Master's Degree

Professional Handball

Accreditation/Membership

tech global university

tech global university

Master's Degree
Professional Handball

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

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

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01

Introduction to the Program

Handball has experienced significant growth in recent years, establishing itself as a high-performance sport with increasing international prospects. According to a report by the International Handball Federation (IHF), more than 27 million people practice this sport worldwide, highlighting its impact and tactical evolution. In this context, the preparation of coaches and trained professionals is key to tackling the current competitive and strategic challenges. To meet this need, TECH offers a 100% online university qualification, designed to provide the most advanced tools in management, analysis, and handball training, enabling professionals in the field to specialize with flexibility and academic rigor.

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"

Professional Handball requires a deep understanding of its tactical, technical, and physical aspects, as well as efficient team and competition management. In fact, the evolution of the game, driven by Sports Science and performance analysis, has raised the standards of preparation, demanding specialists with a strategic vision. In this regard, having advanced and up-to-date tools is essential to face the challenges of a constantly evolving competitive environment.

This University program in Professional Handball will equip professionals with the skills to design specific training plans, manage high-performance teams, and apply advanced tactical strategies. Throughout the syllabus, competencies in game analysis, specialized physical preparation, and technical leadership will be developed, along with tools for making informed decisions in competitive contexts. Moreover, it will strengthen the ability to evaluate individual and collective performance, integrating scientific and methodological knowledge aimed at continuous improvement in Professional Handball.

Furthermore, with an innovative approach, this Master's Degree combines theoretical knowledge with high-level technological tools that enhance the academic experience. Additionally, the possibility of training from anywhere in the world, under the guidance of experts in the field, ensures specialization aligned with the demands of today's sports market. In this way, it becomes an ideal choice for those seeking professional growth in the world of elite Handball.

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 **Master's Degree in Professional Handball** 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 Handball
- 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 Professional Handball
- 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

You will hone the strategic planning of Handball training and design effective programs that adapt to the specific needs of each category"

You will specialize in injury prevention through advanced strategies that promote sustained performance and the constant availability of players"

You will optimize physical performance with preparation and conditioning strategies that improve endurance, strength, and speed in athletes.

You will apply data analysis technologies to assess individual and team performance, optimizing decision-making.

The program includes a faculty composed of professionals from the field of Sports, who share their expertise, 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.

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 has a huge faculty of more than 6,000 professors of the highest international prestige.

Study at the largest online university in the world and ensure your professional success. The future begins 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 Wistuba, 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

Handball has evolved into an increasingly demanding sport, where technical, tactical, and physical preparation is key to success. In this context, specialization in strategic areas such as training, team management, and performance analysis is crucial to facing the challenges of high-level competition. As such, this syllabus will offer a comprehensive and updated approach, combining theoretical knowledge with practical application. Through an innovative methodology, it will provide professionals with advanced tools to optimize performance in the sport and respond to the demands of an ever-evolving competitive environment.

You will learn the fundamentals of sports nutrition and its impact on player performance, ensuring proper nutrition for each phase of training"

Module 1. Performance Factors in Handball

1.1. Background
- 1.1.1. Origin of Handball
- 1.1.2. Modern Handball

1.2. Regulation
- 1.2.1. Fundamental Regulatory Aspects
- 1.2.2. Current Regulations (Game Rules, July 2022 - IHF)
- 1.2.3. Evolution of the Regulations

1.3. Handball Modalities
- 1.3.1. Mini Handball
- 1.3.2. Beach Handball
- 1.3.3. Wheelchair Handball

1.4. Training Stages
- 1.4.1. Pedagogy in the Training Stages
- 1.4.2. Training Stages According to J. Antón
- 1.4.3. Training Stages According to Manolo Laguna

1.5. Research in Handball
- 1.5.1. Scientific Research
- 1.5.2. Scientific Research in Handball
- 1.5.3. From Science to Training

1.6. Anthropometric Factors
- 1.6.1. Anthropometric Factors in Training
- 1.6.2. Anthropometric Factors in High Performance
- 1.6.3. Talent Detection

1.7. Technical Factors
- 1.7.1. Technical Factors in the Scientific Literature
- 1.7.2. Analysis of the Throwing Technique
- 1.7.3. Influence of the Step Cycle

