

Internship Program High Performance Sports

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Internship Program
High Performance Sports

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01

Introduction

Great sports figures achieve success with personal and staff work, which prepares them physically and mentally for the most demanding competitions. Scientific progress has allowed the work of the coach in High Performance Sports to be key to achieving the demanding goals in all disciplines. As a result, these experts are becoming increasingly sought after in the world of competitive sports. Because of this, TECH has created this program, which will provide the student with the up-to-date training or nutrition planning techniques to access this area of work. Thanks to a 100% practical learning modality, they will adopt during 3 intense weeks those skills that will enhance their growth in this professional field.

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You will adopt in your work methodology the new training planning techniques for high performance athletes, backed by a scientific basis”





High Performance in Sports implies an exhaustive knowledge of the different training techniques and methodologies to be applied to each athlete and according to their sport discipline in order to extract their maximum competitive level. Likewise, nutrition acquires great relevance not only in the daily preparation, but also in the athlete's own recovery after each competition in which they participate or injury they suffer. Therefore, specialists in both fields play a crucial role in helping athletes achieve their set goals. However, in order to practice this profession, new knowledge and skills in this field are required.

Due to all of the above, this Internship Program is intended to help the expert in high performance training to update and professionally apply knowledge in physical activity, nutrition and assessment of the athlete's results. Throughout a 3-week internship in a sports center, the student will learn the best mechanisms to design strength training oriented to athletic performance, master performance assessment methods or elaborate short, medium and long term sports planning.

During the internship, the students will have a private tutor who will provide them with the most appropriate advice and will ensure that they acquire valuable skills in the world of sports. You will also get a great real-world experience, surrounded by the best professionals in the world of athlete performance. Therefore, this program is an excellent opportunity to obtain the most applicable and useful knowledge based on the needs of this professional market.

02

Why Study an Internship Program?

In the field of sports performance, theoretical learning is highly relevant, but it is essential to obtain the tools required to put into practice the latest knowledge acquired on the basis of scientific evidence. For this reason, TECH has opted to design a unique educational product that will allow students to spend 120 hours in a sports company to apply the latest training planning techniques in real cases. During 3 weeks, the student will work alongside the best experts in the field and gain valuable skills applicable in their day-to-day professional life. This opportunity, therefore, will provide learning with real applicability and based on market needs.



TECH gives you the opportunity to spend 3 weeks in the heart of a sports company, surrounded by the best professionals, to put into practice the latest strategies in performance enhancement for athletes"

1. Updating from the latest technology available

In the last decade, the area of High Performance in Sports has evolved significantly thanks to the emergence of new methods to assess the work of athletes, the use of modern resistance training systems or the application of more effective nutritional strategies. Because of this, this TECH program will provide you with the most up-to-date skills in this field to be in tune with the needs of this sector.

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

The extensive team of professionals who will guide the expert throughout this practical stage guarantees the high level of learning that the student will obtain. In this way, the students will have a tutor who will monitor them on a daily basis and ensure that they meet their learning objectives.

3. Entering First-Class Sports Environments

TECH carefully selects all available centers for Internship Programs. In this way, the student will have access to a prestigious training center oriented to High Performance in Sports. As such, it will determine the day-to-day work performed in this field and apply the latest trends in its work methodology.



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

The educational market has a wide variety of hermetic educational programs, focused only on the teaching of theoretical contents and closed to preset schedules. TECH offers an innovative and completely practical model that will allow the professional to acquire useful skills in the professional environment in just 3 weeks.

5. Expanding the Boundaries of Knowledge

TECH offers the possibility of carrying out this Internship Program in centers of international importance. In this way, the professional will be able to expand their boundaries and keep up to date with the best professionals, who practice in first class sports centers and in different continents. A unique opportunity that only TECH could offer.



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

03 Objectives

This Internship Program allows, during and at the end of the course, students to master the most current training methods, with the latest technology and the most recent techniques in each sport discipline. Achieving these goals will be possible thanks to the internship with professional physical trainers who are highly qualified and experienced in this field.



