Master's Degree
Professional Volleyball

Endorsed by the NBA

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Master's Degree
Professional Volleyball

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Global University**
- Credits: **60 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Website: **www.techtitute.com/us/sports-science/master-degree/master-professional-volleyball**

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01

Introduction

Professional sports is much more than proper technique and strategic development on the field. Tactics, physical performance based on proper nutrition and the use of new technologies for game analysis are now predominant. Multiple tools that make up the sports elite and that are booming in the different modalities of professional volleyball. In this line, TECH has created this proposal that will allow students to acquire first level learning on all the tactical, psychological, team management and physical preparation elements so that they can reach positions of maximum responsibility in high competition. All in a 100% online format and with a teaching team made up of specialists and international players of this sport.

Thanks to this Master's Degree 100% online you will be able to develop your professional career in high competition volleyball"

One of the highest aspirations of any coach or professional who is immersed in a top-level volleyball team is to achieve the greatest sporting success, whether in national, international or world competitions. The level of demand is high and therefore, traditional strategies are no longer valid and new technologies are incorporated to improve performance.

In this scenario, it is essential to have a broad knowledge of tactics, digital tools for game analysis or the application of the most appropriate nutrition for each player. For this reason, this university program was created in response to the current needs of all those who wish to focus their careers on professional volleyball.

A Master's Degree program that brings together the best specialists and international players who contribute their relevant experience in the elite of this sport.
In this way, the students will obtain not only a theoretical approach, but will be able to analyze in detail all the points for the correct development of the athlete, from his physical, nutritional and psychological preparation.

But undoubtedly, one of the powerful elements of this program is the application of technology to the functions of the trainer and physical trainer. These tools have become indispensable to obtain differential results in high competition.

All this, in addition, with numerous didactic resources (video summaries, videos in focus, readings, case studies), which will facilitate the learning process and make the visualization of all the content much more attractive. In addition, thanks to the Relearning system used by TECH, the graduate will not have to invest a great amount of study hours, since he/she will acquire the new concepts in a much simpler way. A unique university program that is at the academic forefront.

This **Master's Degree in Professional Volleyball** 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 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, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection

Reach the Volleyball elite thanks to the excellent team of high competition professionals who teach this program"

Improve the performance of your players through the most advanced sports nutrition you will find in this program"

With this program you will have all the tools you need to design the best tactics for your games.

You will provide professional clubs with the latest advances in player data analysis through new technologies.

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.

02

Objectives

The objective of this Master's Degree is to provide coaches and sports professionals with all the necessary elements to progress and improve in their technical management and physical preparation functions. To achieve this, TECH provides numerous teaching materials, including case studies that provide a much more direct and practical view of the work on the court with players in training and in matches.

You will be able to take a giant step forward in the planning of your team's training sessions thanks to TECH. Enroll now"

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

The teaching materials of this program, elaborated by these specialists, have contents that are completely applicable to your professional experiences"

Specific Objectives

Module 1. Individual Technique

- 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 placement, reception touch, forearms, block, service, and attack

Module 2. Tactic

- Address the systems of play used in volleyball and training methods
- Delve into serving, receiving and offensive tactics and their practice on the court
- Investigate the strategic complexes and their training in volleyball
- Explain the different options to choose the game system according to the opponent's technique

Module 3. Team management

- Delve into the detailed planning of training sessions
- Describe the different phases of player learning
- Establish the principles of team organization
- Analyze the factors of communication and improvement of understanding between the coach and the players of the volleyball team

Module 4. Other Modalities

- 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

Module 5. Technology in volleyball

- Know the existing technological systems for the extraction of data on the technique and game of each player
- Know how to perform an exhaustive analysis of the extracted data, and therefore improve the performance of the player and the team
- Delve into how to use video as a tool for analysis and game improvement
- Indicate how to effectively present the results of a match study through new technologies

Module 6. Team structures, organization and rules

- Obtain a comprehensive overview of volleyball rules and regulations
- To know how national competitions are structured
- To deepen the structure of international competitions
- Identify the roles of physical trainers, team managers and physiotherapists in a volleyball club

Module 7. Sports Psychology

- Delve into the most effective motivational strategies in a sports team
- Delve into the management of players' emotions
- Understand the leadership role of a volleyball team
- Know the team dynamics in order to put them into practice

Module 8. Fitness and physical preparation

- Acquire advanced learning about stress theories and their application in volleyball
- Analyze the physical capacities of flexibility, strength, endurance, speed, and their manifestations
- Design physical training for volleyball teams
- Know the essential elements of physical training planning

Module 9. Biomechanics and injuries

- Understand what happens in the athlete's body in each and every movement he/she performs
- Know the techniques for the treatment of injuries
- Delve into the strategies to be used in volleyball teams to prevent injuries
- Delve into the latest advances in biomechanics and their application in volleyball

Module 10. Sports Nutrition

- To learn about the latest developments in sports nutrition
- Understand the relevance of the post-match recovery process
- Establish proper nutritional guidelines before, during and after the game
- Discovering the micronutrient and macronutrient needs of a volleyball player I

Improve the technique of your volleyball players thanks to the numerous visual examples provided by this program"

03

Skills

The professional in the sports field must not only master the technical and tactical concepts of the sport, but must also have other skills and competencies that lead teams to success. In this sense, TECH has created a program that enhances the leadership, communication and analytical skills of future coaches at the highest level in Volleyball of the student body. In order to achieve these goals, you will also have the support of renowned professionals in the world of sports, who will guide you to achieve your goals with guarantees.

