

# Professional Master's Degree Professional Football

Accreditation/Membership





## Professional Master's Degree Professional Football

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

Website: [www.techtute.com/us/sports-science/professional-master-degree/master-professional-football](http://www.techtute.com/us/sports-science/professional-master-degree/master-professional-football)

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# 01

# Introduction to the Program

Professional Football has significantly evolved in recent decades, driven by tactical, technological, and physical performance advancements in players. Currently, 70% of teams in the major European leagues use advanced data analytics to optimize their strategy and improve performance on the field, according to a report from the Spanish High Council for Sports. In this context, this academic opportunity from TECH emerges, designed to meet the demands of modern football. Through an innovative methodology, combining specialized educational material and a 100% online format, it allows professionals to delve into key aspects of the game, facilitating the acquisition of knowledge applicable to sports management.



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*A comprehensive and 100% online program, exclusive to TECH, with an international perspective supported by our membership with The Chartered Association of Sport and Exercise Sciences”*

The impact of football transcends the sport itself, becoming a social and economic phenomenon of great magnitude. In addition to generating identity and cohesion among millions of fans, it represents an ever-evolving industry, where strategic planning and the comprehensive development of teams are essential for achieving success. Today, competitiveness has driven clubs to refine every aspect of the game, from tactics and physical preparation to talent management.

This university program will provide professionals with a unique opportunity to update their knowledge and refine their skills in a high-level academic environment. Through specialized content, it will enable a deep understanding of the dynamics that govern elite football and the application of effective strategies in sports management and training. Additionally, it will foster the development of analytical and leadership skills, which are essential for decision-making in high-demand scenarios.

Finally, TECH has developed an innovative methodology that maximizes the acquisition of knowledge in a flexible and effective manner. Thanks to its 100% online model, available 24/7, it allows access to materials from any device with an internet connection. It also employs the Relearning method, based on the strategic reiteration of key concepts, facilitating progressive and long-lasting assimilation.

Additionally, thanks to the membership in **The Chartered Association of Sport and Exercise Sciences (CASES)**, students will gain access to exclusive educational resources, discounts on events and specialized publications, and practical benefits such as professional insurance. They will also be able to join an active community, participate in committees, and obtain accreditations that enhance their development, visibility, and professional prospects in the field of sports and exercise science.

This **Professional Master's Degree in Professional Football** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of practical cases presented by experts in Professional Football
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where the self-assessment process can be carried out to improve learning
- Special emphasis on innovative methodologies in Sports
- 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



*Recognized by Forbes as the largest digital university in the world, TECH Global University will offer you the opportunity to specialize in football from anywhere in the world"*

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*You will expand your cutting-edge knowledge in the most advanced strategies for the optimal functioning of a football team”*

The faculty includes professionals from the Professional Football field, who contribute their work experience to this program, along with 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 an immersive learning experience designed to prepare for real-life situations.

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

*You will deepen and stay updated on the importance of coaching in Football.*

*Boost your football career by mastering advanced techniques to optimize players' physical preparation.*



02

# Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it relies on an enormous faculty of more than 6,000 professors of the highest international renown.





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*Study at the world's largest online university  
and guarantee your professional success.  
The future starts at TECH”*

**The world's best online university, according to FORBES**

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

**Forbes**

The best online university in the world

The most complete  
**syllabus**

**The most complete syllabuses on the university scene**

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills. and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

**The best top international faculty**

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

**TOP**  
international faculty



The most effective methodology

**A unique learning method**

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

**The world's largest online university**

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.

**World's No.1**  
The World's largest online university

**The official online university of the NBA**

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

**Leaders in employability**

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



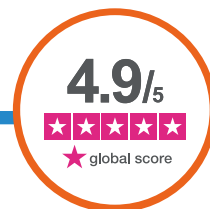
**Google Premier Partner**

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



**The official online university of the NBA**

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**The top-rated university by its students**

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



**Leaders in employability**

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.

# 03 Syllabus

The comprehensive academic itinerary at TECH will cover the fundamental aspects of Professional Football, providing key tools for the development of both technical and tactical skills. By delving into topics such as physical preparation applied to Football and injury management, professionals will be able to optimize players' performance and reduce recovery times. Additionally, the focus on applied psychology will be essential for managing the emotional well-being and mental performance of athletes. This will offer a holistic training that will enable informed and effective decision-making throughout your career in elite football.



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*Thanks to the Professional Football Resource Library, available 24/7, you will have exclusive content to explore and improve the mental performance of players”*

## Module 1. Structure and Functioning of a Football Team

- 1.1. How A Football Club Is Organized
  - 1.1.1. What Is A Football Club?
  - 1.1.2. The Origins Of Football Clubs
  - 1.1.3. Types Of Clubs
  - 1.1.4. Most Emblematic Clubs
- 1.2. The President And The Board Of Directors
  - 1.2.1. How It Is Structured
  - 1.2.2. Types Of Boards
  - 1.2.3. Positions And Responsibilities
  - 1.2.4. Club Members
- 1.3. Sports Organizational Chart
  - 1.3.1. Members That Make Up The Sports Department
  - 1.3.2. Is It Separate From Other Club Areas?
  - 1.3.3. Sports Ambassadors Of The Club
  - 1.3.4. Other Sports Within The Club
- 1.4. Sports Director
  - 1.4.1. What Is A Sports Director?
  - 1.4.2. Responsibilities
  - 1.4.3. Negotiations
  - 1.4.4. Subordinates
- 1.5. Technical Secretary
  - 1.5.1. How Does It Differ From The Sports Director?
  - 1.5.2. Who Makes Up The Technical Secretary Team?
  - 1.5.3. Their Tasks
  - 1.5.4. Coordination Between Departments
- 1.6. Youth Football Coordinator
  - 1.6.1. What Does The Role Entail?
  - 1.6.2. Methodology In Youth Football
  - 1.6.3. Interaction With Players And Their Environment
  - 1.6.4. Monitoring Players Outside The Club