1.8. Tactical Factors
- 1.8.1. Collective Tactical Factors
- 1.8.2. Decision-Making Study
- 1.8.3. Tactical Variations in High Performance

1.9. Conditional Factors
- 1.9.1. Strength in Throwing
- 1.9.2. Strength in Jumping
- 1.9.3. Physical Demands in High Performance

1.10. Psychological Factors
- 1.10.1. Motivation and Self-Confidence
- 1.10.2. Activation, Stress and Anxiety
- 1.10.3. Leadership

Module 2. Training Fundamentals in Formation

2.1. Characteristics of the Stage
- 2.1.1. Educational Models
- 2.1.2. Perceptual-Motor Abilities in Different Stages
- 2.1.3. Physical Abilities in Different Stages

2.2. Defensive Technical-Tactics
- 2.2.1. Types of Defense
- 2.2.2. Preventive Tactical Means
- 2.2.3. Reactive Tactical Means

2.3. Offensive Technical-Tactics
- 2.3.1. Technical-Tactical Elements in the Control, Linkage, and Finishing Phase
- 2.3.2. Individual Technical-Tactical Means
- 2.3.3. Collective Technical-Tactical Means

2.4. Transition Phase Technical-Tactics
- 2.4.1. Offensive Phase
- 2.4.2. Defensive Phase
- 2.4.3. Key Points

2.5. Training Specific Defensive Positions
- 2.5.1. General Considerations
- 2.5.2. Specific Positions for the First Line
- 2.5.3. Specific Positions for the Second Line

2.6. Training Specific Offensive Positions
- 2.6.1. General Considerations
- 2.6.2. Specific Positions for the First Line
- 2.6.3. Specific Positions for the Second Line

2.7. The Goalkeeper
- 2.7.1. Offensive and Defensive Actions
- 2.7.2. Technical Considerations
- 2.7.3. Tactical Considerations

2.8. Playing Systems
- 2.8.1. Offensive Playing Systems
- 2.8.2. Defensive Playing Systems
- 2.8.3. Transition Playing Systems

2.9. Task Design
- 2.9.1. Specific Symbols
- 2.9.2. Creating Tasks and their Variants
- 2.9.3. Practical Proposals

2.10. Sport-Recreational Proposals in Handball
- 2.10.1. Adapted Games
- 2.10.2. Mediterranean Handball
- 2.10.3. Street Handball

Module 3. Training Methodology in Refinement

3.1. Characteristics of the Stage
- 3.1.1. Educational Models
- 3.1.2. Perceptual-Motor Abilities in Different Stages
- 3.1.3. Physical Abilities in Different Stages

3.2. Offensive Technical-Tactics
- 3.2.1. Types of Defense
- 3.2.2. Preventive Tactical Means
- 3.2.3. Reactive Tactical Means

3.3. Defensive Technical-Tactics
- 3.3.1. Technical-Tactical Elements in the Control, Linkage, and Finishing Phase
- 3.3.2. Individual Technical-Tactical Means
- 3.3.3. Collective Technical-Tactical Means

3.4. Technical-Tactics in the Transition Phase
- 3.4.1. Offensive Phase
- 3.4.2. Defensive Phase
- 3.4.3. Key Points

3.5. Training Specific Defensive Positions
- 3.5.1. General Considerations
- 3.5.2. Specific Positions for the First Line
- 3.5.3. Specific Positions for the Second Line

3.6. Training Specific Offensive Positions
- 3.6.1. General Considerations
- 3.6.2. Specific Positions for the First Line
- 3.6.3. Specific Positions for the Second Line

3.7. The Goalkeeper
- 3.7.1. Offensive and Defensive Actions
- 3.7.2. Technical Considerations
- 3.7.3. Tactical Considerations

3.8. Playing Systems
- 3.8.1. Offensive Playing Systems
- 3.8.2. Defensive Playing System
- 3.8.3. Transition Playing Systems

3.9. Decision Making
- 3.9.1. Types of Decision Making: Classifications
- 3.9.2. Processes Involved in Decision Making
- 3.9.3. Practical Examples