You will enhance your team leadership and communication skills with the rest of the staff thanks to this academic option"

General Skills

- Master the necessary technological tools to be able to analyze the teams training sessions and matches
- Design and plan high competition training sessions
- Schedule the duration and number of training sessions in accordance with the competition
- Plan optimal nutrition for the athlete
- Analyze and Interpret Statistical and Video Data
- Understand the positive effects of a correct application of psychology in sport
- Correctly plan the recovery after load and/or injury of the athlete
- Organize exercises for the technical and tactical development of the player
- Obtain a global vision of the objectives set by the club and transfer them correctly to the team
- Achieve professional sporting success with the broadest mastery of all the elements involved in volleyball

Specific Skills

- Improve the ability to communicate with the volleyball team staff
- Improve the choice of the strategy for each match depending on the opponent
- Improve the ability to manage beach volleyball and setting volleyball modalities
- Apply qualitative and quantitative analysis in terms of video viewing
- Understand the specific functions of the scoutman and physiotherapist
- Perform biomechanical analysis of each player and in the different phases of the game
- Reinforce the dialogue with the team and the appropriate decision making at each moment of the season
- Know the relevance of the nutritional adaptation according to the injuries suffered by the athletes
- Train students to detect technical and tactical errors in training sessions
- Establish motivation strategies for players
- Develop interpersonal skills of the volleyball player

Multimedia pills, essential readings and case studies will be available to you 24 hours a day, 7 days a week"

04

Course Management

TECH has brought together in this program a management and teaching staff with an outstanding track record in the world of professional volleyball. His experience both on the court and on the bench will allow the graduate to obtain a first class learning experience in this sport. In addition to this, we have a faculty with experience in the fields of psychology, nutrition and group management. Likewise, thanks to its proximity, students will be able to resolve any doubts that may arise regarding the content of this program throughout its 12-month duration.

TECH has brought together professionals of international stature from the world of volleyball in this program"

Management

Ms. Tabeayo Martínez, Nerea

- 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

Professors

Ms. Rey López, Raquel

- Volleyball Coach
- CV Zalaeta Trainer
- CV Trainer CAlasancias
- Graduated in Business Administration and Management from the University A Coruña
- Volleyball Coach Level 1

Ms. Campos Blanc, María Fernanda

- Beach volleyball player in Volley Murcia
- Degree in Physical Therapy by the Autonomous University of Guadalajara
- Master's Degree in Sports Physiotherapy from the UCAM- Catholic University of Murcia

Ms. Romero Lobeiras, María

- Nutritionist
- Former volleyball player CV Zalaeta
- Former CV Calasancias volleyball player
- Dietetics and Nutrition course at La Paz High School

05

Structure and Content

The curriculum of this Master's Degree has been designed to provide professionals with the most advanced knowledge of the most effective positioning and blocking techniques, player disposition tactics and offensive strategies in the world of high competition volleyball. A whole syllabus designed by real experts and elite athletes that shows over 12 months the best sports, nutritional and technological resources to become a professional volleyball player. In addition, thanks to the multimedia resource library, students will be able to expand on the information provided in this first-level program in an attractive way.

A curriculum designed to help you reach a high level of competence in the world of professional volleyball. Enroll now"

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?

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 Them?

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?

Module 2. Tactic

2.1. Concept of Tactics and Game Systems
- 2.1.1. What Is It?
- 2.1.2. Game Systems
- 2.1.3. Importance
- 2.1.4. How to Train Them?

2.2. Player Disposition and Specialization
- 2.2.1. Game Roles
- 2.2.2. Functional Specialization
- 2.2.3. Positional Specialization
- 2.2.4. Universality vs. Specialization

2.3. Tactics of the Serve
- 2.3.1. Types of Serve
- 2.3.2. Objective
- 2.3.3. Serve Selection
- 2.3.4. How to Train Them?

2.4. Reception Tactics
- 2.4.1. Tactical Variants
- 2.4.2. Objective
- 2.4.3. Tactical Selection
- 2.4.4. How to Train Them?

2.5. Offensive Tactics
- 2.5.1. Types of Attacks
- 2.5.2. Objective
- 2.5.3. Attack Selection
- 2.5.4. How to Train It?

2.6. Offensive Tactic
- 2.6.1. Tactical Variants
- 2.6.2. Objective
- 2.6.3. Tactical Selection
- 2.6.4. How to Train It?

2.7. Blocking Tactics
- 2.7.1. Blocking Types
- 2.7.2. Objetive: Offensive or defensive tactics
- 2.7.3. Selection
- 2.7.4. How to Train Them?