- 1.7. Press Department
  - 1.7.1. What Is The Press Department And What Does It Do?
  - 1.7.2. Who Is In Charge Of The Press Department?
  - 1.7.3. Importance For The Club
  - 1.7.4. Control Over All Club Members
- 1.8. Security
  - 1.8.1. Security Within A Football Club
  - 1.8.2. What Does The Security Team Handle?
  - 1.8.3. Security Measures In The Premises
  - 1.8.4. Private Security For Club Members
- 1.9. Equipment Staff And Groundskeepers
  - 1.9.1. What Is An Equipment Manager?
  - 1.9.2. What Does The Equipment Manager Handle?
  - 1.9.3. Groundskeepers
  - 1.9.4. New Technologies For Maintaining Football Fields
- 1.10. Other Non-Sporting Staff
  - 1.10.1. Administrative Staff
  - 1.10.2. Official Store Personnel
  - 1.10.3. Hostesses
  - 1.10.4. Workers On Match Day At The Stadium

## Module 2. Technical Staff and Coaching

- 2.1. Coach
  - 2.1.1. How To Become A Coach
  - 2.1.2. Types Of Coaches According To Their Management Style
  - 2.1.3. The Coach As A Key Component Of The Coaching Staff
  - 2.1.4. What Does A Coach Do When They Don't Have A Team
- 2.2. Assistant Coach
  - 2.2.1. How To Choose The Assistant Coach
  - 2.2.2. Functions Performed By The Assistant Coach
  - 2.2.3. The Assistant Coach Is Closer To The Players
  - 2.2.4. Notable Cases Of Assistant Coaches

- 2.3. Goalkeeper Coach
  - 2.3.1. The Importance of a Good Goalkeeper Coach
  - 2.3.2. Their Functions
  - 2.3.3. The Individual Work with Goalkeepers
  - 2.3.4. Other Functions within the Technical Staff
- 2.4. Team Delegate
  - 2.4.1. What is a Team Delegate?
  - 2.4.2. Differences with the Field Delegate
  - 2.4.3. Own Delegate or Club Delegate?
  - 2.4.4. Main Functions
- 2.5. Physical Trainer
  - 2.5.1. What is the Role of the Physical Trainer?
  - 2.5.2. Without Physical Fitness, There Is No Football
  - 2.5.3. The Evolution of the Working Method
  - 2.5.4. Types of Physical Trainers
- 2.6. Analysts/Scouts
  - 2.6.1. What Is an Analyst and What Are Their Functions?
  - 2.6.2. The Scout within a Technical Staff
  - 2.6.3. Differences Between Analyst and Scout
  - 2.6.4. The Symbiosis Between Both and the Technical Staff
- 2.7. Medical Staff
  - 2.7.1. The Importance of Medical Staff in a Club
  - 2.7.2. Components of the Medical Staff
  - 2.7.3. Not Everything Can Be Treated in the Club
  - 2.7.4. Medical Insurance for a Football Club
- 2.8. Psychologists
  - 2.8.1. What Does a Psychologist Do in a Football Team?
  - 2.8.2. Work with Players and Staff
  - 2.8.3. Work with Other Staff Members
  - 2.8.4. How to Choose the Psychologist

- 2.9. *Coaching*
  - 2.9.1. Introduction to Coaching
  - 2.9.2. Individual Coaching
  - 2.9.3. Team Coaching
  - 2.9.4. Systemic Coaching
- 2.10. Group Culture Among the Staff Members
  - 2.10.1. Methods of Cohesion Among Members
  - 2.10.2. The Common Game Idea Is Important
  - 2.10.3. Loyalty as a Fundamental Part
  - 2.10.4. Is Language an Obstacle?

### Module 3. Training Methodology

- 3.1. The Training System
  - 3.1.1. Theoretical Foundation
  - 3.1.2. The Game as a Sum of Structures
  - 3.1.3. Planning, Design, and Execution
  - 3.1.4. Evaluation and Control of Training
- 3.2. Elements of the Training System
  - 3.2.1. Fundamentals of Collective Play
  - 3.2.2. The Player as the Center of the Process
  - 3.2.3. Methodological Trends
  - 3.2.4. The Psychological Aspect
- 3.3. Classification of Different Tasks
  - 3.3.1. How We Classify the Different Tasks
  - 3.3.2. Offensive Tasks
  - 3.3.3. Defensive Tasks
  - 3.3.4. Mixed Tasks
- 3.4. Circuits and Analytical Tasks
  - 3.4.1. What Are They Used For?
  - 3.4.2. Types
  - 3.4.3. Actions Without the Ball as the Main Focus
  - 3.4.4. Actions with the Ball

- 3.5. Possession Maintenance Exercises
  - 3.5.1. What Are They and What Types Exist?
  - 3.5.2. Possessions Without Structure
  - 3.5.3. Possessions with Substructures
  - 3.5.4. Pressure Games. Moments Without the Ball
- 3.6. Conditioned Games
  - 3.6.1. Conditioned Games Without Finishing
  - 3.6.2. Conditioned Games with Finishing
  - 3.6.3. Contrasting Macrostructures
  - 3.6.4. Position Games vs. Progression Games
- 3.7. Combined Actions
  - 3.7.1. Types of Evolutions. Purpose
  - 3.7.2. Passing Drills. Technical Drills
  - 3.7.3. Technical Drills with Moments and Substructures
  - 3.7.4. Collective Automatism
- 3.8. Playful Games
  - 3.8.1. What Do We Mean by Playful Games in Football?
  - 3.8.2. Maintenances
  - 3.8.3. Playful Rondos
  - 3.8.4. Played Tasks
- 3.9. Matches
  - 3.9.1. Conditioned Matches
  - 3.9.2. Modified Matches
  - 3.9.3. Contrasting Roles. Simulations
  - 3.9.4. Small-Sided Games
- 3.10. Performance Markers
  - 3.10.1. What Are Performance Markers?
  - 3.10.2. What Are They Used For?
  - 3.10.3. Types of Markers
  - 3.10.4. Technological Advances in Measurements





