Professional Master's Degree

Professional Rugby

Endorsed by the NBA

tech global university

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Professional Master's Degree
Professional Rugby

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

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

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01

Introduction to the Program

The use of Smart Ball or the use of new technologies for broadcasting are just some of the innovations that Professional Rugby has incorporated in recent years. In this scenario, coaches who wish to focus their careers on high-level clubs should be aware of the latest developments in the field. In this line, TECH has designed this program that integrates the most advanced multidisciplinary syllabus in only 12 months. In this way, it will delve into areas such as sports nutrition, marketing, psychology and the modalities of this sport in order to improve the performance of the players. A unique opportunity for progression under the guidance of an excellent teaching team made up of former elite players.

Thanks to this 100% online program you will be able to master all the essential elements to progress in Professional Rugby"

One of the highest professional aspirations of any Rugby coach is to reach the elite and play in the Six Nations. Achieving this goal requires a deep knowledge of the sport and integrating the latest technological, nutritional or technical-tactical strategy advances for the improvement of the team and the players.

In this sense, the professionalization of this sport and its great worldwide repercussion has raised in the last years even more the competitiveness and demand at the highest level. For this reason, TECH has created this program that provides future specialists in this sport, an intensive learning about Professional Rugby.

This is a 12-month program that will take students to deepen from a theoretical-practical perspective in the latest scientific evidence on certain physical preparation sessions, improvements in nutritional programs or psychological strategies in conflict resolution. All of this is complemented by pedagogical tools based on multimedia pills, essential readings and case studies that make this program even more dynamic.

Likewise, with the Relearning system, based on the reiteration of continuous content throughout the academic itinerary, the graduate will reduce the long hours of study and memorization. In this way, you will learn in a simple way and away from traditional pedagogical methodologies.

An excellent opportunity to progress through a flexible training program that you can access as and when you wish. They only need a digital device with an Internet connection to access the content of the program at any time of the day. As such, without the need for classroom attendance or classes with fixed schedules, students have greater freedom to self-manage their study time and make this teaching compatible with their daily activities.

This **Professional Master's Degree in Professional Rugby** 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 Rugby and areas such as Psychology, Marketing and Nutrition
- The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable 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

With TECH's methodology you will be able to reduce the long hours of study and acquire in a simple way a key learning in your professional progression"

A unique program that will allow you to keep abreast of the latest developments in nutrition for professional Rubgy athletes"

Thanks to this university degree, you will work with greater precision on the strength, endurance and speed of your players.

It delves into Rugby Sevens, the form of rugby present in the Olympic Games and its technical specifications.

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 educatio

nal 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 course. For this purpose, students will be assisted by an innovative interactive video system created by renowned experts.

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.

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".

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.

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.

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.

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 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 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.

03

Syllabus

The program's syllabus is made up of multimedia teaching material, readings and case studies that will provide students with a theoretical and practical approach to Professional Rugby. In this way, graduates will have access to a complete syllabus that will lead them to delve in the different modalities of this sport discipline, the most advanced Coaching strategies for team management, as well as the incorporation of new technologies both for game analysis and for dissemination in the digital environment.

You will have at your disposal a wide range of teaching materials with which to enrich your intensive learning in Professional Rugby"

Module 1. Rugby Modalities

1.1. Rugby
- 1.1.1. Rugby
- 1.1.2. Origins
- 1.1.3. World Rugby

1.2. Professional Rugby Fifteens
- 1.2.1. Beginners
- 1.2.2. Professional Rugby Fifteens
- 1.2.3. Rugby Fifteens in Spain

1.3. Rugby Sevens and Rugby League
- 1.3.1. Beginners
- 1.3.2. Rugby Sevens

1.4. Other Varieties of Rugby
- 1.4.1. Inclusive and Prison Rugby
- 1.4.2. Tag Rugby and Touch Rougby
- 1.4.3. Other Varieties

1.5. General Regulations
- 1.5.1. Introduction
- 1.5.2. Principles of the Game
- 1.5.3. Regulations

1.6. Anti-Doping
- 1.6.1. Keep Rugby Clean
- 1.6.2. Nutrition and Supplements
- 1.6.3. Medication

1.7. Anti-Gambling
- 1.7.1. Antidoping Keep Rugby Onside
- 1.7.2. Discipline
- 1.7.3. Anticorruption

1.8. Values
- 1.8.1. Why Defend these Values?
- 1.8.2. Integrity
- 1.8.3. Third Half

1.9. Figure of the Referee
- 1.9.1. Referee in Rugby
- 1.9.2. Referee Gestures
- 1.9.3. Types of Referees

1.10. Major Championships
- 1.10.1. Professional Rugby Fifteens
- 1.10.2. Professional Rugby VII
- 1.10.3. Professional Rugby League

Module 2. Rugby Fifteens. Sports and Regulations

2.1. Specific Regulations
- 2.1.1. Principles of the Game
- 2.1.2. Principles of the Laws
- 2.1.3. The Rules of Games

2.2. Player-Specific Skills
- 2.2.1. Development of Specific Conditional Capacities
- 2.2.2. Development of Coordination Skills
- 2.2.3. Improved Decision-Making Process

2.3. Specific Positions
- 2.3.1. Forwards
- 2.3.2. Methods
- 2.3.3. Three Quarters

2.4. Attack
- 2.4.1. The Start of the Game
- 2.4.2. The Game at the Breakdowns
- 2.4.3. Counter-Attack in the Game and Permanent Reorganization

2.5. Defense
- 2.5.1. Tackling in Rugby Fifteens: Introduction and Types
- 2.5.2. Defense from Launching Points of Encounter
- 2.5.3. Defense from Static Phases