3.10. Task Design
- 3.10.1. Specific Symbols
- 3.10.2. Creating Tasks and their Variants
- 3.10.3. Practical Proposals

Module 4. High-Performance Training Methodology

4.1. Characteristics of the Stage
- 4.1.1. Conceptualization
- 4.1.2. Training
- 4.1.3. The Coach

4.2. Offensive Technical-Tactics
- 4.2.1. Technical-Tactical Elements and Individual Tactical Principles
- 4.2.2. Objectives and Collective Offensive Tactical Means
- 4.2.3. Determinant Individual Factors and Collective Premises

4.3. Defensive Technical-Tactics
- 4.3.1. Technical-Tactical Elements and Individual Tactical Principles
- 4.3.2. Objectives and Collective Defensive Tactical Means
- 4.3.3. Determinant Individual Factors and Collective Premises

4.4. Offensive Playing Systems in Numerical Equality
- 4.4.1. Classic 3:3 Offensive System
- 4.4.2. 2:4 Offensive System
- 4.4.3. 3:3 Offensive System with Two Pivot Players

4.5. Defensive Playing Systems in Numerical Equality
- 4.5.1. Individual Defensive Systems
- 4.5.2. Zonal Defensive Systems
- 4.5.3. Mixed or Combined Defensive Systems

4.6. Offensive Playing Systems in Numerical Superiority and Inferiority
- 4.6.1. 6 vs 5 Offensive Systems
- 4.6.2. 7 vs 6 Offensive Systems
- 4.6.3. Special Situations

4.7. Defensive Playing Systems in Numerical Superiority and Inferiority
- 4.7.1. 6 vs 5 Defensive Systems
- 4.7.2. 7 vs 6 Defensive Systems
- 4.7.3. Special Situations

4.8. Technical-Tactics in the Transition Phase and Special Situations
- 4.8.1. Counterattack
- 4.8.2. Retreat
- 4.8.3. Passive play

4.9. Task Design and Playing Model
- 4.9.1. Content and Form of Tasks
- 4.9.2. Building the Offensive Playing Model
- 4.9.3. Building the Defensive Playing Model

4.10. Match or Competition Preparation
- 4.10.1. Pre-Match
- 4.10.2. Team Management during Competition
- 4.10.3. Post-Match

Module 5. Training Planning in the Different Stages of Development

5.1. Organization of Training Structures
- 5.1.1. The Training Session
- 5.1.2. Microcycles
- 5.1.3. Macrocycles

5.2. Organization of Training Structures
- 5.2.1. Preseason
- 5.2.2. Load Distribution
- 5.2.3. Types of Planning

5.3. Characteristics of the Competitive Period
- 5.3.1. The Season
- 5.3.2. Load Distribution
- 5.3.3. Contextual Adjustments

5.4. Programming Competitive or Developmental Objectives
- 5.4.1. Characteristics of Players and the Competition
- 5.4.2. Load and Content Distribution
- 5.4.3. The Competitive Reality

5.5. Training Planning Models
- 5.5.1. Principles of Sports Training
- 5.5.2. Choosing the Model
- 5.5.3. Hybridizing Models

5.6. ATR Model
- 5.6.1. Accumulation Period
- 5.6.2. Transformation Period
- 5.6.3. Realization Period

5.7. Integrated Macrocycle Model
- 5.7.1. General Phase
- 5.7.2. Specific Phase
- 5.7.3. Maintenance Phase

5.8. Microstructuring Model
- 5.8.1. General Content
- 5.8.2. Directed Content
- 5.8.3. Special and Competitive Content

5.9. Tactical Periodization Model
- 5.9.1. The Pattern Morphocycle
- 5.9.2. Operationalization Dynamics
- 5.9.3. Recovery Dynamics

5.10. Load Control
- 5.10.1. Control Instruments
- 5.10.2. Adjustment and Individualization
- 5.10.3. Overtraining

Module 6. Physical Preparation of the Handball Player

6.1. Physical Demands of Handball
- 6.1.1. Explosive Strength and Strength Endurance
- 6.1.2. Distances and Intensities of Movement
- 6.1.3. Mobility, Coordination, and Agility

6.2. Neuromuscular Paradigm of Training
- 6.2.1. Conditional vs. Functional
- 6.2.2. Development of Functional Strength
- 6.2.3. Application of the Model to Handball

