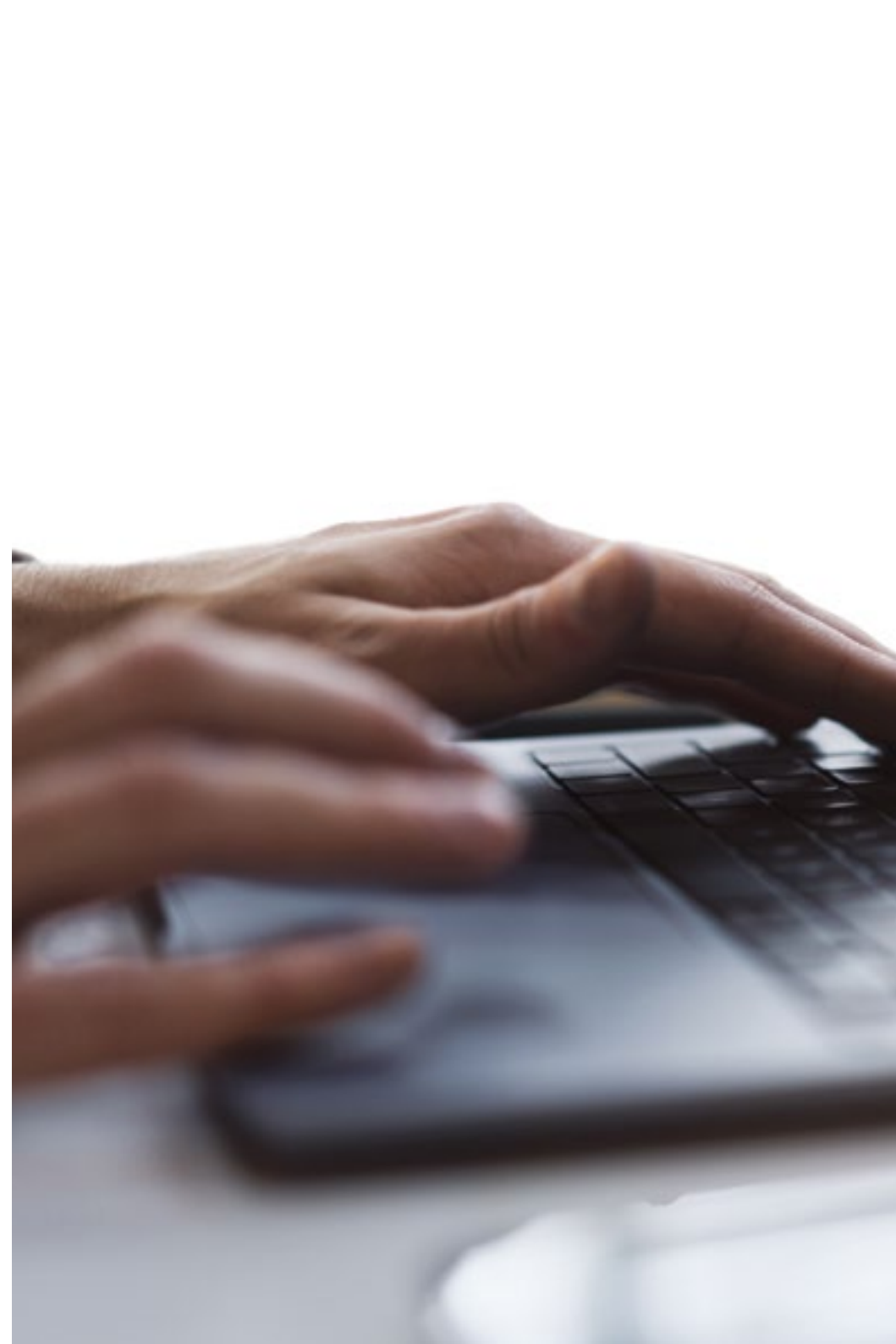
In TECH's study methodology, the student is the main protagonist.

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.

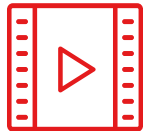
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

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

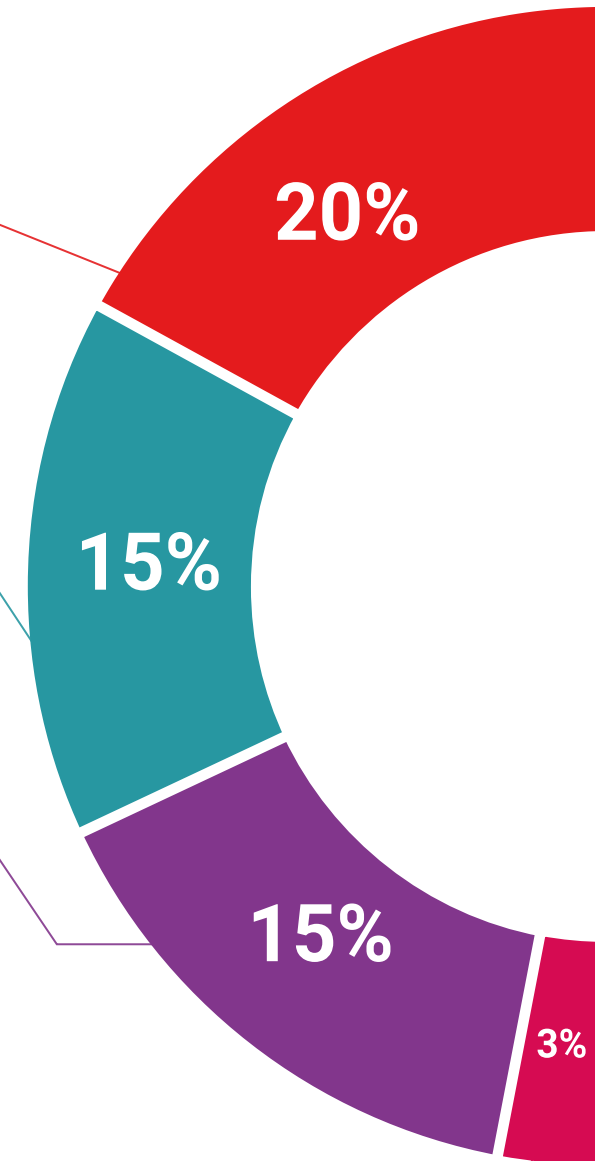
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

