Postgraduate Certificate

Fitness Instructor in Obesity and Physical Exercise

Endorsed by the NBA

tech technological university

Postgraduate Certificate
Fitness Instructor in Obesity and Physical Exercise

- » Modality: **online**
- » Duration: **6 weeks**
- » Certificate: **TECH Technological University**
- » Dedication: **16h/week**
- » Schedule: **at your own pace**
- » Exams: **online**

Website: **www.techtitute.com/in/sports-science/postgraduate-certificate/fitness-instructor-obesity-physical-exercise**

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01
Introduction

Poor eating habits and a general sedentary lifestyle among the adult population have led people of all ages to become obese. In this sense, in order to recover good health, physical exercise is key, and it becomes extremely necessary for Fitness Instructors to have specific training to deal with this type of client, taking into consideration their condition and avoiding possible injuries. Therefore, this academic program will place special emphasis on planning the training program adjusted to the dysfunctionality of these individuals in order to generate perceptible changes in their health.

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Learn how to design training plans based on the requirements of people with obesity and become a sought-after professional in the industry"

Obesity has become one of the most common diseases in the world, although the most underestimated of all, being perceived by the population as a simple aesthetic problem. It is a multifactorial pathology that completely alters the organism, affecting the metabolism and the normal functioning of the organs.

A sedentary lifestyle and an excessive and inadequate diet are two of the elements with the greatest impact on the development of this disease. However, the simplistic belief that an increase in physical activity and a decrease in intake is sufficient for its treatment has been seen as an ineffective treatment, given that the system in this pathological state does not respond in the same way.

Therefore, in this program, special emphasis will be placed on the planning of training programs adjusted to the dysfunctionality of these individuals in order to generate perceptible changes in the health of the users.

All of this, condensed into a six-week academic program that will become a turning point in the student's professional career. A Postgraduate Certificate designed by and for the best, and that has the endorsement of a great educational institution such as TECH.

This **Postgraduate Certificate in Fitness Instructor in Obesity and Physical Exercise** contains the most complete and up-to-date program on the market. The most important features include:

- Practical cases presented by experts in Physical Activity and Sport
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional development
- Practical exercises where self-assessment can be used 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

Become a positive turning point in people's health, motivating their physical change as a Fitness Instructor"

Since this is an online academic program, you will be able to study wherever and whenever you want"

TECH will provide you with the necessary tools to boost your professional drive.

You will not find a more complete and up-to-date program on the market, believe us.

The program includes, in its teaching staff, professionals from the sector who bring their work experience to this refresher program, as well as renowned specialists from reference societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train 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 throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