2.8. Phases of the Game
- 2.8.1. What are they?
- 2.8.2. Offensive Phase
- 2.8.3. Defensive Phase
- 2.8.4. How to Train Them?

2.9. Strategic Complexes (K0, K1, K2, etc.)
- 2.9.1. What are Strategic Complexes?
- 2.9.2. K0, K1 and K2
- 2.9.3. K2 and K4
- 2.9.4. How to train them?

2.10. Choice of the Game System
- 2.10.1. Technical Capacity
- 2.10.2. Physical and Anthropometric Conditions
- 2.10.3. Opponent's Tactics
- 2.10.4. External Agents and Type of Competition

Module 3. Team management

3.1. Planning objectives
- 3.1.1. Who sets the objectives?
- 3.1.2. Progress
- 3.1.3. Avoid improvisation
- 3.1.4. Development or maintenance phase

3.2. Planning criteria
- 3.2.1. Where do we start from?
- 3.2.2. Means available
- 3.2.3. Schedules
- 3.2.4. Load distribution

3.3. Sports Education models
- 3.3.1. What Is It?
- 3.3.2. Conventional model
- 3.3.3. ATR Model
- 3.3.4. Comparison and selection

3.4. Planning Units
- 3.4.1. What are they?
- 3.4.2. Macrocycle
- 3.4.3. Mesocycle
- 3.4.4. Microcycle

3.5. Phases of player learning
- 3.5.1. What are they?
- 3.5.2. Cognitive phase
- 3.5.3. Associative phase
- 3.5.4. Autonomous phase

3.6. Principles of organization
- 3.6.1. Principle of specificity and comprehensiveness
- 3.6.2. Block or random practice
- 3.6.3. Constant or variable practice
- 3.6.4. Massive or distributed practice

3.7. Team Management
- 3.7.1. ¿Qué es y cómo se dirige un equipo?
- 3.7.2. Previous Analysis
- 3.7.3. Define the strategy
- 3.7.4. Evolution and constant learning

3.8. Communication
- 3.8.1. Importance of proper communication
- 3.8.2. Communication in training
- 3.8.3. Communication in the phases of the game
- 3.8.4. Communication during downtime

3.9. Training planning: how to plan and organize training effectively
- 3.9.1. Specific and global objective
- 3.9.2. Session principles
- 3.9.3. Principles of the Session
- 3.9.4. Time distribution

3.10. Performance evaluation: how to evaluate the performance of the team and of individual players
- 3.10.1. Physical tests
- 3.10.2. Statistical Analysis
- 3.10.3. Match and training visualization
- 3.10.4. Communication

Module 4. Other Modalities

4.1. Beach volleyball
- 4.1.1. What Is It?
- 4.1.2. Rules and characteristics
- 4.1.3. Competitions
- 4.1.4. Evolution Over Time

4.2. Beach volleyball technique
- 4.2.1. Differences with volleyball
- 4.2.2. Offensive techniques
- 4.2.3. Defensive techniques
- 4.2.4. How to train them?

4.3. Tactics in beach volleyball
- 4.3.1. Differences with volleyball
- 4.3.2. Offensive Phase
- 4.3.3. Defensive Phase
- 4.3.4. How to Train It?

4.4. Physical preparation in beach volleyball
- 4.4.1. Differences with volleyball
- 4.4.2. Periodization
- 4.4.3. Preparation plan
- 4.4.4. Examples:

4.5. Psychology in beach volleyball
- 4.5.1. Differences with volleyball
- 4.5.2. Benefits
- 4.5.3. Motivation Techniques
- 4.5.4. Skills

4.6. Sitting volley
- 4.6.1. What Is It?
- 4.6.2. Rules and characteristics
- 4.6.3. Competitions
- 4.6.4. Evolution Over Time

4.7. Sitting volleyball technique
- 4.7.1. Differences with volleyball
- 4.7.2. Offensive techniques
- 4.7.3. Defensive techniques
- 4.7.4. How to Train Them?

4.8. Sitting volleyball tactics
- 4.8.1. Differences with volleyball
- 4.8.2. Offensive Phase
- 4.8.3. Defensive Phase
- 4.8.4. How to train them?

4.9. Physical preparation in Sitting volleyball
- 4.9.1. Differences with volleyball
- 4.9.2. Periodization
- 4.9.3. Preparation plan
- 4.9.4. Examples:

4.10. Psychology in Sitting volleyball
- 4.10.1. Differences with volleyball
- 4.10.2. Benefits of Paralympic sport
- 4.10.3. Motivation Techniques
- 4.10.4. Skills

Module 5. Technology in volleyball

5.1. Using Video: How to Use Video as a Tool for Game Analysis and Improvement
- 5.1.1. Why Is It Important?
- 5.1.2. Objectives
- 5.1.3. Study Elements
- 5.1.4. Application after Analysis

5.2. Tactical Analysis: How to Analyze the Team's and the Opponent's Play
- 5.2.1. Why Is It Important?
- 5.2.2. Objectives
- 5.2.3. Opponent's Tactics
- 5.2.4. Tactics of our Team