**Module 4. Physical Preparation in Football**

- 4.1. Physical Preparation and Sports Performance
  - 4.1.1. Physical Preparation, Physical Condition, and Sports Training
  - 4.1.2. Differences Between General Physical Preparation and Specific Physical Preparation in Football
  - 4.1.3. Basic Physical Capacities Determining Football Performance
  - 4.1.4. Moments in the Season to Work on the Basic Physical Capacities in Football
- 4.2. Basic Physical Capacities in Football: Training Methods
  - 4.2.1. Strength and Its Most Important Types in Football
  - 4.2.2. Endurance and Its Most Important Types in Football
  - 4.2.3. Speed and Its Most Important Types in Football
  - 4.2.4. Flexibility in Football
- 4.3. Annual Sports Planning in Football
  - 4.3.1. Mesocycle, Macrocycle, Microcycle, and Session
  - 4.3.2. Preseason
  - 4.3.3. The Season
  - 4.3.4. The Competition Week and Its Different Types
- 4.4. The Structure of a Training Session Related to Physical Preparation
  - 4.4.1. The Training Session and Its Parts
  - 4.4.2. Warm-up and Different Types
  - 4.4.3. Main Part of the Session
  - 4.4.4. Final Part of the Session or Cooldown
- 4.5. Training Methodologies for Physical Preparation in Football
  - 4.5.1. Analytical Physical Preparation
  - 4.5.2. Integrated Physical Preparation
  - 4.5.3. Structured Microcycle
  - 4.5.4. Tactical Periodization
- 4.6. Strength Training in Football Players
  - 4.6.1. Importance of Strength Training for Performance and Injury Prevention
  - 4.6.2. Types of Strength Training
  - 4.6.3. When to Use Strength Training
  - 4.6.4. Planning Strength Training in the Microcycle

- 4.7. Methods for Quantifying Internal and External Training Loads
  - 4.7.1. Internal and External Training Loads
  - 4.7.2. How to Quantify Internal and External Training Loads
  - 4.7.3. Different Types of Load Based on Microcycle and Session
  - 4.7.4. Conclusions at the End of the Training Session
- 4.8. Physical Preparation in Extreme Climatic Environments
  - 4.8.1. Training Football Players at High Altitudes
  - 4.8.2. Training Football Players in Desert Climates
  - 4.8.3. Training Football Players in Cold Climates
  - 4.8.4. Training Football Players in Humid Climates
- 4.9. Periods Without Competition
  - 4.9.1. Transitional Period Between Seasons
  - 4.9.2. Non-Competition Period Due to National Team Call-ups
  - 4.9.3. Non-Competition Period Due to Long National Competitions
  - 4.9.4. Non-Competition Period for Health Reasons
- 4.10. Use of GPS Systems in Planning and Developing Training Tasks
  - 4.10.1. What is a GPS system? How Does It Work and What Parameters Can Be Obtained?
  - 4.10.2. What Variables Are Used to Classify Different Training Tasks?
  - 4.10.3. How Do We Plan Tasks and Microcycles Based on GPS Variables?
  - 4.10.4. The Individual Profile of the Football Player Based on Playing Model and Physical Demands

**Module 5. Technique in Football**

- 5.1. The Technique. Background
  - 5.1.1. General Aspects of Technique
  - 5.1.2. Types of Technique
  - 5.1.3. Evolution of Technique
  - 5.1.4. Techniques/Tactics
- 5.2. Individual Technique – Attack
  - 5.2.1. Dribbling
  - 5.2.2. Shooting
  - 5.2.3. Ball Conduction
  - 5.2.4. Ball Control

- 5.3. Individual Technique – Defense
  - 5.3.1. Tackling
  - 5.3.2. Clearance
  - 5.3.3. Charge
  - 5.3.4. Interception
- 5.4. Collective Technique – Attack
  - 5.4.1. Passing
  - 5.4.2. Wall Passing
  - 5.4.3. Changing Direction
  - 5.4.4. Blocking
- 5.5. Collective Technique – Defense
  - 5.5.1. Aerial Duels
  - 5.5.2. Timing
  - 5.5.3. Pressure Feint
  - 5.5.4. Defensive Block
- 5.6. Technique in Youth Football
  - 5.6.1. U6 to U8
  - 5.6.2. U9 to U11
  - 5.6.3. U12 to U13
  - 5.6.4. U14 to U15
- 5.7. How Do I Apply Technique to the Playing Model?
  - 5.7.1. What Players Do I Have?
  - 5.7.2. Priority Technical Aspects
  - 5.7.3. Offensive Phase
  - 5.7.4. Defensive Phase
- 5.8. How Do I Plan Training Based on Technique?
  - 5.8.1. Annual Planning
  - 5.8.2. Planning During Breaks
  - 5.8.3. Weekly Planning
  - 5.8.4. Session Planning
- 5.9. How Important Is Technique in High Performance?
  - 5.9.1. Concept of Performance
  - 5.9.2. Objectives and Characteristics
  - 5.9.3. Phases
  - 5.9.4. Development and Implementation
- 5.10. The Micro Details for a Professional Footballer
  - 5.10.1. Characteristics of a Complete Player
  - 5.10.2. The Invisible Training
  - 5.10.3. Internal and External Factors Affecting the Football Player
  - 5.10.4. Individual Talent at the Service of the Team

## Module 6. Tactics in Football

- 6.1. Is Tactic the Same as Strategy? Theoretical Framework
  - 6.1.1. Definition of Basic Concepts
  - 6.1.2. Fundamental Principles of the Game
  - 6.1.3. Different Tactical Variations
  - 6.1.4. Differences and Similarities
- 6.2. Offensive Principles
  - 6.2.1. Definition
  - 6.2.2. Individual
  - 6.2.3. Collective
  - 6.2.4. Training
- 6.3. Defensive Principles
  - 6.3.1. Definition
  - 6.3.2. Individual
  - 6.3.3. Collective
  - 6.3.4. Training
- 6.4. Factors Influencing the Game
  - 6.4.1. Anthropometric and Motor Factors
  - 6.4.2. Psychological and Psychosocial Factors
  - 6.4.3. Biological and Cognitive Factors
  - 6.4.4. Strategic and Communicational Factors