General Objectives

- ♦ Master and apply with certainty the most current training methods to improve sports performance
- ♦ Effectively manage statistics to make the correct use of the data obtained from the athlete, as well as to initiate research processes
- ♦ Assimilate techniques based on the most current scientific evidence with full applicability in the practical field
- ♦ Apply the principles governing nutrition in sports performance





Specific Objectives

- ◆ Handle the nutritional aspects that are associated with eating disorders and sports injuries
- ◆ Develop critical and analytical thinking that will allow them to generate innovative protocols and procedures, with different types of technology
- ◆ Master the internal logic of planning, as well as its proposed core models
- ◆ Correctly and safely administer the protocols of the different tests and the interpretation of the data collected
- ◆ Apply the different methods of performance optimization through recovery methods
- ◆ Incorporate elements of judgment of technical observation that allow discriminating errors in the mechanics of the race and mastering the procedures for their correction
- ◆ Develop sufficient criteria to be able to support the choice of different training methods in their practical application
- ◆ Generate the conditions for the correct interpretation of results in different types of research
- ◆ Learn key aspects of the neuromuscular system, motor control and its role in physical training

04 Educational Plan

The Internship Program in High Performance in Sports consists of an internship in a relevant company in the sports sector. During 3 weeks, the students will be accompanied by professional physical trainers who will show them the latest innovations applied in High Performance in Sports. From Monday to Friday with 8 consecutive hours, the students will receive eminently practical teaching so that they can progress and gain access to high level centers or train athletes and teams that compete at the highest level.

In this internship program, of a completely practical nature, the activities are aimed at the development and improvement of the skills necessary for the provision of High Performance training services and conditions that require a high level of qualification, and that are oriented to the specific training for the exercise of the activity, in an environment of safety for the athlete and high professional performance.

An excellent opportunity for students to develop in a sector that requires highly qualified personnel, who are not only capable of developing high-level training, but also know the field of nutrition, which is very important for the athlete who wants to perform at the highest level in every competition.

Practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of skill (learning to learn and learning to do), with the accompaniment and guidance of teachers and other training partners to facilitate teamwork and multidisciplinary integration as transversal skills for sports practice (learning to be and learning to relate).

The procedures described below will be the basis of the practical part of the





training, and their implementation will be subject to the center's own availability and workload, the proposed activities being the following:

Module	Practical Activity
Exercise Physiology and Physical Activity	Apply knowledge of exercise physiology in sports practice
	Transfer the knowledge of fatigue, energy systems and extreme physiological conditions to the practical setting
Statistics Applied to Performance and Research	Master the use of sports statistics in the field of training
	Perform the analysis of different descriptive statistics
	Practice data collection and management of the main analytical tests in the field of sports
Strength Training, from Theory to Practice	Apply the practice of the concept of intensity and density loading
	Develop strength training methods
Endurance Training from Theory to Practice	Plan aerobic exercises around endurance
	Develop physiological adaptations of resistance exercise for children and adolescents
Sports Performance Assessment	Perform sports assessments based on different types of tests
	Learn about the practical use of mobile sports applications in high performance environments
Planning Applied to High Performance in Sports	Create sports schedules adapted to high performance environments
	Apply the most important criteria and fundamentals in the development of sports planning
	Develop annual, multiyear or short-term plans

05

Where Can I Do the Internship Program?

TECH maintains a philosophy based on quality programs available to all, where each of its participants can achieve their professional goals. Following this maxim, we have selected companies in the sports field, where students can acquire a practical, useful and highly applicable education in their daily work, in this case in the High Performance sports field.



Advance in the field of high performance sports with technicians who have mastered the latest training techniques to perfection"





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



Sports Science

Olympus Center

Country	City
Spain	Madrid

Management: Calle de Palos de la Frontera,
16, 28012 Madrid

Olympus Center specializes in meeting the objectives of the individual, taking into account their physical condition.