2.6. Static Phases
- 2.6.1. Melee
- 2.6.2. *Touch*
- 2.6.3. Center Kick

2.7. Maul, Ruck and Breakdown
- 2.7.1. Maul
- 2.7.2. Ruck
- 2.7.3. *Breakdown*

2.8. Basis of the Game System
- 2.8.1. The Start of the Game
- 2.8.2. The Game at the Breakdowns
- 2.8.3. Counter-Attack in the Game and Permanent Reorganization

2.9. Session Structure
- 2.9.1. Player Initiation Period
- 2.9.2. General Exercises
- 2.9.3. The Training Session

2.10. Rival Analysis
- 2.10.1. Offensive System Analysis
- 2.10.2. Defensive System Analysis
- 2.10.3. Static Phase Analysis

Module 3. Specialized Training for Rugby Fifteens

3.1. Professional Rugby XV
- 3.1.1. Nature of the Sport
- 3.1.2. Playing Demands on Strikers
- 3.1.3. Three-Quarter Play Demands

3.2. Strength
- 3.2.1. Requirements and Principles Based on Sport
- 3.2.2. Strength - Hypertrophy
- 3.2.3. Power

3.3. Speed
- 3.3.1. Requirements and principles based on sport
- 3.3.2. Acceleration
- 3.3.3. Speed

3.4. Resistance
- 3.4.1. Requirements and Principles Based on Sport
- 3.4.2. Running Displacement Resistance
- 3.4.3. Resistance to High-Intensity Actions

3.5. Test
- 3.5.1. Interest
- 3.5.2. Endurance Test (E.g. 1200m Shuttle Test or Bronco Test)
- 3.5.3. Strength Test

3.6. Static Phases
- 3.6.1. Melee
- 3.6.2. Touch
- 3.6.3. Implications for Physical Preparation

3.7. Contact
- 3.7.1. Requirements and Principles Based on Sport
- 3.7.2. Influence on Training
- 3.7.3. Implications for Physical Preparation

3.8. Lesions
- 3.8.1. Epidemiology of Injuries
- 3.8.2. Injury Mechanisms
- 3.8.3. Concussions

3.9. GPS Technology
- 3.9.1. Interest
- 3.9.2. Study Variables
- 3.9.3. Ball in Play and Worst Case Scenario

3.10. Role of Physical Preparation for Rugby Performance
- 3.10.1. Monitoring
- 3.10.2. How to Plan
- 3.10.3. How to Program

Module 4. Rugby Sevens. Sport and Regulations

4.1. Specific Regulations
- 4.1.1. Principles of the Game
- 4.1.2. Principles of the Laws
- 4.1.3. The Rules of Games

4.2. Player-Specific Skills
- 4.2.1. Development of Specific Conditional Capacities
- 4.2.2. Development of Coordination Skills
- 4.2.3. Improved Decision Making Process

4.3. Specific Positions
- 4.3.1. Forwards
- 4.3.2. Methods
- 4.3.3. Three Quarters

4.4. Attack
- 4.4.1. The Start of the Game
- 4.4.2. The Game at the Breakdowns
- 4.4.3. Counter-Attack in the Game and Permanent Reorganization

4.5. Defense
- 4.5.1. Tackling in Rugby Sevens: Introduction and Types
- 4.5.2. Defense from Launching Points of Encounter
- 4.5.3. Defense from Static Phases

4.6. Static and Dynamic Phases
- 4.6.1. Melee and Touch
- 4.6.2. Maul
- 4.6.3. Ruck

4.7. Kickoffs
- 4.7.1. Importance of Kickoffs in Rugby Sevens
- 4.7.2. Kickoffs in Possession
- 4.7.3. Receiving the Kickoff

4.8. Basis of the Game system
- 4.8.1. The Start of the Game
- 4.8.2. The Game at the Breakdowns
- 4.8.3. Counter-Attack in the Game and Permanent Reorganization

4.9. Session Structure
- 4.9.1. Player Initiation Period
- 4.9.2. General Exercises
- 4.9.3. The Training Session

4.10. Rival Analysis
- 4.10.1. Offensive System Analysis
- 4.10.2. Defensive System Analysis
- 4.10.3. Static Phase Analysis

Module 5. Specialized Training for Professional Rugby Sevens

5.1. Professional Rugby VII
- 5.1.1. Nature of the Sport
- 5.1.2. Playing Demands on Strikers
- 5.1.3. Three-Quarter Play Demands

5.2. Strength
- 5.2.1. Requirements and Principles Based on Sport
- 5.2.2. Strength - Hypertrophy
- 5.2.3. Power

5.3. Speed
- 5.3.1. Requirements and Principles Based on Sport
- 5.3.2. Acceleration
- 5.3.3. Speed

5.4. Resistance
- 5.4.1. Requirements and Principles Based on Sport
- 5.4.2. Running Displacement Resistance
- 5.4.3. Resistance to High-Intensity Actions

5.5. Test
- 5.5.1. Interest
- 5.5.2. Endurance Test (e.g. 1200m Shuttle Test or Bronco Test)
- 5.5.3. Strength Test

5.6. Static Phases
- 5.6.1. Melee
- 5.6.2. Touch
- 5.6.3. Implications for Physical Preparation

5.7. Contact
- 5.7.1. Requirements and Principles Based on Sport
- 5.7.2. Influence on Training
- 5.7.3. Implications for Physical Preparation