- 6.5. Game Systems
  - 6.5.1. Characteristics and Evolution of Each System
  - 6.5.2. Advantages and Disadvantages of Each System
  - 6.5.3. Defensive Concepts and Complements
  - 6.5.4. Defensive Concepts and Complements
- 6.6. Game situations
  - 6.6.1. Offensive situations
  - 6.6.2. Defensive situations
  - 6.6.3. Attack-Defense Transition
  - 6.6.4. Defense-Attack Transition
- 6.7. Combating and Neutralizing Tactical Principles
  - 6.7.1. Definition
  - 6.7.2. Individual
  - 6.7.3. Collective
  - 6.7.4. Training
- 6.8. Game Model
  - 6.8.1. Playing Philosophy: Coach's Identity Markers
  - 6.8.2. Factors Influencing the Creation of the Game Model
  - 6.8.3. Types of Game Models
  - 6.8.4. Development and Peculiarities of "My" Game Model
- 6.9. Tactical Periodization
  - 6.9.1. Methodological Principles
  - 6.9.2. Morphocycle Pattern and Subdynamics
  - 6.9.3. Development of Morphocycles Throughout a Season
  - 6.9.4. Creating Tasks from Tactical Periodization
- 6.10. Strategy. Set Piece Actions
  - 6.10.1. Offensive strategy
  - 6.10.2. Defensive strategy
  - 6.10.3. Set Piece Training
  - 6.10.4. Selecting Actions Based on the Type of Player

## Module 7. Analysis in Football

- 7.1. Analysis of Own Team
  - 7.1.1. Micro-Level Analysis
  - 7.1.2. Functional Roles
  - 7.1.3. Meso-Level Analysis
  - 7.1.4. Macro-Level Analysis
- 7.2. Analysis of Training and Intervention by Coaching Staff
  - 7.2.1. Session Analysis
  - 7.2.2. Task Analysis
  - 7.2.3. Dynamic Interventions
  - 7.2.4. Static Interventions
- 7.3. Individual and Collective Analysis of the Rival Team
  - 7.3.1. Determination of Aspects to Observe
  - 7.3.2. Individual Reports
  - 7.3.3. Group and/or Team Reports
  - 7.3.4. Selection of Content and Influence on the Match Plan
- 7.4. Influence of the Rival on Training Tasks
  - 7.4.1. Introduction of Content in Training Tasks
  - 7.4.2. How Do We Coordinate the Coaching Staff's Actions?
  - 7.4.3. How Do We Handle the Game's Subphases?
  - 7.4.4. Training Feedback
- 7.5. Transmission of Rival Analysis to Players During the Microcycle
  - 7.5.1. What Content Do We Want to Transmit?
  - 7.5.2. What Type of Microcycle or Weekly Structure Am I in?
  - 7.5.3. How Do I Distribute Content Within the Microcycle?
  - 7.5.4. Transmission Tools
- 7.6. Pre-Match and In-Game Analysis
  - 7.6.1. Selection and Scheduling of Content
  - 7.6.2. Transmission Tools
  - 7.6.3. Collection and Exchange of Information During the Match
  - 7.6.4. Analysis and Transmission of Information During the Break

- 7.7. Post-Match Analysis and Final Evaluation
  - 7.7.1. Analysis of Own and Rival Behaviors
  - 7.7.2. What, When, and How to Transmit Content?
  - 7.7.3. Continuous Evaluation of the Squad
  - 7.7.4. Continuous Evaluation of the Competition
- 7.8. Analysis Department and Metric Data Analysis
  - 7.8.1. Implementation of the Analysis Department
  - 7.8.2. The Alamar Approach
  - 7.8.3. Database
  - 7.8.4. Data Selection Criteria
- 7.9. Audiovisual Processes
  - 7.9.1. Recording Concept and What to Record?
  - 7.9.2. Use of Recordings and What is Video?
  - 7.9.3. Shot
  - 7.9.4. Communication Language
- 7.10. Tagging and Event Classification
  - 7.10.1. Concept
  - 7.10.2. Event Data and What Data Can We Find?
  - 7.10.3. Tagging Structure
  - 7.10.4. Types of Events Based on Game Moments

## Module 8. Injuries in Football

- 8.1. Sports Injuries
  - 8.1.1. Concept of Injury vs. Sports Injury
  - 8.1.2. When is a Football Player Injured?
  - 8.1.3. Who Determines if a Football Player is Injured
  - 8.1.4. Medical Release, Sports Release, and Competitive Release
- 8.2. Types of Injuries and Their Treatment
  - 8.2.1. Muscle Injuries
  - 8.2.2. Ligament Injuries
  - 8.2.3. Tendon Injuries
  - 8.2.4. Joint and Bone Injuries
- 8.3. Medical Team and Its Objectives with an Injured Football Player
  - 8.3.1. The Doctor
  - 8.3.2. Physiotherapist
  - 8.3.3. Sports Rehabilitator
  - 8.3.4. The Physical Trainer and Coach
- 8.4. Most Common Injuries in Football
  - 8.4.1. Ischiotibial Injuries
  - 8.4.2. Sprains and Most Affected Areas
  - 8.4.3. Knee Injuries and Their Types
  - 8.4.4. Quadriceps Injuries
- 8.5. Why Does a Football Player Get Injured? Most Common Causes
  - 8.5.1. Intrinsic Factors of the Football Player
  - 8.5.2. Extrinsic Factors of the Football Player
  - 8.5.3. Other Factors
  - 8.5.4. Injury Incidence
- 8.6. Injury Recurrence and Possible Causes
  - 8.6.1. What is Recurrence?
  - 8.6.2. Can Recurrence Be Prevented?
  - 8.6.3. Most Common Causes of Recurrence
  - 8.6.4. How Do We Know That the Player is Finally Recovered?
- 8.7. Physical-Sports Rehabilitation and Its Phases for an Injured Footballer
  - 8.7.1. Phases
  - 8.7.2. Sports Functional Recovery
  - 8.7.3. Physical Sports Recovery
  - 8.7.4. Sports Retraining
- 8.8. Retraining for Effort
  - 8.8.1. What is Retraining for Effort?
  - 8.8.2. How Do We Control Retraining for Effort?
  - 8.8.3. What Parameters or Tests Do We Consider to Assess the Football Player's Readiness?
  - 8.8.4. The Football Player's Sensations are Important