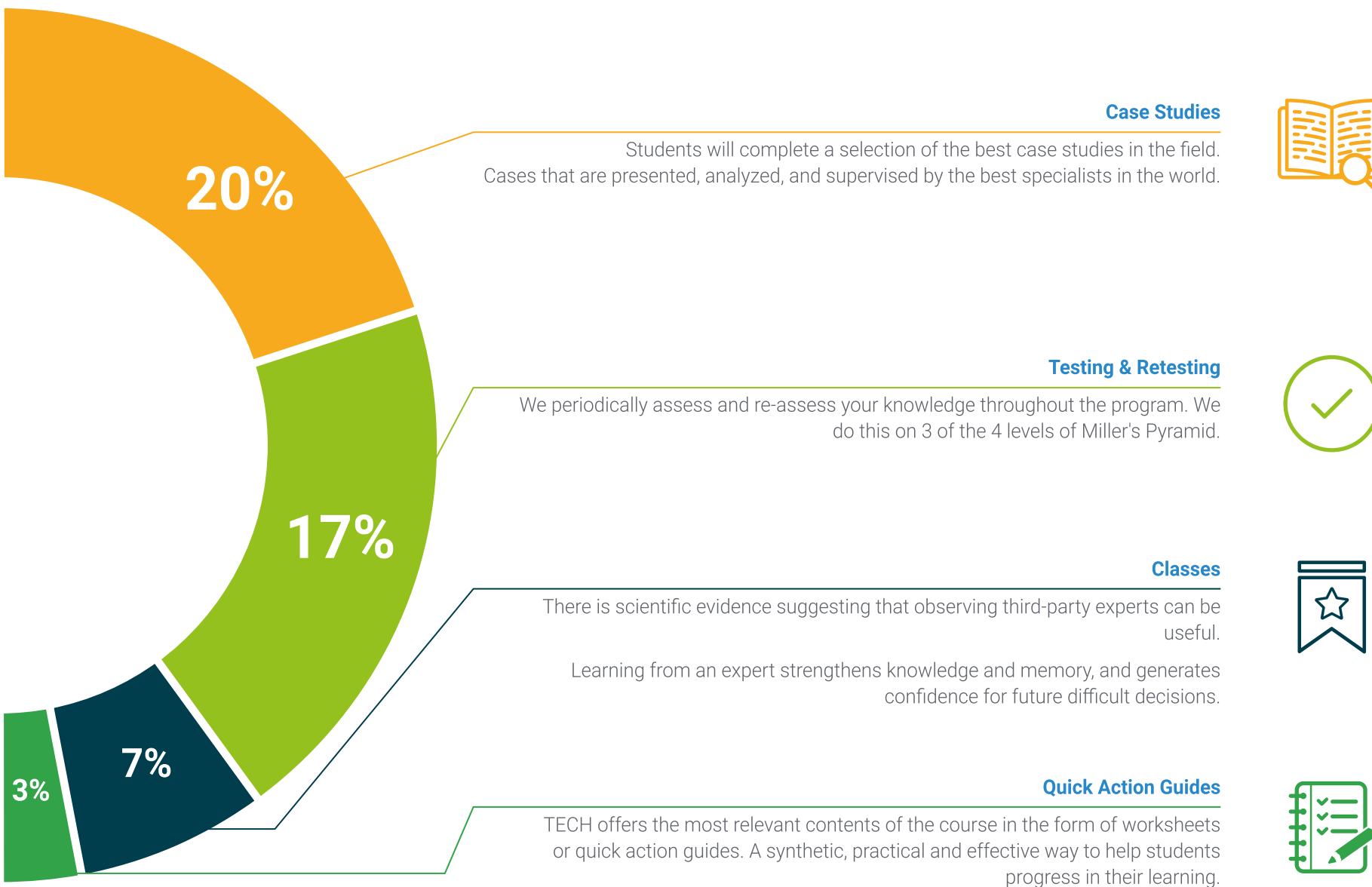
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 Certificate in Volleyball Modalities guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 Certificate in Volleyball Modalities** 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 Volleyball Modalities**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

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

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