02
Objectives

The main objective of this very complete academic program is to enhance the student's acquisition of knowledge, tools and competencies that will allow them to work successfully, with a special focus on dealing with obese people. This knowledge will become the professional's main asset when it comes to entering a labor market that increasingly demands more and more Fitness Instructors who are experts in the field.
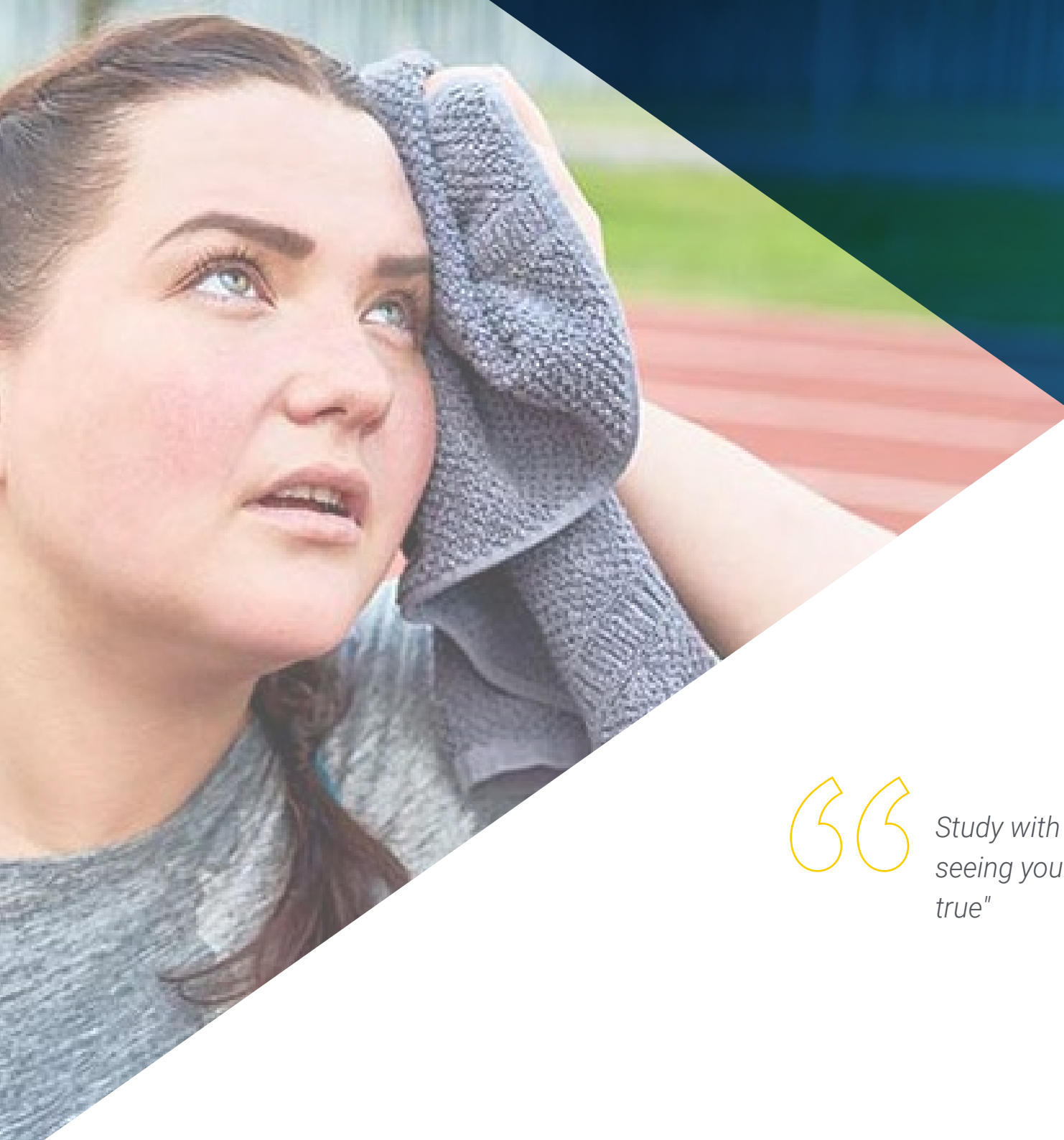
" *Study with TECH and start seeing your goals become true"*

General Objectives

- Acquire knowledge based on the most current scientific evidence with full applicability in the practical field
- Master all the most advanced methods of sports performance evaluation
- Master and apply with certainty the most current training methods to improve sports performance and quality of life, as well as to improve the most common pathologies
- Master the principles governing exercise physiology, as well as biochemistry
- Successfully integrate all the knowledge acquired in the different modules in real practice

Specific Objectives

- Understand in depth the pathophysiology of obesity and its repercussions on health
- Understand the physical limitations of the obese individual
- Be able to plan and program training in an individualized way for a person with obesity

Your goals are our goals. If you grow, so does this institution"

03
Course Management

The program includes in its teaching staff professionals from the sports sector who bring to this program their years of experience in a sector in continuous growth. In the same way, experts from other sectors participate in the development of the contents, completing the curriculum in an interdisciplinary and transversal way, giving the qualification a complete meaning. This teaching team will be in charge of providing students with the latest knowledge on the market.