5.8. Lesions
- 5.8.1. Epidemiology of Injuries
- 5.8.2. Injury Mechanisms
- 5.8.3. Concussions

5.9. GPS Technology
- 5.9.1. Interest
- 5.9.2. Study Variables
- 5.9.3. Ball in Play and Worst Case Scenario

5.10. Role of Physical Preparation for Rugby Performance
- 5.10.1. Monitoring
- 5.10.2. How to Plan
- 5.10.3. How to Program

Module 6. Rugby Team Management

6 1. Rugby Teams
- 6.1.1. Group
- 6.1.2. Equipment
- 6.1.3. Tribe

6.2. Communication
- 6.2.1. Same Language
- 6.2.2. Needs and Demands
- 6.2.3. Silences

6.3. Managing the Sports Team
- 6.3.1. Mission
- 6.3.2. Objectives
- 6.3.3. Strategy

6.4. Leading the Team
- 6.4.1. Individual Competencies
- 6.4.2. Staff Competencies
- 6.4.3. Collective Competencies

6.5. *Team Empowerment*
- 6.5.1. Getting the Best out of your Staff
- 6.5.2. Getting the Best out of your Team
- 6.5.3. Getting the Best out of Employees

6.6. Leadership
- 6.6.1. Active Listening
- 6.6.2. Type of Leadership
- 6.6.3. Advantages and Disadvantages

6.7. Management Styles
- 6.7.1. Synergies
- 6.7.2. Attention to Diversity
- 6.7.3. Sense of Belonging

6.8. Keys
- 6.8.1. Participation
- 6.8.2. Detection
- 6.8.3. Most Suitable Role

6.9. Negotiation and Conflict Resolution
- 6.9.1. Recognition and Detection
- 6.9.2. Map of the Conflict
- 6.9.3. Assertiveness and Empathy

6.10. Protocols
- 6.10.1. Creation
- 6.10.2. Implementation
- 6.10.3. Review

Module 7. Physiotherapy and Injury Prevention

7.1. Sport Physiotherapy
- 7.1.1. Sport Physiotherapy
- 7.1.2. Field Service
- 7.1.3. Security and Assistance

7.2. First Aid
- 7.2.1. First Assistance
- 7.2.2. Airway
- 7.2.3. Basic Principles of Cardioplegia

7.3. Most Common Disorders in Rugby
- 7.3.1. Spine and Head Trauma
- 7.3.2. Upper Limb
- 7.3.3. Lower Limb

7.4. Concussion: Identify and Remove
- 7.4.1. What is Concussion?
- 7.4.2. How to Identify a Concussion?
- 7.4.3. Gradual Return to Play

7.5. Return-to-Play Rehabilitation
- 7.5.1. Post-Injury Return to Play
- 7.5.2. Load Control
- 7.5.3. Interdisciplinary Collaboration and Return to Play

7.6. Injury Prevention
- 7.6.1. Preseason
- 7.6.2. Self-Care and Healthy Habits
- 7.6.3. Proprioception, Cognitive Work and Spatial Control

7.7. Preparation and Field Service: Minute by Minute
- 7.7.1. Pre-Game: Organization, Management and Specific Work
- 7.7.2. Field Service
- 7.7.3. Care and Protection

7.8. Post-Match and Recovery
- 7.8.1. Post-Match: Care and Recovery
- 7.8.2. Individual Work and Self-Care
- 7.8.3. Collective Work and Rest

7.9. Control and Follow-Wp: Medical Management of Equipment
- 7.9.1. Medical Control in a Professional Team
- 7.9.2. Player Baseline Status Check
- 7.9.3. Treatments, Injury Monitoring and Recovery

7.10. Medical Equipment
- 7.10.1. Basic Medical Equipment and Material Management
- 7.10.2. Medical Devices: Management and Storage
- 7.10.3. Material Organization and Control

Module 8. Sports Nutrition applied to Rugby

8.1. Physiological Basis for Rugby Nutrition
- 8.1.1. Macronutrients
- 8.1.2. Digestion and Absorption of Nutrients
- 8.1.3. Energy Balance

8.2. Metabolism and Energy Pathways in Rugby
- 8.2.1. Phosphagen Pathway (ATP)
- 8.2.2. Glycolysis
- 8.2.3. Fatty Acid Oxidation

8.3. Body Composition in Rugby (Fifteens and Sevens)
- 8.3.1. Body Composition in Rugby Fifteens Forwards
- 8.3.2. Body Composition in Rugby Fifteens Backs
- 8.3.3. Body Composition in Rugby Sevens Players

8.4. Anthropometry in Professional Rugby Teams
- 8.4.1. Methods for Estimating Body Composition
- 8.4.2. Anthropometric Measurements
- 8.4.3. Differences Between Rugby Fifteens and Sevens

8.5. Nutritional Periodization in Rugby Fifteens
- 8.5.1. Pre-Season and Post-Season
- 8.5.2. In-Season and Match Week Planning
- 8.5.3. Injury Period Nutrition Planning

8.6. Nutrition for Body Composition Change
- 8.6.1. Fat Loss
- 8.6.2. Increased Muscle Mass
- 8.6.3. Body Recomposition

8.7. Nutritional Periodization in Rugby Sevens
- 8.7.1. Rugby Sevens Pre-Season
- 8.7.2. Rugby Sevens Tournament Week
- 8.7.3. Post-Season

8.8. Sports Supplementation in Rugby (Fifteens and Sevens)
- 8.8.1. Group A Evidence-Based Supplements
- 8.8.2. Group B and C Evidence-Based Supplements
- 8.8.3. Prohibited Supplements

8.9. Nutrition During Rugby Matches and Tournaments (Fifteens and Sevens)
- 8.9.1. In-Game Fueling for Rugby Fifteens Matches
- 8.9.2. Post-Match Recovery
- 8.9.3. Pre-Competition Carbohydrate Loading

