



## Postgraduate Certificate

# Individual Technique in Professional Volleyball

» 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/individual-technique-professional-volleyball

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## tech 06 | Introduction

The sporting success of Craig Buck, Steve Timmons, Lloy Ball, Magaly Carvajal, Natalie Cook or Adriana Behar led them to be inducted into the Volleyball Hall of Fame. However, to reach the top, they had to train the most basic but no less simple aspect of volleyball: technique.

Therefore, the figure of the coach is key in the sporting career of every player, since the proper learning of body positioning during the jump, in defense or hand placement in a block is key in the development of what will be in the future an elite athlete. To promote this professional impulse, TECH has designed this Postgraduate Certificate in Individual Technique in Professional Volleyball.

This is a program of 150 teaching hours, where students will obtain the most valuable information on how to carry out training oriented to the improvement of each of the techniques: spiking, blocking, serving, placement and its impact on the player. The relevance of this subject is essential for the further development of the athlete in the game, but also for the prevention of injuries.

A learning that will be possible thanks to the great contributions made by top players in the world of Volleyball, who with their successes left their mark on the sport and now do so through a first class university program.

An excellent opportunity to advance in the field of Professional Volleyball through a Postgraduate Certificate that does not require attendance, nor does it have classes with fixed schedules. An ideal choice for those who want to combine their daily responsibilities with a first-class university education.

This Postgraduate Certificate in Individual Technique in Professional Volleyball contains the most complete and updated scientific program on the market. Its most notable features are:

- 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





Blocking, defense, forearms, etc. Access each and every one of its working methods through your computer with internet connection"

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 This will be done with the help of an innovative system of interactive videos made by renowned experts.

With this program you will be able to improve both the individual technique of your players and their health.

This Postgraduate Certificate allows you to self-manage your study time and access its content at any time of the day. Enroll now.







## tech 10 | Objectives



## **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**

- Delve into the different technical fundamentals of volleyball
- Delve into volleyball training methods
- Explain the different techniques and the most frequent errors in high competition
- Describe the strategies to train positioning, reception, finger touch, forearms, blocking, service and attacking



You will be able to detect the main errors in serving technique in high-level athletes and transfer it to your training sessions"







## tech 14 | Course Management

### 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 Sar Antonio Catholic University of Murcia
- Volleyball Coach Level 1



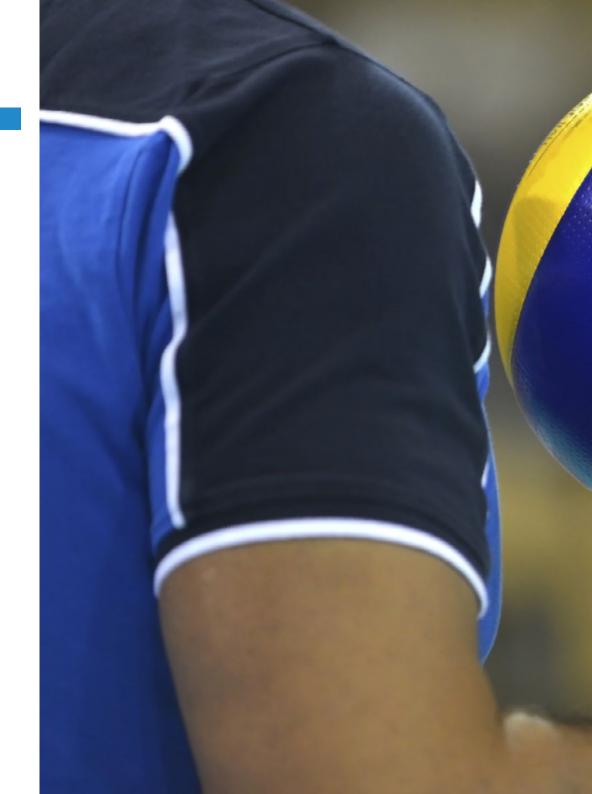




## tech 18 | Structure and Content

#### Module 1. Individual Technique

- 1.1. What Is The Technique?
  - 1.1.1. Technique Definition
- 1.2. Importance with Respect to Other Sports
  - 1.2.1. Athlete Development
  - 1.2.2. How to Train Them?
  - 1.2.3. Importance of a Correct Technique in the Game and in Health
  - 1.2.4. Development of Physical Skills
  - 1.2.5. Applications in Play Reading
  - 1.2.6. Key Aspects of an Athlete's Health
  - 1.2.7. The Impact of Individual Technique on Team Play
- 1.3. Canary Islands Health
  - 1.3.1. What Is It?
  - 1.3.2. Types of Services
  - 1.3.3. Service Phases
  - 1.3.4. How to Train Them?
- 1.4. Blockages
  - 1.4.1. What Is It?
  - 1.4.2. Upper Trunk
  - 1.4.3. Lower Trunk
  - 1.4.4. How to Train Them?
- 1.5. Attack
  - 1.5.1. What Is It?
  - 1.5.2. Types of Attacks
  - 1.5.3. Attack Phases
  - 1.5.4. How to Train Them?
- 1.6. Reception
  - 1.6.1. What Is It?
  - 1.6.2. Pre-Reading
  - 1.6.3. Body Position
  - 1.6.4. How to Train It?