6.3. Muscular Strength and Power
- 6.3.1. Throwing, Jumping, and Wrestling
- 6.3.2. Accelerations, Decelerations, and Change of Direction
- 6.3.3. Load Assessment and Control

6.4. Specific Endurance
- 6.4.1. Ability to Repeat Power Actions
- 6.4.2. Types of Fatigue and Metabolic Pathways
- 6.4.3. Load Assessment and Control

6.5. Mobility and Coordination
- 6.5.1. Muscle Imbalances in Handball
- 6.5.2. Muscle Chains in Specific Movements
- 6.5.3. Assessment and Compensatory Work

6.6. Physical Preparation in Youth Categories
- 6.6.1. Maturation Age and Peak Growth Velocity
- 6.6.2. Physical Conditioning in Early Ages
- 6.6.3. Growth Syndromes and Their Early Detection

6.7. Practical Applications by Specific Positions
- 6.7.1. Specific Physical Preparation for Backs and Pivot Players
- 6.7.2. Specific Physical Preparation for Wings
- 6.7.3. Specific Physical Preparation for Goalkeepers

6.8. Warm-Up
- 6.8.1. Objectives and Structure
- 6.8.2. Strategies for Activation and Cool-Down
- 6.8.3. Pre-Match Activation and Enhancement

6.9. Off-Season Training
- 6.9.1. Effects of Long-Term Detraining
- 6.9.2. Strength Work Progression Levels
- 6.9.3. Endurance Work Progression Levels

6.10. Planning
- 6.10.1. Individualization of the Model
- 6.10.2. Adaptation to the Playing System
- 6.10.3. Preparation Model for Short Competitions

Module 7. Injury Prevention for the Handball Player

7.1. Sports Injuries, Treatment, and Rehabilitation
- 7.1.1. Acute Injuries
- 7.1.2. Overuse injuries
- 7.1.3. Treatment, Rehabilitation, and Prevention Concepts

7.2. Etiology and Causes of Injuries in Handball
- 7.2.1. Biomechanics of Handball
- 7.2.2. Common Injuries in Handball
- 7.2.3. Injuries by Playing Position

7.3. Acute Injury Management and Emergency Situations
- 7.3.1. Basic Concepts
- 7.3.2. Response to a Sports Injury
- 7.3.3. Regulations on Injuries in Handball

7.4. Shoulder and Scapular Girdle Injuries
- 7.4.1. Etiology
- 7.4.2. Treatment and Rehabilitation
- 7.4.3. Prevention

7.5. Elbow Injuries
- 7.5.1. Etiology
- 7.5.2. Treatment and Rehabilitation
- 7.5.3. Prevention

7.6. Hand and Finger Injuries
- 7.6.1. Etiology
- 7.6.2. Treatment and Rehabilitation
- 7.6.3. Prevention

7.7. Back Injuries
- 7.7.1. Etiology
- 7.7.2. Treatment and Rehabilitation
- 7.7.3. Prevention

7.8. Hip Injuries
- 7.8.1. Etiology
- 7.8.2. Treatment and Rehabilitation
- 7.8.3. Prevention

7.9. Knee Injuries
- 7.9.1. Etiology
- 7.9.2. Treatment and Rehabilitation
- 7.9.3. Prevention

7.10. Ankle and Foot Injuries
- 7.10.1. Etiology
- 7.10.2. Treatment and Rehabilitation
- 7.10.3. Prevention

Module 8. Nutrition in Handball Players

8.1. Sports Nutrition
- 8.1.1. Basic Concepts and Historical Background
- 8.1.2. The Digestive System
- 8.1.3. Classification of Nutrients and Foods

8.2. Concept of Sports Nutrition
- 8.2.1. Areas of Sports Nutrition Application
- 8.2.2. Basic Exercise Physiology Related to Sports Nutrition
- 8.2.3. Reference Standards

8.3. Energy Requirements
- 8.3.1. Energy Needs
- 8.3.2. Basal Metabolism, Physical Activity and Thermal Effect of Food
- 8.3.3. Basic Calculations

8.4. Body Composition
- 8.4.1. Methods for Evaluating Body Composition
- 8.4.2. Body Composition Assessment in Sports
- 8.4.3. Body Composition in Handball