8.10. Nutritional Counseling for Professional Rugby Players and Teams
- 8.10.1. Goal Setting and Dietary Assessment Interview
- 8.10.2. Developing Guidelines for Teams
- 8.10.3. Designing a Personalized Nutrition Plan

Module 9. Applied Psychology

9.1. Psychology and Sports Coaching
- 9.1.1. Important Aspects
- 9.1.2. The importance of Psychology in Sports
- 9.1.3. The Role of the Sports Psychologist / Coach

9.2. Psychological Preparation for Sport and Physical Activity: Rugby Academies
- 9.2.1. Sport, Health, and Psychology
- 9.2.2. Working With Coaches and Families of Young Athletes
- 9.2.3. Advising on the Athlete–Family–Coach Relationship: The Importance of Value-Based Education in Sport

9.3. Psychological Guidance and Techniques for Athletes: Shaping the Future Elite
- 9.3.1. Optimizing Athlete Learning and Building Performance Consistency
- 9.3.2. Psychological Support for Young Athletes and the Transition to Professional Sport
- 9.3.3. Talent Management

9.4. Psychological Intervention in Competitive Sport: Elite Performance
- 9.4.1. Optimal Arousal Level and Emotional Regulation in Athletic Performance
- 9.4.2. Managing Stress and Anxiety in Sports
- 9.4.3. Locus of Control in Elite Athletes

9.5. Psychological Variables in Sports Performance
- 9.5.1. Positive and Emotional Psychology
- 9.5.2. Self-Confidence and Self-Concept in Athletes
- 9.5.3. Athlete Personality Traits

9.6. Individual and Group Intervention in Sports Coaching: Planning and Implementing a Psychological Program
- 9.6.1. Psychological Intervention Techniques
- 9.6.2. Designing Individual Intervention Plans
- 9.6.3. Designing Team Intervention Plans

9.7. Tools in Sports Coaching: M.E.T.A., SWOT, and the Wheel of Life
- 9.7.1. The M.E.T.A. Model
- 9.7.2. SWOT Analysis
- 9.7.2. Wheel of Life

9.8. Burnout in Athletes
- 9.8.1. Symptoms of Burnout Syndrome
- 9.8.2. Intervention Strategies With Athletes
- 9.8.3. Prevention of Future Cases

9.9. Emotional Health and Wellbeing in Athletes
- 9.9.1. Effects of Overtraining
- 9.9.2. Psychological Aspects of Injury Prevention and Recovery
- 9.9.3. *Flow State*

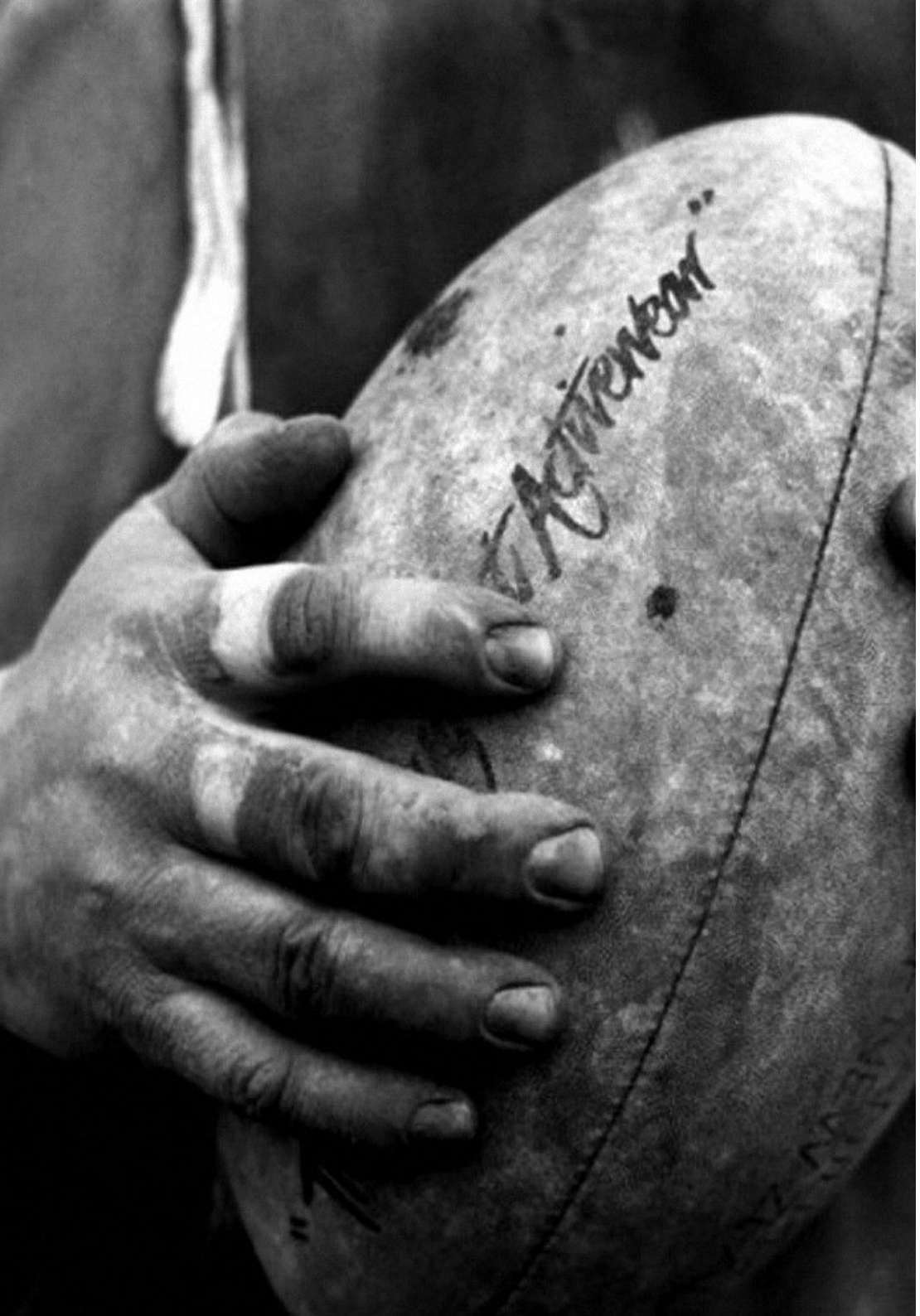
9.10. Retirement From Sport
- 9.10.1. Transitioning From Elite Sport to Everyday Life
- 9.10.2. Redefining the Athlete's Identity
- 9.10.3. Assuming New Roles