5.3. Analysis of Individual Technique: How to Analyze the Individual Technique of Players Through Video
- 5.3.1. Why Is It Important?
- 5.3.2. Objectives
- 5.3.3. Application after Analysis
- 5.3.4. Visual Support of Statistical Data

5.4. Presenting Results: How to Present Video Analysis Results Effectively
- 5.4.1. Selection
- 5.4.2. Study
- 5.4.3. Exhibition
- 5.4.4. Objective

5.5. Applications for Technical Analysis
- 5.5.1. Video Delay
- 5.5.2. Coach's eye
- 5.5.3. Huddle Technique
- 5.5.4. Kinovea

5.6. Applications for Tactical Analysis
- 5.6.1. Coachnote
- 5.6.2. Settex
- 5.6.3. Data Volley
- 5.6.4. Volley Scout

5.7. Applications for Physical Analysis
- 5.7.1. My jump
- 5.7.2. Powerlift
- 5.7.3. Nordics
- 5.7.4. Dorsiflex

5.8. Scouting in volleyball
- 5.8.1. What Is It?
- 5.8.2. Information Gathering
- 5.8.3. Statistical Analysis
- 5.8.4. Application of Information

5.9. Quantitative Analysis Data
- 5.9.1. What Is It?
- 5.9.2. Main Tool
- 5.9.3. Data Selection
- 5.9.4. Application after Analysis

5.10. Qualitative Analysis: Spreadsheets and Video
- 5.10.1. What Is It?
- 5.10.2. Data Science
- 5.10.3. Data Selection
- 5.10.4. Application after Analysis

Module 6. Team structures, organization and rules

6.1. Volleyball regulations
- 6.1.1. Philosophy of rules and referee
- 6.1.2. Games
- 6.1.3. Referees, responsibilities and signals
- 6.1.4. Diagrams
- 6.1.5. Definitions

6.2. Interpretation of the rules: how to interpret and apply the rules in specific situations during the game
- 6.2.1. Importance of knowing the regulations
- 6.2.2. Downtime management
- 6.2.3. Attention to your own and your opponent's equipment
- 6.2.4. Complex situations enabled by the regulations

6.3. Age categories
- 6.3.1. Minivolley
- 6.3.2. Infant
- 6.3.3. Cadet and youth
- 6.3.4. Senior

6.4. Competition categories
- 6.4.1. Municipal and regional competitions
- 6.4.2. National competitions
- 6.4.3. Professional national competitions
- 6.4.4. International competitions

6.5. International competitions
- 6.5.1. FIVB Structure
- 6.5.2. International combinations
- 6.5.3. Continental competitions
- 6.5.4. International competitions

6.6. Trainer's and The assistants' duties
- 6.6.1. Capabilities according to category
- 6.6.2. Group management
- 6.6.3. Importance of interdepartmental communication
- 6.6.4. Types of coach

6.7. Functions of the physical trainer
- 6.7.1. What Is It?
- 6.7.2. Individual objectives
- 6.7.3. Collective objectives
- 6.7.4. Alternatives in your absence

6.8. Team Manager Functions
- 6.8.1. What Is It?
- 6.8.2. Objectives
- 6.8.3. Functions
- 6.8.4. Alternatives in your absence

6.9. Scoutman duties
- 6.9.1. What Is It?
- 6.9.2. Objectives
- 6.9.3. Functions
- 6.9.4. Alternatives in your absence

6.10. Physiotherapist's Functions
- 6.10.1. What Is It?
- 6.10.2. Objectives
- 6.10.3. Functions
- 6.10.4. Alternatives in your absence

Module 7. Sports Psychology

7.1. Pressure Management
- 7.1.1. Definition
- 7.1.2. Importance of a Correct Management
- 7.1.3. Impact of pressure on the volleyball player
- 7.1.4. How to Work It?

7.2. United volleyball team
- 7.2.1. Group Cohesion
- 7.2.2. Importance and Benefits of a Cohesive Team
- 7.2.3. Objectives
- 7.2.4. Dynamics

7.3. Emotional management of the volleyball player on the court
- 7.3.1. Emotional Education
- 7.3.2. Management of Positive and Negative Emotions
- 7.3.3. Learning Emotional Control
- 7.3.4. Dynamics

7.4. How to Motivate a Volleyball Team?
- 7.4.1. Motivation
- 7.4.2. Personal Goal Development
- 7.4.3. Intrinsic Motivation Techniques for Players
- 7.4.4. Extrinsic Motivation Techniques for Players

7.5. Leadership Role of a Volleyball Team
- 7.5.1. Leadership
- 7.5.2. Types of Team Leaders
- 7.5.3. Qualities of a Leader
- 7.5.4. How to Motivate a Volleyball Team?

7.6. Dynamics for a Volleyball Team
- 7.6.1. What are they?
- 7.6.2. Benefits of Its Implementation
- 7.6.3. Planning and objectives
- 7.6.4. Examples:

7.7. Attention and the Volleyball Player
- 7.7.1. Attentional Skills
- 7.7.2. Importance in Volleyball
- 7.7.3. Influencing Factors in Attention
- 7.7.4. How to Train Them?