8.5. Macronutrients
- 8.5.1. Carbohydrates in Sports
- 8.5.2. Proteins in Sports
- 8.5.3. Fats in Sports

8.6. Micronutrients
- 8.6.1. Vitamins in Sports
- 8.6.2. Minerals in Sports
- 8.6.3. Antioxidants in Sports

8.7. Hydration
- 8.7.1. General Recommendations
- 8.7.2. Sweating Rate
- 8.7.3. Replenishment Guidelines and Appropriate Timing

8.8. Nutritional Supplements and Ergogenic Aids in Sports
- 8.8.1. Definition of Concepts
- 8.8.2. How to Use Them in Sports
- 8.8.3. Scientific Evidence

8.9. Improvement of Body Composition in Athletes
- 8.9.1. Nutritional Strategies for Improving Body Composition
- 8.9.2. Methods for Assessing Nutritional Intake
- 8.9.3. Common Mistakes

8.10. Nutritional Planning
- 8.10.1. Types of Nutritional Planning
- 8.10.2. Dietary Planning for Athletes
- 8.10.3. Dietary Software and Computer Tools

Module 9. Handball Team Management

9.1. Structure of the Sports Club
- 9.1.1. Management of a Sports Club
- 9.1.2. Coaching Teams
- 9.1.3. Organization

9.2. Structure of the Professional Club
- 9.2.1. Management of a Professional Club
- 9.2.2. Executive Teams
- 9.2.3. Coaching Teams

9.3. The Team
- 9.3.1. Composition
- 9.3.2. Training or Competitive Needs
- 9.3.3. Selection Criteria

9.4. Relations with Players
- 9.4.1. Individuality in Service to the Team
- 9.4.2. Career Management
- 9.4.3. Individual Coaching

9.5. Sports Management Models
- 9.5.1. Management Models
- 9.5.2. Specific Training
- 9.5.3. Resource Management

9.6. Advertising and Marketing
- 9.6.1. Management of the Advertising Plan
- 9.6.2. Management of the Marketing Plan
- 9.6.3. Use of Social Media

9.7. Relations with Sponsors
- 9.7.1. Management of Small Sponsors
- 9.7.2. Management of Medium-Sized Sponsors
- 9.7.3. Management of Large Sponsors

9.8. Talent Detection
- 9.8.1. Evaluation Tests
- 9.8.2. Recruitment Programs
- 9.8.3. Talent Management

9.9. Sports Life Strategies
- 9.9.1. Career Management
- 9.9.2. Short-, Medium-, and Long-Term Goals
- 9.9.3. Setbacks and Strategy Changes

9.10. Future Perspectives
- 9.10.1. The Reality of Current Handball
- 9.10.2. Change Management
- 9.10.3. Future Prospects

Module 10. Data Analysis

10.1. Collection of Quantitative Conditional Data
- 10.1.1. Traditional Assessment Tests
- 10.1.2. Current Assessment Instruments and Tools
- 10.1.3. New Trends

10.2. Analysis of Quantitative Conditional Data
- 10.2.1. Descriptive Analysis
- 10.2.2. Inferential Analysis
- 10.2.3. Practical Application

10.3. Collection of Qualitative Conditional Data
- 10.3.1. Traditional Assessment Tests
- 10.3.2. Current Assessment Instruments and Tools
- 10.3.3. New Trends

10.4. Analysis of Qualitative Conditional Data
- 10.4.1. Descriptive Analysis
- 10.4.2. Inferential Analysis
- 10.4.3. Practical Application

10.5. Contribution of Scientific Evidence to Strength Training
- 10.5.1. Scientific Evidence
- 10.5.2. Limitations
- 10.5.3. Practical Application

10.6. Contribution of Scientific Evidence to Speed Training
- 10.6.1. Scientific Evidence
- 10.6.2. Limitations
- 10.6.3. Practical Application

10.7. Contribution of Scientific Evidence to Endurance Training
- 10.7.1. Scientific Evidence
- 10.7.2. Limitations
- 10.7.3. Practical Application

10.8. Contribution of Scientific Evidence to Technical Training
- 10.8.1. Scientific Evidence
- 10.8.2. Limitations
- 10.8.3. Practical Application