Module 10. Sports Marketing and Sponsorship

10.1. Sports Marketing
- 10.1.1. Marketing
- 10.1.2. Differences between a Company and a Sports Entity
- 10.1.3. Trends in Sports Marketing

10.2. Sponsorship
- 10.2.1. Mission and Value
- 10.2.2. Differentiation
- 10.2.3. Strategy

10.3. Sponsorship II
- 10.3.1. Activation
- 10.3.2. Measurement
- 10.3.3. Monitoring



10.4. Patronage
- 10.4.1. Definition
- 10.4.2. Differences
- 10.4.3. Advantages and Disadvantages

10.5. *Sponsorship*
- 10.5.1. Definition
- 10.5.2. Evolution and Versions
- 10.5.3. Advantages and Disadvantages

10.6. Organization of Events
- 10.6.1. Audience Segmentation
- 10.6.2. Content
- 10.6.3. Recruitment and Loyalty

10.7. Distribution Channels
- 10.7.1. Digital Presence
- 10.7.2. Activations
- 10.7.3. Email Marketing

10.8. Personal Branding in the Digital Ecosystem
- 10.8.1. Values
- 10.8.2. *Target*
- 10.8.3. *Branding*

10.9. Personal Branding II
- 10.9.1. Advertisement
- 10.9.2. Image Rights
- 10.9.3. Success Stories

10.10. Digital Revolution
- 10.10.1. *E-Sports*
- 10.10.2. Apps
- 10.10.3. Digital Ambassadors

04

Teaching Objectives

This program has been designed with the aim of providing students with comprehensive learning about the main modalities of Rugby, team management, physical and nutritional preparation or the incorporation of the latest marketing strategies to enhance the visibility of the club. A multidisciplinary knowledge that will be much easier to acquire thanks to the teaching material provided by TECH and the support of the excellent teaching staff that integrates this university degree.

The practical approach of this program will allow you to incorporate the most advanced physical preparation planning during your Rugby team's season"

General Objectives

- Gain in-depth knowledge of Rugby Fifteens and Sevens, as well as the rest of the modalities
- Get to know how to delve, develop, and apply both physical and technical preparation
- Acquire a specialization in Rugby oriented nutrition, according to the modality and position of the player
- How to manage emotions and apply psychology to the sports field
- Learn to manage teams and players
- Learn how to sell Rugby as a consumer product
- Gain in-depth knowledge of the tools for the player to control his emotions in order to obtain maximum performance

With this university program you will be able to deal with situations as frequent in Rugby as Concussion and act before its main injuries"

Specific Objectives

Module 1. Rugby Modalities

- Gain an in-depth knowledge of Rugby's origins
- Know how to detect the values of sport

Module 2. Rugby Fifteens. Sports and Regulations

- Gain an in-depth knowledge of the specific regulation
- Comprehensive knowledge of the positions
- Differentiate and know the different offensive and defensive systems
- Study different static and dynamic phases

Module 3. Specialized Training for Rugby Fifteens

- Acquire knowledge of seasonal planning
- Analyze loads according to players
- Get to know the main trends in physical preparation in Rugby
- Structuring the sessions

Module 4. Rugby Sevens. Sport and Regulations

- Gain an in-depth knowledge of the specific regulations
- Know how to differentiate and know in depth the positions
- Recognize the different offensive and defensive systems
- Learning and differentiating between static and dynamic phases

Module 5. Specialized Training for Professional Rugby Sevens

- Acquire knowledge of seasonal planning
- Analyze loads according to players
- Gain an in-depth knowledge of the main trends in physical preparation in Rugby
- Get to know and learn how to structure the sessions

Module 6. Rugby Team Management

- Learning to manage teams
- Appreciate and learn leadership techniques

Module 7. Physiotherapy and Injury Prevention

- Identify, recognize and use the necessary equipment
- Identify the most common injuries
- Acquire the knowledge of prevention and readaptation
- Identify the most common injury: Concussion

Module 8. Sports Nutrition applied to Rugby

- Delve into the concept of nutrition for Rugby
- Differentiate the body composition of the player according to his modality
- Learn the different models of nutrition and supplementation for Rugby

Module 9. Applied Psychology

- Learn the use of Psychology in Sport
- Know which motives influence performance
- Learning to identify and resolve Burnout
- See how to reach 100% of an athlete's potential

Module 10. Sports Marketing and Sponsorship

- Learning to see Rugby as a product
- Learn the different distribution channels

05

Career Opportunities

The Professional Rugby program opens up a variety of job opportunities in the sector. Graduates can work as coaches, sports directors, physical trainers, performance analysts, referees, scouts and academy managers. They can also hold positions in federations, clubs and specialized media, as well as in event organization and talent development consultancy. The increasing professionalization of Rugby demands specialists with advanced knowledge in strategy, management and physical preparation, which makes this program a solid pathway to key positions within this competitive field.