Related internship programs:

- High Performance Sports
- Fitness Instructor



Wakken

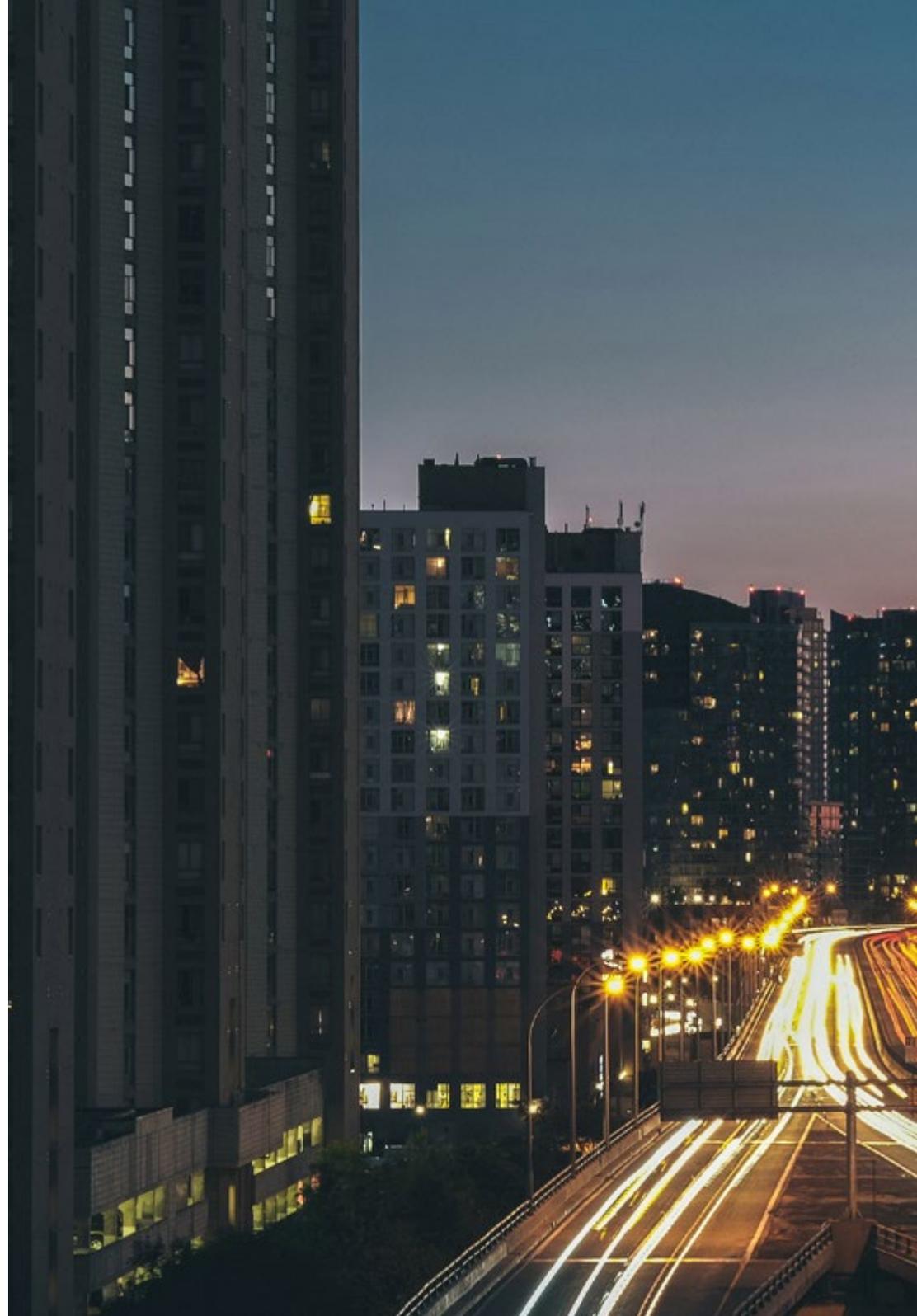
Country	City
Mexico	Mexico City

Management: Ozuluama 21 B Col. Hipódromo
Condesa Del. Cuauhtemoc

Space for high-level physical activity

Related internship programs:

- High Performance Sports
- Sports Journalism





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You will learn first-hand about the reality of work in the area, in a demanding and rewarding environment”.

06

General Conditions

Civil Liability Insurance

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

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

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



General Conditions of the Internship Program

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

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

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

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

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

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

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

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

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

07 Certificate

This program will allow you to obtain your **Internship Program diploma in High Performance in Sports** 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** title 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: **Internship Program in High Performance in Sports**

Duration: **3 weeks**

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

Accreditation: **5 ECTS**



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