7.8. Development of Interpersonal Skills of the Volleyball Player
- 7.8.1. Interpersonal Skills
- 7.8.2. Benefits in a Volleyball Team
- 7.8.3. Effective Communication in a Team
- 7.8.4. How To Work Them?

7.9. Volleyball Player Activation
- 7.9.1. Activation Control
- 7.9.2. Activation Levels
- 7.9.3. N.O.A. Search
- 7.9.4. Dynamics

7.10. Relaxation and Visualization before the Game
- 7.10.1. What is Relaxation?
- 7.10.2. What is Visualization?
- 7.10.3. Impact in Volleyball
- 7.10.4. Dynamics

Module 8. Fitness and physical preparation

8.1. Lower Categories and Motor Skills
- 8.1.1. Importance of Physical Preparation in Lower Categories
- 8.1.2. Motor Skills Training
- 8.1.3. From Motor Skills to Physical Abilities
- 8.1.4. Planning in Lower Categories

8.2. Threshold Law
- 8.2.1. Definition
- 8.2.2. How Does It Affect Training?
- 8.2.3. Evolution of the Organism During Training
- 8.2.4. Application in Volleyball

8.3. Theories on Stress
- 8.3.1. Definition
- 8.3.2. Stress as a Physiological Process
- 8.3.4. Types of Stress
- 8.3.5. Application in Volleyball

8.4. Principle of Supercompensation
- 8.4.1. Definition
- 8.4.2. Phases
- 8.4.3. Determining Factors
- 8.4.4. Application in Volleyball

8.5. Physical Capabilities
- 8.5.1. What are they?
- 8.5.2. Flexibility
- 8.5.3. Strength and Its Manifestations
- 8.5.4. Resistance and Its Manifestations
- 8.5.5. Speed and Its Manifestations

8.6. Specific Jumping Training
- 8.6.1. Technical Characteristics of Jumping in Volleyball
- 8.6.2. Influence of a Correct Jumping Technique on the Game
- 8.6.3. Importance of a Correct Technique in Health
- 8.6.4. Design a Jump Training Plan

8.7. Design of a Training Plan
- 8.7.1. Importance of a Correct Planning
- 8.7.2. Planning Criteria and Objectives
- 8.7.3. Training Structure
- 8.7.4. Models Precursors, traditional and contemporary

8.8. Periodization of Training
- 8.8.1. Definition
- 8.8.2. Planning Units
- 8.8.3. Planning Models
- 8.8.4. Specific Needs

8.9. Training Load
- 8.9.1. Definition
- 8.9.2. Load Distribution
- 8.9.3. Parallel-Complex Method
- 8.9.4. Sequential-Contiguous Method

8.10. Recovery and Rest
- 8.10.1. Definition
- 8.10.2. Importance of the Recovery Phase
- 8.10.3. Examples of Exercises
- 8.10.4. Feedback as the ultimate goal

Module 9. Biomechanics and injuries

9.1. Most Common Injuries in the Volleyball
- 9.1.1. Injuries of the Knee
- 9.1.2. Injuries in the Shoulder
- 9.1.3. Back Injuries
- 9.1.4. Injuries of the Ankle

9.2. First Aid: How to Deal with an Injury on the Playing Field
- 9.2.1. Identify and Assess Severity
- 9.2.2. Provide Immediate Attention
- 9.2.3. Offer Comfort and Safety
- 9.2.4. Communication

9.3. Injury Treatment: How to Treat Injuries Properly to Minimize Recovery Time
- 9.3.1. Process
- 9.3.2. Highly Competitive
- 9.3.3. Recovery Times
- 9.3.4. Objectives

9.4. Injury Prevention: How to Prevent Injuries through Fitness and Proper Technique
- 9.4.1. Physical Preparation
- 9.4.2. Injuries Resulting from Poor Physical Preparation
- 9.4.3. Technique and Prevention
- 9.4.4. Injuries Resulting from Bad Technique

9.5. What Is Biomechanics?
- 9.5.1. Definition
- 9.5.2. Evolution Over Time
- 9.5.3. Objectives
- 9.5.4. Performance Applications

9.6. Biomechanical System of Volleyball Technique
- 9.6.1. Biomechanical Fundamentals
- 9.6.2. Mechanical Properties
- 9.6.3. Muscle Qualities
- 9.6.4. Muscle Functional Status

9.7. Characteristics of Volleyball Movements
- 9.7.1. Objectives
- 9.7.2. Quantitative Technical Structures
- 9.7.3. Qualitative Technical Structures
- 9.7.4. Evaluation of Motor Behavior

9.8. Phases in the Biomechanical Analysis of the Player
- 9.8.1. Information Gathering
- 9.8.2. Final Objective
- 9.8.3. Principles
- 9.8.4. Assessment Criteria

9.9. Biomechanical Analysis of the Attack
- 9.9.1. Characteristics of the Attack
- 9.9.2. Strength
- 9.9.3. Levers and Movements Generated
- 9.9.4. Muscle Action
- 9.9.5. Chain and Kinematic Grade

9.10. Movement According to the Reference Plane
- 9.10.1. Horizontal Plan
- 9.10.2. Sagittal plane
- 9.10.3. Frontal Plane
- 9.10.4. Axes of Motion

Module 10. Sports Nutrition

10.1. Concept of sports nutrition
- 10.1.1. Definition
- 10.1.2. Objective
- 10.1.3. Differences with clinical nutrition
- 10.1.4. Impact on performance

10.2. Volleyball nutritional requirements
- 10.2.1. What Is It?
- 10.2.2. Body Positioning
- 10.2.3. Applications
- 10.2.4. How to Train Them?