Excel as a Rugby performance analyst, applying advanced technology and methodologies to evaluate individual and team performance, optimize strategies and improve in-game decision making"

Graduate Profile

Graduates have a multidisciplinary profile that combines technical, tactical and management knowledge applied to Professional Rugby. They are able to analyze sporting performance, design game strategies, optimize physical preparation and coordinate high-level training. Their leadership and decision-making skills enable them to effectively manage teams, while their mastery of communication and data analysis contributes to improving individual and team performance. In addition, their ability to adapt to the demands of professional sports makes them key professionals within clubs, federations and sports organizations.

They develop effective game strategies, combining performance analysis, tactical planning and decision making to optimize team performance in professional Rugby.

- **Leadership and Team Management:** Ability to motivate, coordinate and lead work groups in high performance sports environments
- **Decision-Making Under Pressure:** Ability to assess situations in real time and apply effective strategies at key moments
- **Analysis and Problem-Solving:** Use of data, technology and methodologies to identify areas for improvement and optimize performance
- **Effective Communication:** Proficiency in conveying clear and accurate information, both in directing players and in managing with other industry professionals

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

1. **Rugby Coach:** Designs and executes training plans, develops game strategies and manages player and team performance.
2. **Sports Director:** Oversees team planning and management, transfers and talent development within clubs and federations.
3. **Performance Analyst:** Uses technology and data to evaluate individual and collective performance, identifying areas for improvement and adjusting strategies.
4. **Scout or Recruiter:** Identifies and evaluates new talent for teams and academies, analyzing their potential and adaptation to the style of play.
5. **Sports Manager:** Plans and coordinates the administration of clubs, events and competitions, ensuring efficient and cost-effective operation.
6. **Rugby Referee:** Regulates the conduct of matches, applying the rules accurately and ensuring fair play.
7. **Talent Development Consultant:** Designs training and improvement programs for players and teams, helping to maximize their long-term performance.

"Discover and promote new talents in Rugby, identifying players with high potential and evaluating their adaptation to different styles of play and competitive strategies"

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.

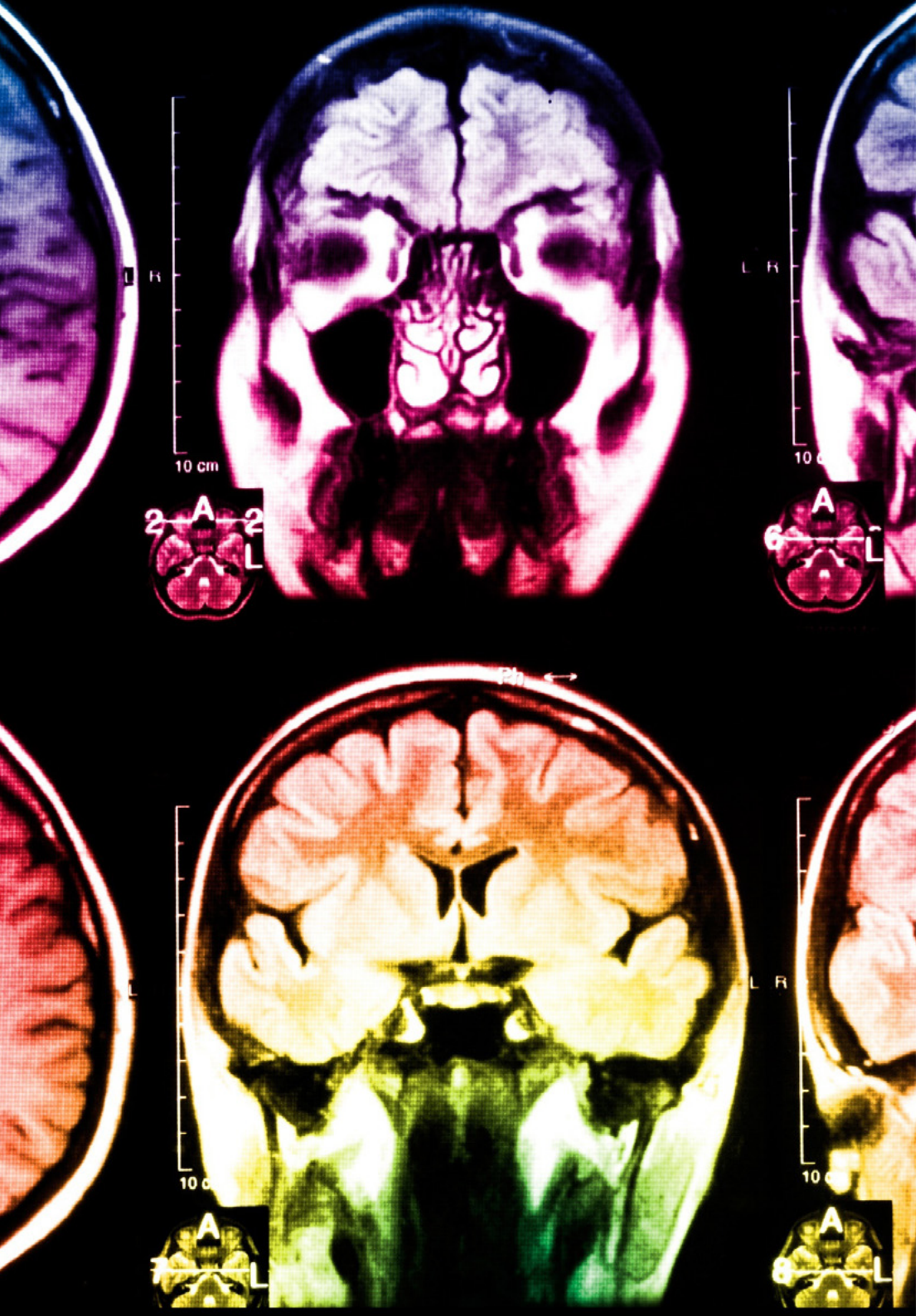
In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

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.