- 8.9. Reintegration into Performance for an Injured Football Player
  - 8.9.1. Aspects to Consider When Reintegration of a Footballer into the Group
  - 8.9.2. First Steps
  - 8.9.3. Reintegration into the Group
  - 8.9.4. Example of Planning for Return to Competition
- 8.10. Injury Prevention for a Football Player
  - 8.10.1. Prevention of Most Common Injuries
  - 8.10.2. The Importance of Strength in Injury Prevention
  - 8.10.3. When and How Do We Implement an Injury Prevention Protocol?
  - 8.10.4. The Football Player's Work Outside the Team in Injury Prevention

## Module 9. Psychology Applied to Football

- 9.1. Sports Psychology
  - 9.1.1. What is Psychology?
  - 9.1.2. Differences Between "Traditional" Psychology and Sports Psychology
  - 9.1.3. Structure of Psychological Work
  - 9.1.4. Wants vs. Needs
- 9.2. Psychological Needs in Football
  - 9.2.1. Main Variables to Work On
  - 9.2.2. Conflict Mediation
  - 9.2.3. Multidisciplinary Work in Football
  - 9.2.4. Invisible Training
- 9.3. Team Building
  - 9.3.1. Group vs. Team
  - 9.3.2. Identity
  - 9.3.3. Structure
  - 9.3.4. Group Cohesion
- 9.4. Setting Goals and Roles Within a Team
  - 9.4.1. SMART Goals
  - 9.4.2. Group and Individual Goals
  - 9.4.3. Who Assigns Roles Within the Team?
  - 9.4.4. Motivation and Role
- 9.5. Attention and Concentration in Football
  - 9.5.1. What is Attention?
  - 9.5.2. What is Concentration?
  - 9.5.3. Influence of Activation
  - 9.5.4. Attention Focus in Football
- 9.6. Leadership
  - 9.6.1. What Does It Mean to Be a Leader?
  - 9.6.2. Types of Leadership in Players
  - 9.6.3. Types of Leadership in Coaches
  - 9.6.4. Transformational Leadership
- 9.7. Evaluation of a Football Team as a Group
  - 9.7.1. Group Dynamics
  - 9.7.2. Sociogram
  - 9.7.3. Motorgram
  - 9.7.4. Data Extraction and Conclusions
- 9.8. Sports Psychology in Youth Football
  - 9.8.1. Formation vs. Competition
  - 9.8.2. Parent Education
  - 9.8.3. Working with Values
  - 9.8.4. Role Rotation
- 9.9. Sports Psychology in High Performance
  - 9.9.1. Worchel's Cyclical Model
  - 9.9.2. Player's Self-Knowledge
  - 9.9.3. Working with Injured Players
  - 9.9.4. Retirement in Professional Sports
- 9.10. Psychological Work by the Coach
  - 9.10.1. Norms and Rules
  - 9.10.2. Communication
  - 9.10.3. One-on-One Work with Players
  - 9.10.4. Working with Injured Players

## Module 10. Nutrition Applied to Football

- 10.1. Energy Requirements and Body Composition
  - 10.1.1. Energy Balance
  - 10.1.2. Energy Expenditure in Training and Matches
  - 10.1.3. Body Composition of the Football Player
  - 10.1.4. Body Composition Assessment
- 10.2. Macronutrients and Micronutrients
  - 10.2.1. Carbohydrates
  - 10.2.2. Proteins
  - 10.2.3. Fats
  - 10.2.4. Vitamins and Minerals
- 10.3. Hydration and Fluid Loss
  - 10.3.1. Hydration Balance
  - 10.3.2. Fluid Intake and Strategies
  - 10.3.3. Fluid Loss
  - 10.3.4. Hydration in Training and Matches
- 10.4. Nutrition During Competition
  - 10.4.1. Daily Nutrition for the Football Player
  - 10.4.2. Training Demands
  - 10.4.3. Match Demands
  - 10.4.4. Nutritional Planning
- 10.5. Pre-Match Nutrition
  - 10.5.1. Macronutrients and Liquids
  - 10.5.2. Pre-Match Meals
  - 10.5.3. *Timing*
  - 10.5.4. Ergogenic Aids
- 10.6. Post-Match Nutrition
  - 10.6.1. Macronutrients and Liquids
  - 10.6.2. Post-Match Meals
  - 10.6.3. *Timing*
  - 10.6.4. Ergogenic Aids



- 10.7. Nutrition for the Injured Player
  - 10.7.1. Important Macronutrients and Micronutrients
  - 10.7.2. Energy Demands
  - 10.7.3. Supplements and Ergogenic Aids
  - 10.7.4. Nutritional Planning
- 10.8. Nutrition During the Offseason
  - 10.8.1. Macronutrient Distribution
  - 10.8.2. Micronutrients and Ergogenic Aids
  - 10.8.3. Energy Demands
  - 10.8.4. Nutritional Planning
- 10.9. Supplements and Ergogenic Aids
  - 10.9.1. Classification and Safety
  - 10.9.2. Sports Foods and Supplements
  - 10.9.3. Instant-Effect Ergogenic Aids
  - 10.9.4. Chronic-Effect Ergogenic Aids
- 10.10. Special Situations
  - 10.10.1. Considerations for Women's Football
  - 10.10.2. Young Players
  - 10.10.3. Football and heat
  - 10.10.4. Nutritional Planning During Travel



*You will integrate applied nutrition techniques in football and personalized meal plans to optimize players' performance"*

# 04

# Teaching Objectives

You will integrate applied nutrition techniques in football and personalized meal plans to optimize players' performance. Therefore, it will allow the application of sports psychology principles to improve the mental performance of players. Upon completion, graduates will be equipped to make informed strategic decisions, maximize both the physical and psychological performance of athletes, and lead teams to success in the competitive world of elite football. This comprehensive approach will provide key specialization to face the challenges of professional football.