"
What you study is very important, but knowing how to put it into practice is fundamental. This faculty will help you in that task"

Management

Mr. Rubina, Dardo

- CEO of Test and Training
- EDM Physical Training Coordinator
- Physical trainer of the EDM First Team
- Master's Degree in High Performance in Sports(ARD) COE
- EXOS Certification
- Specialist in Strength Training for the Prevention of Injuries, Functional and Physical-Sports Rehabilitation
- Specialist in Strength Training Applied to Physical and Sports Performance
- Certification in Weight Management and Physical Performance Technologies
- Postgraduate course in Physical Activity in Populations with Pathologies
- Diploma in Advanced Studies (DEA) University of Castilla la Mancha
- PhD in High Performance Sports(ARD)

Professors

Mr. Renda, Juan

- National Professor of Physical Education. ISEF No. 1 "Dr. Enrique Romero Brest"
- Degree in Kinesiology and Physiatry. University Institute H.A. Foundation Bacelo
- Bachelor's Degree in Physical Education with a specialization in Physiology of General Physical Work at San Martin National University
- Master's Degree in Physical Education at the National University of Lomas de Zamora

Structure and Content

In order to turn the Sports Science professional into a true expert in physical exercise for people with obesity, TECH has designed the most complete and up-to-date content compendium on the market. In this way, the student will ensure the acquisition of complete skills based on the latest scientific evidence and supported by the utmost rigor. In just six weeks, students will be able to take these skills for granted.

Welcome to the most comprehensive content library on the academic market today"

Module 1. Obesity and Physical Exercise

1.1. Obesity
- 1.1.1. Evolution of Obesity: Associated Cultural and Social Aspects
- 1.1.2. Obesity and Comorbidities: The Role of Interdisciplinarity
- 1.1.3. Childhood Obesity and its Impact on Future Adults

1.2. Pathophysiological Bases
- 1.2.1. Obesity and Health Risks
- 1.2.2. Pathophysiological Aspects of Obesity
- 1.2.3. Obesity and Associated Pathologies

1.3. Assessment and Diagnosis
- 1.3.1. Body Composition: 2-Component and 5-Component Model
- 1.3.2. Assessment: Main Morphological Evaluations
- 1.3.3. Interpretation of Anthropometric Data
- 1.3.4. Prescription of Physical Exercise for the Prevention and Improvement of Obesity

1.4. Protocols and Treatments
- 1.4.1. First Therapeutic Guideline: Lifestyle Modification
- 1.4.2. Nutrition: Role in Obesity
- 1.4.3. Exercise: Role in Obesity
- 1.4.4. Medical Treatment

1.5. Training Planning in Patients with Obesity
- 1.5.1. Customer Level Specification
- 1.5.2. Objectives
- 1.5.3. Assessment Processes
- 1.5.4. Operability with Respect to Spatial and Material Resources

1.6. Strength Training Programming in Obese Patients
- 1.6.1. Objectives of Strength Training in Obese People
- 1.6.2. Volume, Intensity and Recovery of Strength Training in Obese Individuals
- 1.6.3. Selection of Exercises and Methods of Strength Training in Obese People
- 1.6.4. Design of Strength Training Programs in Obese People

1.7. Programming of Resistance Training in the Obese Patient
- 1.7.1. Objectives of Resistance Training in Obese People
- 1.7.2. Volume and Intensity and Recovery from Resistance Training in Obese People
- 1.7.3. Selection of Exercises and Methods of Resistance Training in Obese People
- 1.7.4. Design of Resistance Training Programs for Obese People

1.8. Joint Health and Complementary Training in Obese Patients
- 1.8.1. Complementary Training in Obesity
- 1.8.2. Range of Motion(ROM)/flexibility Training in Obese People
- 1.8.3. Improved Trunk Control and Stability in Obese People
- 1.8.4. Other Training Considerations for the Obese Population