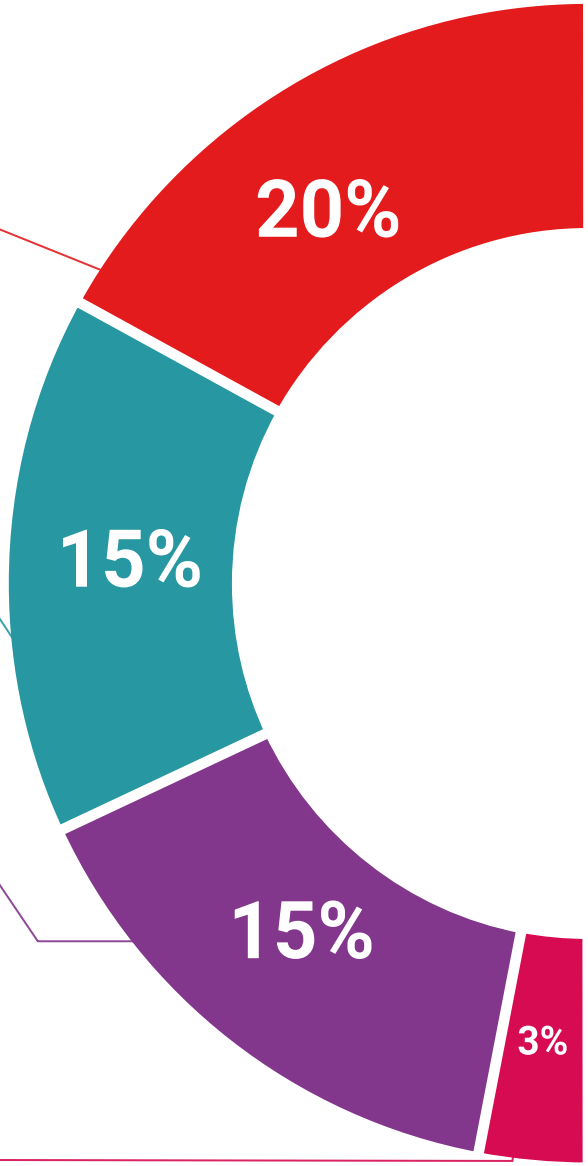
Interactive Summaries

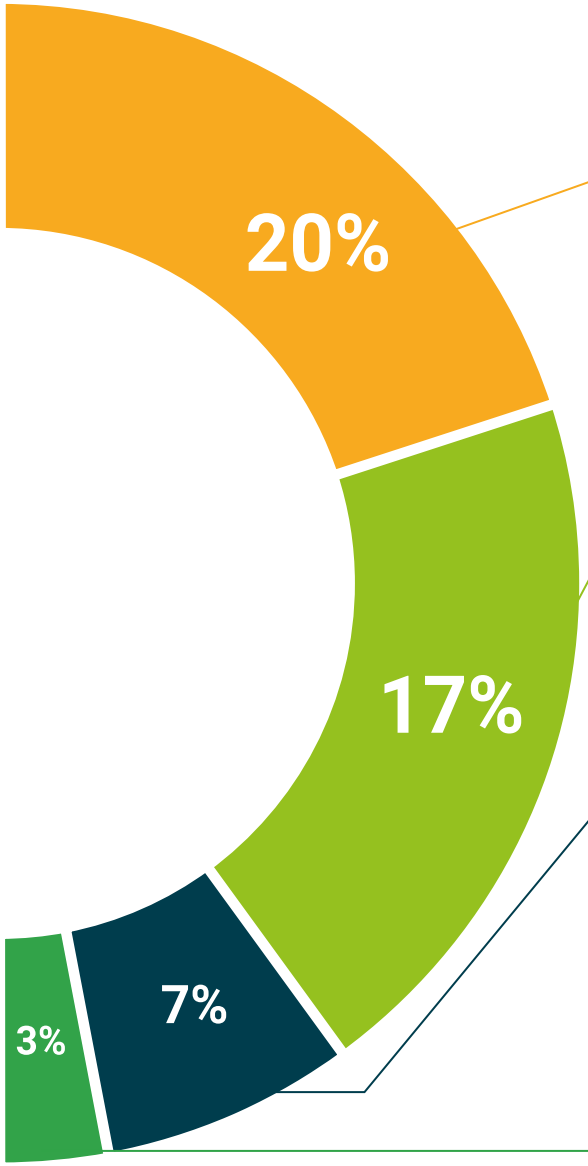
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

In this university program, TECH has brought together an excellent team of professionals from the elite of spanish Rugby, also specialized in Psychology, Physiotherapy, Nutrition and Sports Marketing. Their unparalleled knowledge of these disciplines is evident in a syllabus oriented to provide the most current and advanced information of the current academic landscape. In addition, the graduate will be able to resolve any questions about the content of this program with the expert faculty of this program.