“

*You will apply high-impact strategies to lead teams, ensuring success in the competitive environment of elite football”*



## General Objectives

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- ♦ Analyze the structure and operation of a football team to optimize collective performance
- ♦ Develop competencies in managing the technical staff and coaching to enhance team performance
- ♦ Apply advanced training methodologies to improve physical and tactical preparation in football
- ♦ Optimize players' physical preparation using football-specific strategies
- ♦ Master the fundamental football techniques to improve both individual and collective performance on the field
- ♦ Apply advanced tactics to maximize game strategy and decision-making in football
- ♦ Evaluate the impact of injuries on player performance and develop appropriate prevention plans
- ♦ Implement principles of psychology and applied nutrition to improve players' mental and physical well-being



*Manage the treatment of common football injuries, promoting optimal recovery and return to competition"*





## Specific Objectives

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### Module 1. Structure and Functioning of a Football Team

- ◆ Analyze the structure and key roles within a football club, such as the president and the sporting director
- ◆ Identify the functions of the grassroots football coordinator and technical secretary
- ◆ Evaluate the importance of security and press in the operation of a club
- ◆ Understand the role of kit men, groundsmen, and administrative staff in the club

### Module 2. Technical Staff and Coaching

- ◆ Identify the functions and roles of the various members of the technical staff, such as the head coach, assistant coach, and fitness coach
- ◆ Analyze the importance of coaching, both individually and as a team, in the development of a football team
- ◆ Evaluate the impact of medical staff and psychologists on the mental and physical health of players, ensuring their optimal performance
- ◆ Understand the dynamics of group culture within the technical staff, promoting cohesion and loyalty among members

### Module 3. Training Methodology

- ◆ Develop an effective training system that includes planning, execution, and evaluation of tasks in football
- ◆ Identify and apply various training tasks, both offensive and defensive, adapted to the needs of the team
- ◆ Incorporate circuits and analytical exercises that enhance the development of individual and collective skills, both with and without the ball
- ◆ Analyze and apply conditioned games to improve possession, pressure, and team play, optimizing tactical performance

#### **Module 4. Physical Preparation in Football**

- ♦ Establish an annual physical preparation plan to optimize performance during each phase of the season
- ♦ Develop strength, endurance, speed, and flexibility in players through specific training
- ♦ Use methods and technology to quantify the internal and external load of training, adjusting sessions to the players' needs
- ♦ Adapt training to different climatic conditions to maintain players' physical performance

#### **Module 5. Technique in Football**

- ♦ Develop individual and collective technical skills to improve performance in attack and defense
- ♦ Adapt techniques for various grassroots football categories, ensuring player progress
- ♦ Integrate technique into the playing model, adjusting it according to the team's characteristics and game phases
- ♦ Plan training sessions that optimize technical development, taking into account the season cycles and rest periods

#### **Module 6. Tactics in Football**

- ♦ Understand the difference between tactics and strategy, and apply fundamental principles across different tactical variations
- ♦ Develop and train offensive and defensive principles, both individually and collectively, to improve game dynamics
- ♦ Integrate factors such as psychology, biology, and player characteristics into tactical decision-making and the playing model
- ♦ Use tactical periodization to plan and create tasks that optimize performance throughout the season

#### **Module 7. Analysis in Football**

- ♦ Perform a detailed analysis of your own team through micro, meso, and macro levels, identifying functional roles
- ♦ Evaluate training and interventions from the technical staff, both dynamic and static, to adjust tasks and improve performance
- ♦ Analyze the opposition individually and collectively, using specific reports to influence game planning
- ♦ Effectively communicate opponent analysis to the player during the microcycle, adjusting content and tools according to the phase of the week

#### **Module 8. Injuries in Football**

- ♦ Analyze the most common types of injuries in football, such as muscle, ligament, tendon, and joint injuries, along with their specific treatments
- ♦ Define the causes of injuries, differentiating between intrinsic, extrinsic, and other factors that influence injury incidence
- ♦ Evaluate injury recurrences, identifying the most common causes and how to prevent them
- ♦ Examine the process of physical-sport rehabilitation, detailing its phases and how player re-training is carried out



### **Module 9. Psychology Applied to Football**

- ♦ Analyze the differences between traditional psychology and sports psychology, highlighting the structure of psychological work in football
- ♦ Evaluate the primary psychological needs in football, such as conflict mediation and multidisciplinary teamwork
- ♦ Establish the importance of group cohesion in building teams, differentiating between groups and teams, and identifying the role of identity and structure
- ♦ Examine the process of setting SMART goals, both group and individual, and how role assignment influences motivation within the team

### **Module 10. Nutrition Applied to Football**

- ♦ Evaluate energy expenditure during training and matches to adjust caloric intake and maintain appropriate body composition
- ♦ Ensure that players receive the correct amounts of carbohydrates, proteins, fats, vitamins, and minerals for their performance and recovery
- ♦ Establish an adequate liquid intake plan before, during, and after training and matches to maintain hydration balance
- ♦ Create a specific nutritional approach for before and after matches, maximizing energy, recovery, and performance

05

# Career Opportunities

This Professional Master's Degree will provide exclusive and updated knowledge that will enable professionals to access various career opportunities within the football sector. In fact, they will be able to excel in key roles such as sports physiotherapist, physical re-adaptator, or sports nutritionist. Additionally, it will be possible for them to work in sports clubs, high-performance centers, or specialized institutions. As such, students will acquire the necessary skills to intervene effectively in the health and performance of football players, optimizing their recovery and preventing injuries, which will directly influence their professional performance and overall well-being.