10.3. Pre-match volleyball nutrition
- 10.3.1. Importance in performance
- 10.3.2. Glycogen stores
- 10.3.3. Periodization
- 10.3.4. Examples:

10.4. Food during the match
- 10.4.1. Importance in performance
- 10.4.2. Rhythm and energy
- 10.4.3. Difficulty of carbohydrate reloading
- 10.4.4. Examples:

10.5. Post-match recovery process
- 10.5.1. Importance in performance
- 10.5.2. Rehydration
- 10.5.3. Muscle recovery
- 10.5.4. Examples:

10.6. Hydration in the volleyball player
- 10.6.1. What Is It?
- 10.6.2. Electrolytes
- 10.6.3. Sweating rate
- 10.6.4. Hydration needs

10.7. Supplementation in the volleyball player
- 10.7.1. Definition
- 10.7.2. ABCD Systems
- 10.7.3. Individualized study
- 10.7.4. Ergonutritional aids

10.8. Volleyball energy systems
- 10.8.1. Definition
- 10.8.2. Aerobic system
- 10.8.3. Anaerobic system
- 10.8.4. Importance of nutrition in energy systems

10.9. Periodization of the volleyball player
- 10.9.1. Definition
- 10.9.2. Macronutrient requirements
- 10.9.3. Micronutrient requirements
- 10.9.5. Nutritional periodization

10.10. BCM, ECM AND FFM in volleyball team
- 10.10.1. Definitions
- 10.10.2. BCM of a volleyball team according to roles
- 10.10.3. ECM and FFM in a volleyball team according to roles
- 10.10.4. BCM/ECM ratio in a volleyball team according to roles

Improvement of individual technique, game tactics, training planning and more, all at your fingertips to become a volleyball expert in 12 months”

06

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.

Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"

You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.

The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

> *Our program prepares you to face new challenges in uncertain environments and achieve success in your career"*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

Relearning Methodology

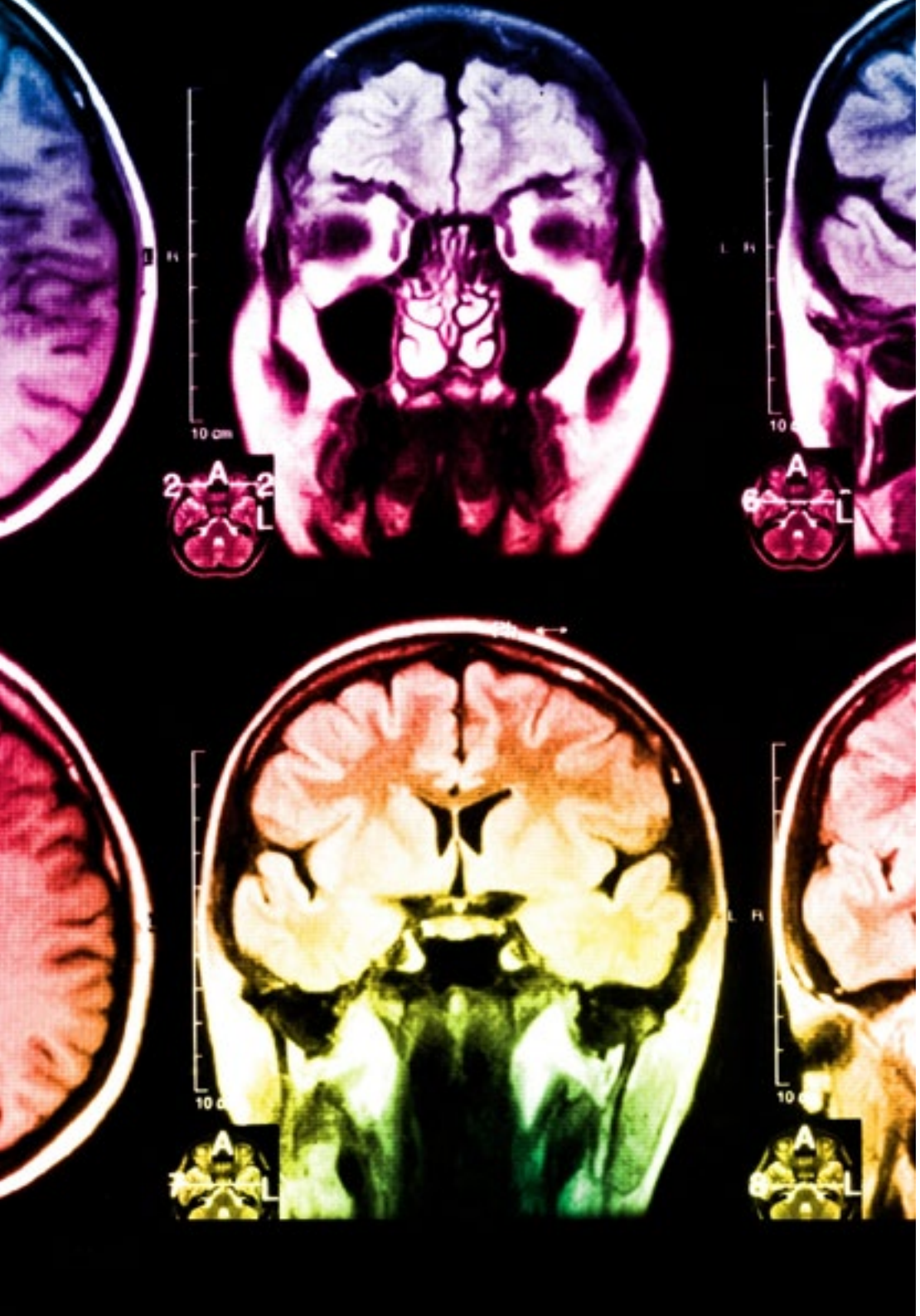
TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