10.9. Contribution of Scientific Evidence to Tactical Training
- 10.9.1. Scientific Evidence
- 10.9.2. Limitations
- 10.9.3. Practical Application

10.10. Big Data
- 10.10.1. The Reality of Big Data
- 10.10.2. Big Data Analysis
- 10.10.3. Practical Application

With a 100% online format, you will be able to organize your time with complete flexibility, accessing updated materials from anywhere and at any time"

04

Teaching Objectives

This university program aims to provide professionals with in-depth and up-to-date knowledge of Professional Handball, addressing both its tactical and technical foundations as well as its strategic management. To achieve this, it will integrate innovative methodologies that promote performance analysis, optimize training, and support decision-making in competitive contexts. Furthermore, it will enhance the development of skills in planning, leadership, and the application of advanced technologies in sport. In this way, it will ensure that students receive comprehensive training that meets the current demands of elite Handball.

You will develop leadership and management skills that will enable you to successfully manage Handball teams, strengthening game strategies"

General Objectives

- Master the tactical and technical foundations of Professional Handball, applying advanced strategies to optimize sports performance
- Understand the principles of sports training, integrating innovative methodologies for planning and managing physical, technical, and tactical work
- Analyze individual and collective performance using evaluation and tracking tools, improving decision-making in technical leadership
- Apply new technologies in team management, game analysis, and training optimization in high-level Handball
- Develop leadership and sports management skills, facilitating the effective management of teams at various competition levels
- Understand the psychological and motivational factors that influence player performance, applying strategies for their holistic development
- Optimize physical preparation and injury prevention, ensuring sustained performance and reducing risks associated with high-level practice
- Be familiar with the rules and regulations of Professional Handball, ensuring technical management aligns with international standards
- Enhance the ability to analyze the game and make decisions, using data and statistics to improve competitive strategy
- Support professional development within the Handball field, providing tools to access new opportunities in clubs, national teams, and sports organizations

Specific Objectives

Module 1. Performance Factors in Handball

- Identify the key factors influencing sports performance in Handball
- Analyze the relationship between physical, technical, tactical, and psychological preparation in player performance
- Evaluate the different performance models applied in Professional Handball
- Apply strategies to optimize individual and collective performance based on competitive demands

Module 2. Training Fundamentals in Formation

- Understand the basic principles of training in early stages of sports development
- Design training sessions tailored to the motor and technical development of players
- Implement methodologies that favor learning and progression in Handball
- Promote proper sports habits for the holistic growth of young players

Module 3. Training Methodology in Refinement

- Analyze specific methodologies for perfecting technical and tactical skills
- Apply training strategies to enhance decision-making in game situations
- Evaluate performance progression using analysis and tracking tools
- Adapt work loads to meet the individual and collective needs of the team

Module 4. High-Performance Training Methodology

- Identify the physical, technical, and tactical demands of high-level Handball
- Apply advanced training methods for optimizing competitive performance
- Implement strategies for periodization and load control in elite athletes
- Evaluate the impact of preparation on player performance in professional contexts

Module 5. Training Planning in the Different Stages of Development

- Design training plans tailored to the needs of each stage of sports development
- Apply progression criteria in planning sessions for short-, medium-, and long-term goals
- Incorporate tracking and adjustment tools to optimize the training process
- Integrate physical, technical, and tactical aspects into training planning

Module 6. Physical Preparation of the Handball Player

- Analyze the specific physical demands of Handball and their impact on performance
- Design physical preparation programs tailored to the needs of each player
- Apply training methods to improve endurance, strength, speed, and agility
- Evaluate the physical state and progress of players throughout the season

Module 7. Injury Prevention in Handball Players

- Identify the main risk factors and injury mechanisms in Handball
- Design preventive strategies to reduce injury incidence in players
- Implement recovery and rehabilitation protocols for a safe return to competition
- Evaluate the effectiveness of preventive programs on athlete health and performance

Module 8. Nutrition in Handball Players

- Understand the importance of nutrition for performance and recovery
- Design nutritional plans tailored to the energy needs of Handball players
- Analyze the impact of hydration and supplementation on performance optimization
- Apply nutritional strategies to improve preparation, competition, and recovery

Module 9. Handball team management

- Develop leadership and team management skills in the Handball environment
- Implement effective communication strategies with players and coaching staff
- Analyze different leadership styles and their impact on team performance
- Design work plans focused on team cohesion and sporting success