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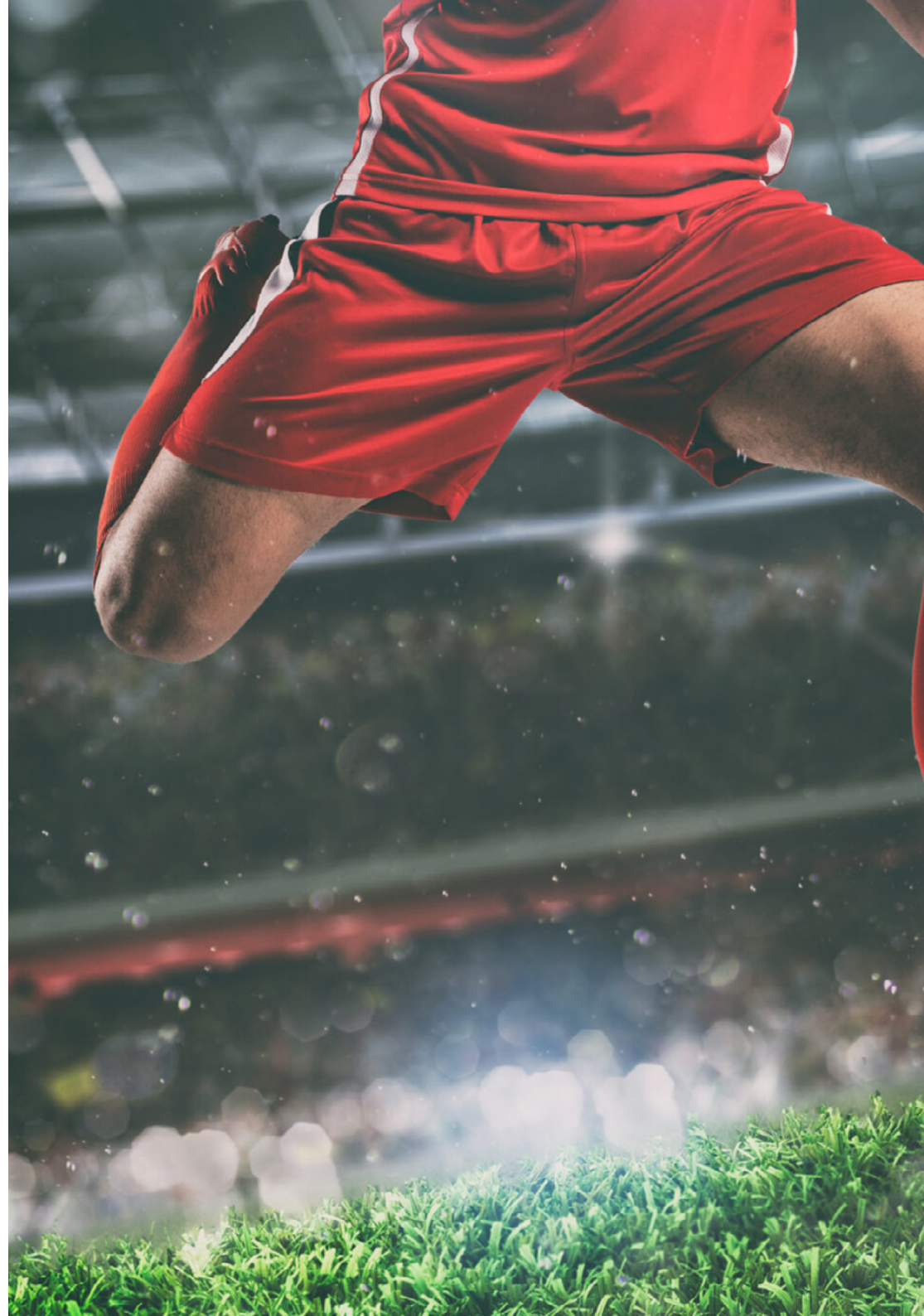
*You will intervene in football players with muscular injuries as a sports physiotherapist, using rehabilitation techniques to restore their mobility”*

### Graduate Profile

The graduate will have an in-depth understanding of the human body in a sports context, which will enable them to develop personalized rehabilitation plans for football players. Additionally, they will master injury prevention and physical performance optimization techniques using cutting-edge technologies. Therefore, they will be able to lead multidisciplinary teams and collaborate closely with coaches and doctors, ensuring a comprehensive approach to sports health care. They will also be qualified to perform accurate assessments and make evidence-based decisions, contributing to both individual and collective success in professional football.

*You will make decisions based on scientific evidence to enhance the performance and health of football players.*

- ♦ **Effective Communication:** Communicate clearly and precisely with football players, coaches, and other professionals, ensuring that instructions and recommendations are understood and applied correctly to improve outcomes
- ♦ **Teamwork:** Collaborate with professionals from various disciplines, fostering a cooperative environment that enhances the holistic health and performance of football players
- ♦ **Critical Thinking:** Evaluate complex situations, making informed decisions based on scientific evidence, contributing to the continuous improvement of football players' performance and well-being
- ♦ **Time Management:** Organize and prioritize tasks effectively, optimizing available resources and ensuring that each aspect of the recovery and performance process is attended to promptly and efficiently







After completing the university program, you will be able to apply your knowledge and skills in the following positions:

- 1. Sports Physiotherapist:** Responsible for the rehabilitation and injury prevention of football players, using specific physiotherapy techniques to ensure a speedy recovery and optimize the players' physical performance.
- 2. Physical Trainer:** Responsible for supervising and designing physical conditioning programs to improve players' endurance, strength, and speed, ensuring they are in their best physical condition throughout the season.
- 3. High-Performance Physiotherapist:** Responsible for managing the recovery of complex injuries and handling the players' physical health, using advanced techniques to optimize the rehabilitation process and maximize performance on the field.
- 4. Physical Rehabilitator:** In charge of designing rehabilitation programs for injured football players, helping them reintegrate into training and competition through specific exercises that promote full recovery.
- 5. Goalkeeper Coach:** Responsible for developing specific skills for goalkeepers, focusing on ball handling techniques, positioning, reflexes, and decision-making during matches.
- 6. Performance Analysis Technician:** Specializes in the use of advanced technology to analyze the physical and tactical performance of football players, providing data that helps coaches make strategic decisions and improve both collective and individual performance.
- 7. Sports Masseuse:** Responsible for providing therapeutic massages to football players to relieve muscle tension, prevent injuries, and promote rapid recovery after training or matches.
- 8. Academy Coordinator:** In charge of planning and managing youth development programs, ensuring that young players receive the necessary training and support to grow and become professionals.