1.9. Psycho-social Aspects of Obesity
- 1.9.1. Importance of Interdisciplinary Treatment in Obesity
- 1.9.2. Eating Disorders
- 1.9.3. Childhood Obesity
- 1.9.4. Adult Obesity

1.10. Nutrition and Other Factors Related to Obesity
- 1.10.1. "Omics" Sciences and Obesity
- 1.10.2. Microbiota and its Influence on Obesity
- 1.10.3. Protocols for Obesity Nutritional Intervention: Evidence
- 1.10.4. Nutritional Recommendations for the Practice of Physical Exercise

Train people with obesity, with guaranteed results by taking this program"

05
Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**
This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.

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

Case Study to contextualize all content

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

"

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

Optimal decision

Patient Values

Research Evidence

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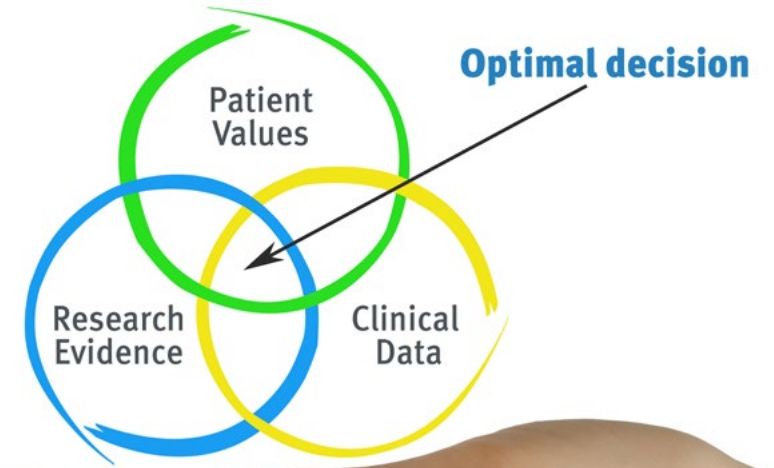
You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.

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

A learning method that is different and innovative

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

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

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

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

Relearning Methodology

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

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

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

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

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

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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