In 2019, we obtained the best learning results of all online universities in the world.

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically. With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.

This program offers the best educational material, prepared with professionals in mind:

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.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.

Classes

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

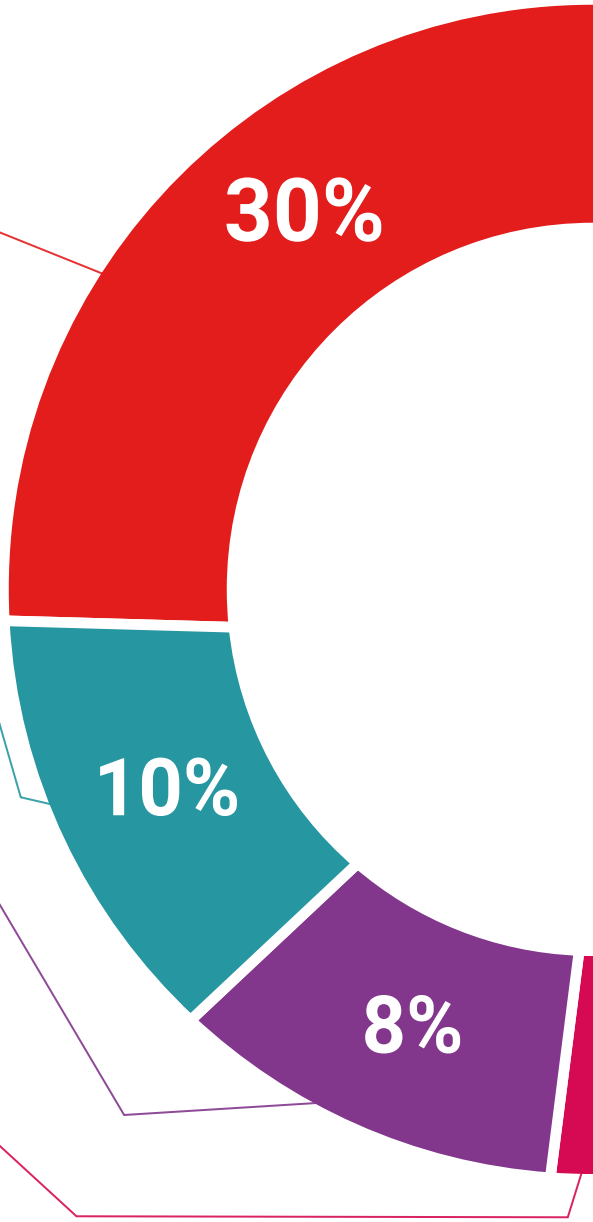
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.