06

# 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.



“

*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.

“

*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.





**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.



07

# Teaching Staff

Professionals will have the opportunity to train with a prestigious faculty, composed of renowned experts and former elite players, whose experience in the world of Professional Football is unmatched. Thanks to their extensive background, they will provide practical and up-to-date knowledge that will enable graduates to master the most demanding aspects of Professional Football. In fact, this direct interaction with prominent figures in the field will enhance the ability to make strategic decisions and optimize the performance of football players, ensuring a comprehensive approach to their professional development and success on the field.



“

*You will gain a complete understanding of Professional Football thanks to the experience of the faculty, who have designed this comprehensive and exclusive university program”*

## Management



### Mr. Angel Fernández Fernández

- ♦ Assistant coach at Real Oviedo Vetusta
- ♦ Coach in Real Oviedo Women's Football grassroots level
- ♦ Responsible for the North Zone of JV Sports Representation Agency
- ♦ Level III Football Coach
- ♦ Former Sports Manager CD Mosconia (3RFEF)

## Teachers

### Mr. Jonatan Di Giosia Alonso

- ♦ Head of Basic Forces of Club Leon of Mexico
- ♦ Real Oviedo and FC Cartagena Scouting
- ♦ Trainer at Regional Sportsk in United Arab Emirates
- ♦ Coach of the Brazilian national team in the Integration World Cup Madrid
- ♦ Degree in Psychology from the National University of Distance Education (UNED)
- ♦ Higher Grade football Coaching

### Mr. Javier Picó Acosta

- ♦ Sports Psychologist at E-Corp
- ♦ Sports Psychologist at Mental Gaming
- ♦ Psychologist and assistant trainer at Bahía de Mazarrón Basket
- ♦ Collaborator in sports psychology at Real Madrid
- ♦ Master's Degree in Coaching and Sports Psychology from the European University of Madrid
- ♦ Degree in Psychology
- ♦ Degree in Pedagogy

**Ms. Silvia Fernández Lorenzo**

- ◆ Nutritionist of the Real Sporting de Gijón
- ◆ Former Professional football Player
- ◆ Graduate in Human Nutrition and Dietetics from the European University Miguel de Cervantes
- ◆ Expert in Nutrition in Digestive Pathology by CEAN Group
- ◆ Member of: Association of Dietitians-Nutritionists of Spanish Football

**Mr. Alejandro Rodríguez Rodríguez**

- ◆ Real Oviedo women's coach
- ◆ Teacher in Secondary Education
- ◆ Industrial Engineer at Urbaser
- ◆ CD Mosconia Coach
- ◆ Real Oviedo's youth coach
- ◆ Director of the chain of subsidiaries of U.D Pájara Playas de Jandía
- ◆ Coach of the U16 Asturian national football team
- ◆ Degree in Industrial Engineering
- ◆ Master's Degree in Occupational Risk Prevention
- ◆ Master's Degree in Teacher Training

**Mr. José Rodríguez Suárez**

- ◆ National Level III coach
- ◆ Higher Technician in Sports Coaching by Fernando Pessoa University
- ◆ Career Official in the Ministry of Education of the Principality of Asturias
- ◆ National Coach Level III by the Royal Football Federation of Madrid
- ◆ Diploma in Teaching Specialization in Physical Education from the University of Oviedo

**Mr. Santiago Zamora, Manuel Isidro**

- ◆ First team coach Unión Astur Football Club
- ◆ Co-founder and Co-director of the Victoria de Perlorá Club campus
- ◆ UEFA A license by the Royal Asturian Football Federation
- ◆ Sports Technician in Football Level III

**Mr. García Santamaría, Alberto**

- ◆ Physical Trainer and Fitness Trainer
- ◆ Superior Sports Technician in Football Level III
- ◆ Master's Degree in Prevention and Rehabilitation of Football Injuries by the University of Castilla la Mancha
- ◆ Master's Degree in Sports Science Research from the University of Castilla la Mancha
- ◆ Master's Degree in Physical Preparation in Football by the University of Castilla la Mancha
- ◆ Graduate in Physical Activity and Sport Sciences from the University of Castilla la Mancha

**Mr. Manibardo, Jesús**

- ◆ Technical Secretary at Intagta International Agency
- ◆ Sports Director at Club Deportivo Coria
- ◆ Master's Degree in Sports Law from the University of Murcia
- ◆ Expert in Football Analysis and Scouting by the Camilo José Cela University
- ◆ Expert in Sports Management by the National Association of Football Coaches
- ◆ MBA in Football Management from Be Magistra

08

# Certificate

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





The image features two black graduation caps (mortarboards) against a bright blue sky with light, wispy clouds. The caps are positioned diagonally, with one in the foreground and another slightly behind it. The background is split into a white lower-right section and a dark blue upper-right section by a diagonal line.

“

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

This private qualification will allow you to obtain a diploma for the **Professional Master's Degree in Professional Football** 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 private qualification from **TECH Global University** is a European continuing education and professional development program that guarantees the acquisition of competencies in its area of expertise, providing significant curricular value to the student who successfully completes the program.

TECH is a member of the distinguished professional organization **The Chartered Association of Sport and Exercise Sciences (CASES)**. This membership reaffirms its commitment to excellence in management and specialized training in the sports field.

Accreditation/Membership



Title: **Professional Master's Degree in Professional Football**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



\*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.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
online training  
development language  
virtual classroom

**tech** global  
university

## Professional Master's Degree

### Professional Football

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

# Professional Master's Degree Professional Football

Accreditation/Membership