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

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

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

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

Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

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

Classes

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

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

Practising Skills and Abilities

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

Additional Reading

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

30%

10%

8%

20%

25%

4%

3%
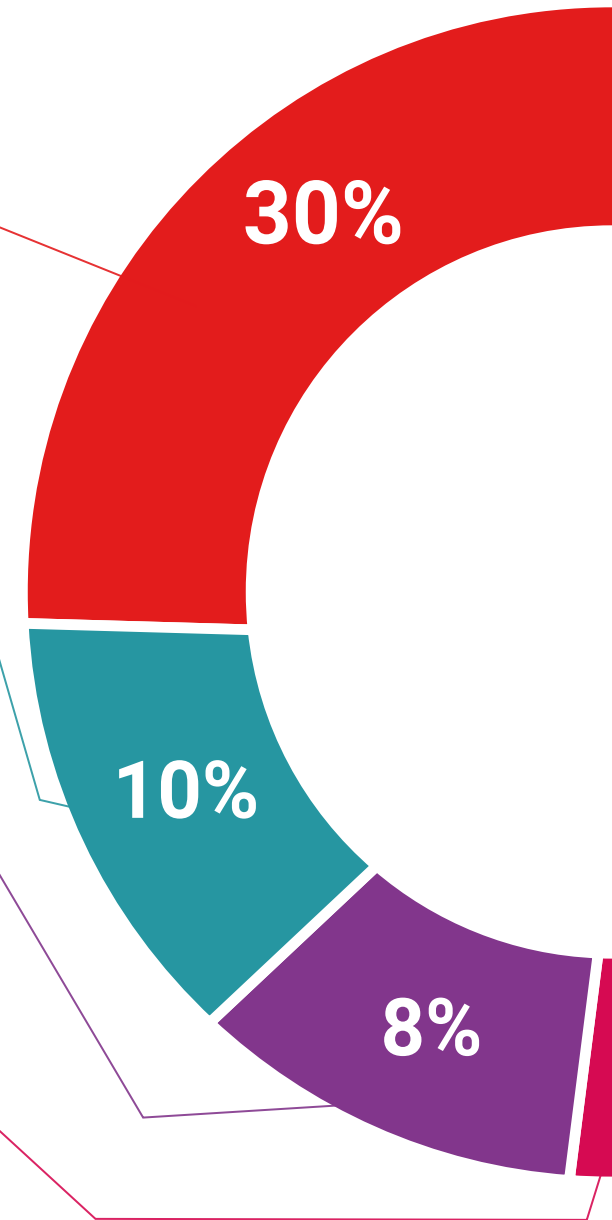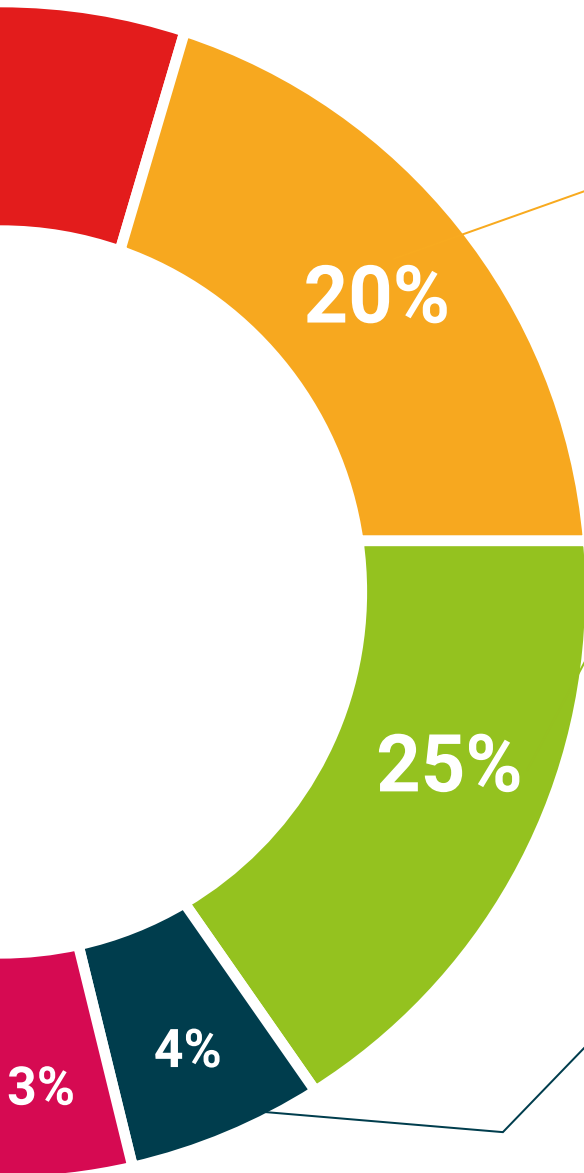
Case Studies

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

Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

Testing & Retesting

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

Certificate

The Postgraduate Certificate in Fitness Instructor in in Obesity and Physical Exercise guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.

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

This **Postgraduate Certificate in Fitness Instructor in Obesity and Physical Exercise** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive theiɾ corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the **Postgraduate Certificate,** and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Fitness Instructor in Obesity and Physical Exercise**
Official Nº of Hours: **150 h.**

Endorsed by the NBA

tech technological university

Awards the following
CERTIFICATE
to
Mr./Ms. _____ with identification number _____.
For having passed and accredited the following program

POSTGRADUATE CERTIFICATE
in

Fitness Instructor in Obesity and Physical Exercise

This is a qualification awarded by this University, equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

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

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

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