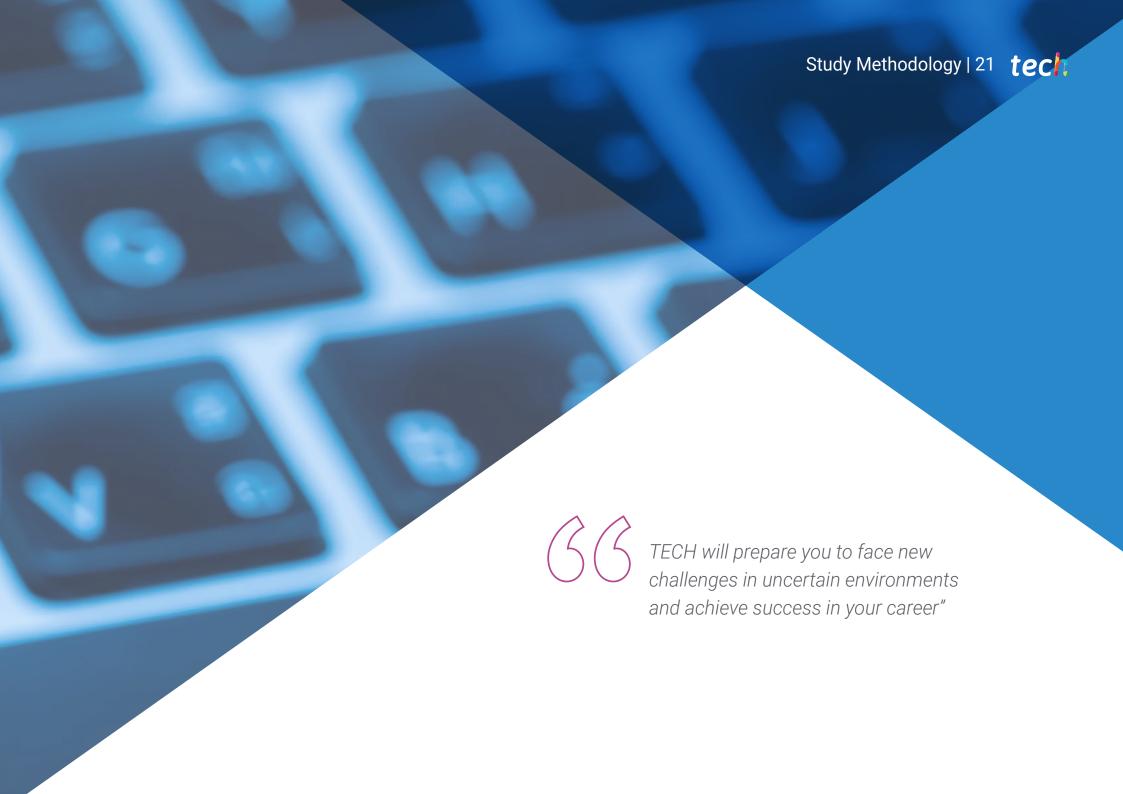
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- 1.7. Defense
  - 1.7.1. What Is It?
  - 1.7.2. Pre-Reading
  - 1.7.3. Body Position
  - 1.7.4. How to Train It?
- 1.8. Positioning
  - 1.8.1. What Is It?
  - 1.8.2. Types of Placement
  - 1.8.3. Importance in Games
  - 1.8.4. How to Train It?
- 1.9. Forearm
  - 1.9.1. What Is It?
  - 1.9.2. Body Positioning
  - 1.9.3. Applications
  - 1.9.4. How to Train Them?
- 1.10. Finger Touch
  - 1.10.1. What Is It?
  - 1.10.2. Body Positioning
  - 1.10.3. Applications
  - 1.10.4. How to Train Them?



Enhance your players' jumping in blocking and attacking through the best strategies shown in this university program"





#### 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.







#### 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"

## tech 24 | Study Methodology

#### 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.

## Study Methodology | 27 tech

#### 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.

#### **Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.

#### **Testing & Retesting**



We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.

#### Classes



There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence for future difficult decisions.

#### **Quick Action Guides**



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







## tech 32 | Certificate

This private qualification will allow you to obtain a diploma for the Postgraduate Certificate in Individual Technique in Professional Volleyball 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 Individual Technique in Professional Volleyball

Modality: online

Duration: 6 weeks

Accreditation: 6 ECTS

Endorsed by the NBA





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

#### Postgraduate Certificate in Individual Technique in Professional Volleyball

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

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

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



<sup>\*</sup>Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

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- » Exams: online