A program that counts with athletes of the spanish Rugby elite and specialists in areas such as Psychology, Nutrition or Marketing"

Management

Mr. Domínguez Narciso, Guillermo

- Professional Rugby Player at CAU Valencia
- International Player with the Spanish National Rugby Team
- Technical Director of Youth Divisions, CAU Valencia
- Physical Education Teacher at Runnymede College
- Master's Degree in High Performance Sports, COES – UCAM
- Degree in Physical Activity and Sports Sciences from the Polytechnic University of Madrid

Professors

Mr. Carlos Sánchez Nogales

- Psychologist and Sports Coach
- Psychologist in the Area of Equality of the City Council of Alhaurín el Grande.
- Psychotherapist in private practice
- Coach of men's and women's XV and 7's teams.
- Degree in Psychology from the University of Malaga.
- Master's Degree in Physical Activity and Sport Research by UMA
- Master's Degree in Individual and Group Coaching by UMA
- Expert in Sports Coaching by COANCO
- World Rugby Level 2 Coach Certification
- Inclusive Rugby Coach Certification (FAR)

Mr. Santana Rubiño, José Luis

- Player in Spain's División de Honor B with Marbella Rugby Club
- Player in Spain's División de Honor B with Club de Rugby Málaga
- Player in the East Region League Division 2 with Corstorphine Cougars RFC
- Player for the University of Málaga Rugby Sevens Team
- Director of the Club de Rugby Económicas Málaga
- Head Coach of the Women's Rugby Sevens and Rugby XV Teams at Club de Rugby Económicas Málaga
- National First Division Handball Player with Innovasur and Balonmano Maracena
- Head Coach of the University of Granada Women's Rugby Team

Mr. Arturo Domínguez Narciso
- Semi-professional Rugby Sevens Player with CAU Rugby Valencia
- Former Player for Spain's National Youth Teams
- Player for the Spanish Emerging National Team
- Experience in Musculoskeletal Physiotherapy and Rehabilitation

Mr. Alejandro Gimeno Álvarez
- CEO at Gimeno Asesoramiento Deportivo
- Founder and Director of ISMA – Integral Sports Management
- Marketing Assistant at ASBH Béziers Rugby (France)
- Master's Degree in International Sports Management from the European School of Sports Business
- Bachelor's Degree in Business Administration and Marketing from Ruffel Business School

Ms. Castellanos, María Florencia
- Sports Nutritionist at Club Sportivo América
- Sports Nutritionist at the Regional High-Performance Center CREAR
- ISAK Level 2 Anthropometry Technician
- Postgraduate in Plant-Based Nutrition, National University of La Plata
- Bachelor's Degree in Nutrition, University of Concepción del Uruguay
- Bachelor's Degree in Physical Education, Higher Institute of Physical Education No. 11
- Specialist in Sports Nutrition and Sport-Specific Nutrition, trained by Francis Holway

Mr. Garrido Gómez, José Antonio
- CrossFit Coach at CrossFit IronBuster, Enginefit S.L.
- Personal Trainer at Enginefit S.L.
- Master's Degree in Injury Prevention and Rehabilitation, Official Institute of Vocational Training
- Advanced Technician in Physical Conditioning, Official Institute of Vocational Training

Mr. Campesino, Javier
- Strength and Conditioning Coach
- Personal Trainer at IA Expert Training
- Strength and Injury Rehabilitation Coach at Club de Rugby El Salvador
- Bachelor's Degree in Physical Activity and Sports Sciences, Miguel de Cervantes European University
- Specialist in Kettlebell Training for Hypertrophy, Government of Castilla y León

Mr. Asensio Moreno, Mario
- Head Coach at Club Natación León
- Strength and Conditioning Coach at Colina Clinic Palencia Rugby Club (División de Honor Plata)
- Master's Degree in High Performance Sports, Spanish Olympic Committee
- Master's Degree in Sports Performance and Training, University of León
- Master's Degree in Sports Coaching, TISOC
- Bachelor's Degree in Physical Activity and Sports Sciences, Universidad Europea Miguel de Cervantes

08

Certificate

This Professional Master's Degree in Professional Rugby 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.

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 Rugby** endorsed by TECH Global University, the world's largest online university.

TECH Global University, is an official European University publicly recognized by the Government of Andorra ***(official bulletin)***. Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**

tech global university

D/Dña _____ con documento de identificación _____ ha superado con éxito y obtenido el título de:

Máster Título Propio en Rugby Profesional

Se trata de un título propio de 1.800 horas de duración equivalente a 60 ECTS, con fecha de inicio dd/mm/aaaa y fecha de finalización dd/mm/aaaa.

TECH Global University es una universidad reconocida oficialmente por el Gobierno de Andorra el 31 de enero de 2024, que pertenece al Espacio Europeo de Educación Superior (EEES).

En Andorra la Vella, a 28 de febrero de 2024

Dr. Pedro Navarro Illana
Rector

Universidad Online Oficial de la NBA

Este título propio se deberá acompañar siempre del título universitario habilitante expedido por la autoridad competente para ejercer profesionalmente en cada país. código único TECH: AFWOR23S techtitute.com/titulos

Professional Master's Degree in Professional Rugby

General Structure of the Syllabus

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	Rugby Modalities	6	CO
1º	Rugby Fifteens. Sports and Regulations	6	CO
1º	Specialized Training for Rugby Fifteens	6	CO
1º	Rugby Sevens. Sport and Regulations	6	CO
1º	Specialized Training for Professional Rugby Sevens	6	CO
1º	Rugby Team Management	6	CO
1º	Physiotherapy and Injury Prevention	6	CO
1º	Sports Nutrition applied to Rugby	6	CO
1º	Applied Psychology	6	CO
1º	Sports Marketing and Sponsorship	6	CO

Dr. Pedro Navarro Illana
Dean

tech global university

*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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Professional Master' Degree

Professional Rugby

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

Professional Master's Degree

Professional Rugby

Endorsed by the NBA