Module 10. Data Analysis

- Apply data collection and analysis tools in Professional Handball
- Evaluate player and team performance using objective metrics
- Use data analysis for strategic decision-making in competition
- Integrate technology to enhance performance and training planning

Work as a performance analyst and collaborate with elite teams to improve their performance through the study of metrics and game optimization"

05

Career Opportunities

Professional Handball demands highly skilled specialists to tackle the challenges of modern sport. For this reason, this university qualification will open various career opportunities in clubs, federations, and sports academies. Furthermore, it will enable professionals to access key roles in technical direction, sports management, and physical preparation of high-level teams. Due to the growing professionalization of the sector, there will also be opportunities in performance analysis, injury prevention, and sports consulting. In this context, having advanced specialization makes a significant difference and facilitates access to strategic positions within the industry.

You will expand your job opportunities by accessing key positions in clubs and sports academies in a sector that demands highly qualified professionals"

Graduate Profile

Graduates will stand out for their ability to analyze, plan, and execute advanced strategies in Professional Handball. With a comprehensive approach, they will develop skills in performance management, tactical decision-making, and training optimization at various competitive levels. Additionally, they will develop competencies in leadership, teamwork, and the application of technology for data analysis. This combination of knowledge and skills will enable them to successfully face industry challenges, adapt to the demands of modern sports, and add value in high-performance environments.

You will enhance your professional profile with knowledge in scouting, identifying high-potential players to integrate into competitive teams.

- **Leadership and team management:** Motivate, coordinate, and lead teams in high-performance sports environments.
- **Strategic decision-making:** Analyze complex situations and apply effective solutions in real-time.
- **Critical thinking and problem-solving:** Develop an analytical approach to evaluate performance and optimize training.
- **Use of technology and innovation:** Apply digital tools and data analysis to improve sports performance and tactical planning.

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

1. **Handball Coach:** Responsible for designing, implementing, and overseeing training plans adapted to different competitive levels, from youth categories to high performance.
2. **Physical Trainer:** Responsible for developing specific conditioning programs to enhance performance and prevent injuries in Handball players.
3. **Performance Analyst:** Responsible for using technological tools and statistics to assess individual and team performance, optimizing game strategies.
4. **Sports Director:** Coordinator in the strategic planning of clubs and teams, managing signings, training, and sports objectives.
5. **Injury Prevention Specialist:** Responsible for implementing evaluation and recovery protocols to reduce risks and ensure players' continuity in competition.
6. ***Sports Coach:*** Responsible for working on the mental and emotional development of players, strengthening their concentration, confidence, and decision-making.
7. ***Scouting and Talent Recruitment:*** Responsible for identifying and evaluating high-potential players to integrate them into professional teams and sports academies.
8. **Sports Academy and School Manager:** Responsible for organizing and supervising Handball training programs, promoting the development of young talents.

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.