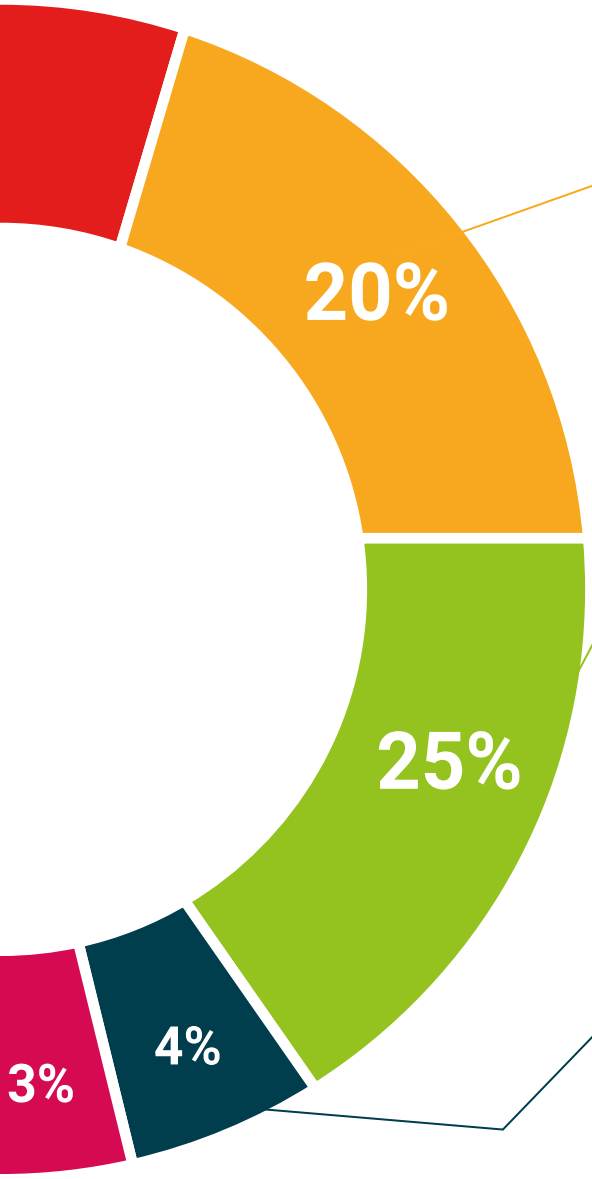
Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.

Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.

Interactive Summaries

The TECH team presents 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".

Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.

07

Certificate

The Master's Degree in Professional Volleyball guarantees students, in addition to the most rigorous and up-to-date education, access to a Master's Degree diploma issued by TECH Global University.

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This program will allow you to obtain your **Master's Degree diploma 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** 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: **Master's Degree in Professional Volleyball**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**

tech global university

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

Master's Degree in Professional Volleyball

This is a program of 1,500 hours of duration equivalent to 60 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).

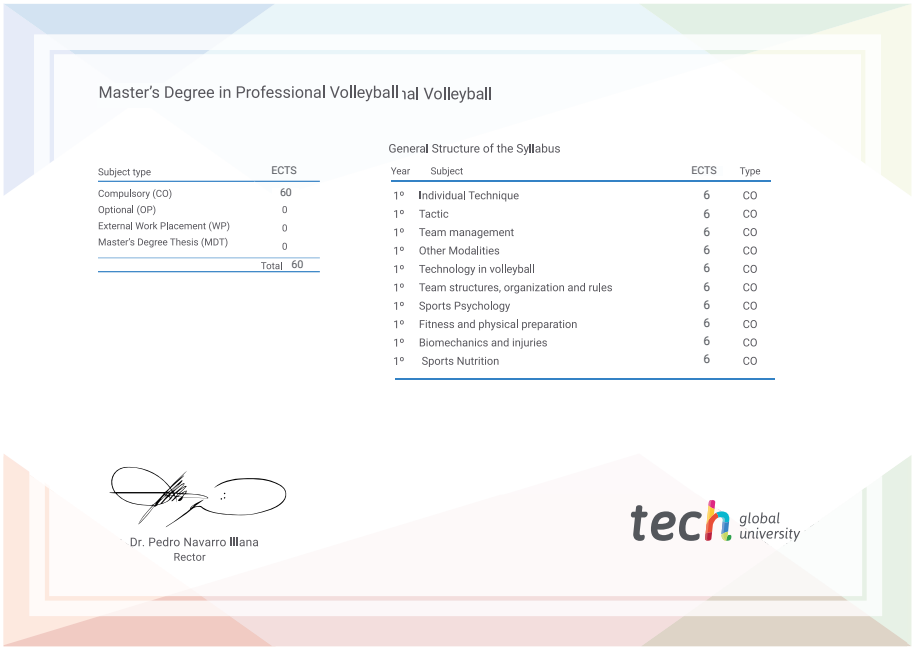
In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Rector

The Official Online University of the NBA

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.

Unique TECH Code: AFWORD23S techtitute.com/certificates


Master's Degree in Professional Volleyball ıal Volleyball

Subject type	ECTS
Compulsory (CO)	60
Optional (OP)	0
External Work Placement (WP)	0
Master's Degree Thesis (MDT)	0
Total	60

General Structure of the Syllabus

Year	Subject	ECTS	Type
1º	Individual Technique	6	CO
1º	Tactic	6	CO
1º	Team management	6	CO
1º	Other Modalities	6	CO
1º	Technology in volleyball	6	CO
1º	Team structures, organization and rules	6	CO
1º	Sports Psychology	6	CO
1º	Fitness and physical preparation	6	CO
1º	Biomechanics and injuries	6	CO
1º	Sports Nutrition	6	CO

Dr. Pedro Navarro Illana
Rector

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*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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Master's Degree
Professional Volleyball
» Modality: online
» Duration: 12 months
» Certificate: TECH Global University
» Credits: 60 ECTS
» Schedule: at your own pace
» Exams: online

Master's Degree

Professional Volleyball

Endorsed by the NBA

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