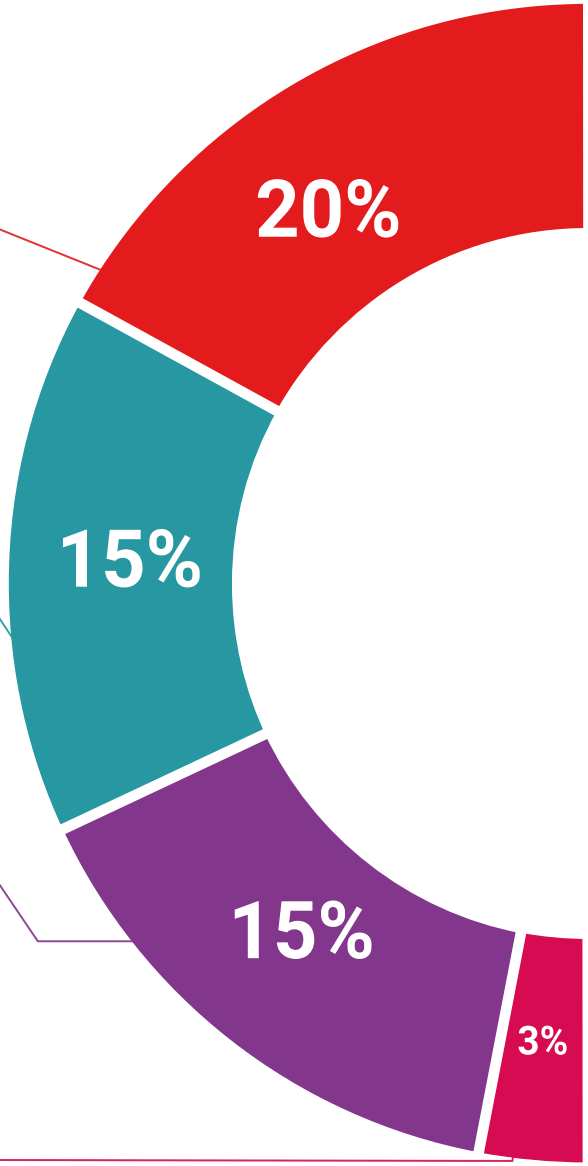
Interactive Summaries

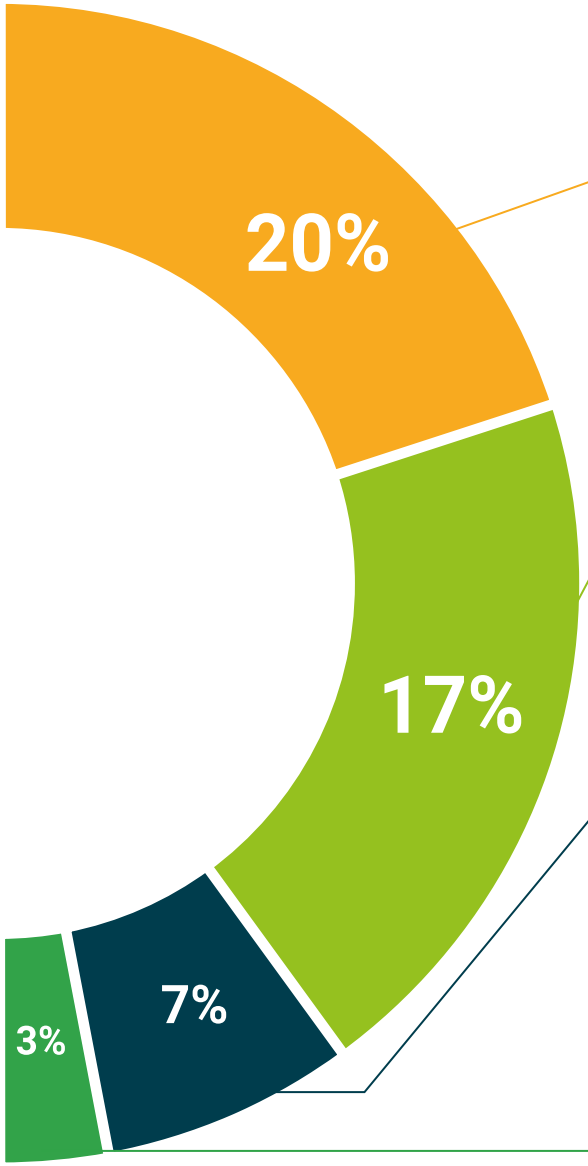
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

Certificate

The Master's Degree in Professional Handball guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 **Master's Degree in Professional Handball** 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.

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: **Master's Degree in Professional Handball**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**

tech global university

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

Master's Degree in Professional Handball

This is a private qualification of 1,800 hours of duration equivalent to 60 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

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

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

Dr. Pedro Navarro Illana
Dean

The Official Online University of the NBA

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates

Master's Degree in Professional Handball

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	Performance Factors in Handball	6	CO
1º	Training Fundamentals in Formation	6	CO
1º	Training Methodology in Refinement	6	CO
1º	High-Performance Training Methodology	6	CO
1º	Training Planning in the Different Stages of Development	6	CO
1º	Physical Preparation of the Handball Player	6	CO
1º	Injury Prevention in Handball Players	6	CO
1º	Nutrition in Handball Players	6	CO
1º	Handball team management	6	CO
1º	Data Analysis	6	CO

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Dean

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

Master's Degree
Professional Handball

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

Master's Degree

Professional Handball

Accreditation/Membership