

# Postgraduate Certificate

## Performance Factors in Handball

Endorsed by the NBA





## Postgraduate Certificate Performance Factors in Handball

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

Website: [www.techtute.com/us/sport-science/postgraduate-certificate/performance-factors-handball-sports-science](http://www.techtute.com/us/sport-science/postgraduate-certificate/performance-factors-handball-sports-science)

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# 01

# Introduction

The evolution of handball has led to a great interest not only for fans, but also for researchers who have focused their studies on analyzing from technical, tactical and anthropometric factors to the most effective nutrition in this discipline. All this, with the aim of understanding and improving the performance of the players. An essential element in achieving both individual and collective sporting achievements. For this reason, TECH offers future coaches a 100% online program that leads to intensive learning about the fundamentals of this sport, its modalities, its historical path, as well as the new role of the coach within the training of the athlete. A program taught by renowned elite players and experts in Sports Science.





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*A 100% online, flexible Postgraduate Certificate that allows you to self-manage your study time. Ideal for professionals like you"*

The scientific literature on handball has expanded in recent years, with many of the studies focusing on understanding the type of training and physical factors that influence the development of the athlete. In this way, science has made it possible to transfer its advances in the practical sessions carried out by a coach in both initiation and high performance stages.

The direct application of this extensive knowledge will allow the professional to meet the sporting objectives set and boost the career of their players. In order to facilitate this task, TECH has developed this Postgraduate Certificate in Performance Factors in Handball of only 6 weeks.

It is an intensive program developed by an excellent team of professionals made up of established players in this sport, who also have a high-level academic career related to Sports Science. In this sense, students will have access to a first level program with advanced content and with the maximum rigorosity.

An educational option that includes video summaries of each topic, videos in detail, readings and simulations of case studies that give greater dynamism to this already attractive university program.

In this way, without the need for attendance or classes with fixed schedules, students have greater freedom of self-management of their studies, which will allow them, in turn, to make this university program compatible with their daily personal activities.

This **Postgraduate Certificate in Performance Factors in Handball** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The development of case studies presented by experts in Handball and Sports Sciences
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- ♦ 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



*A qualification of 150 teaching hours exclusively online for you to progress in your professional career as a Handball coach"*

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*Analyze the didactics of this sport through the great coaches who have marked its course and integrate their teachings into your career as a coach”*

The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

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

*In this program, delve into the anthropometric, technical, tactical, conditional and psychological factors of the handball player.*

*Take an effective journey through the evolution of handball through a 100% online university program.*



# 02 Objectives

During the course of this Postgraduate Certificate, the future handball coaches will acquire learning that can be directly applied to their sessions. In this way, they will be able to integrate the most significant advances achieved through scientific research on this sport modality, the technical and tactical factors. For this purpose, they will have at their disposal a very useful teaching tool: the case studies that have been provided by the expert faculty that teaches this program.







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*Integrate into your sessions the latest advances in game tactics used in High Performance”*



## General Objectives

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- ♦ Master the design and control of training at different stages
- ♦ Improve the performance of athletes
- ♦ Interpret the analysis of data obtained through new technologies
- ♦ Incorporate the athlete's nutritional planning according to their characteristics and playing position
- ♦ Get to know the evolution of the handball game and tactics up to the present day
- ♦ Analyze the multiple factors involved in the training process and in high performance players





## Specific Objectives

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- ♦ Gain an in-depth knowledge of the historical background of Handball
- ♦ Master the current regulations of Handball
- ♦ Get to know in depth the different modalities of Handball
- ♦ Differentiate the stages of training
- ♦ Gain knowledge about the role of the teacher and the role of the coach in Handball training
- ♦ Get to know the importance of anthropometric, technical, tactical, conditional and psychological factors of the Handball player

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*With this program you will delve into the most recent research on this sport and its direct application in training”*

03

# Course Management

The excellent management and teaching staff of this Postgraduate Certificate make the difference in the learning process that students will obtain. Therefore, graduates will have at their disposal players who are a reference in the world of handball and who also have academic degrees in Physical Activity and Sports Sciences. Their interest in this discipline and the research related to it are reflected in a unique and advanced syllabus that the future professional will be able to access at any time of the day.





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*A distinguished teaching staff of Handball's elite is part of this 150-hour Postgraduate Certificate. Enroll now”*

## Management



### Dr. Lozano, Demetrio

- Former professional Handball player
- Professor at the National School of Handball Coaches of the Royal Spanish Handball Federation
- PhD in Physical Activity and Sport Sciences from the University of Lleida
- Degree in Physical Activity and Sport Sciences from the University of Barcelona
- Master's Degree in High Performance by the University of Barcelona
- World Handball Champion with the Spanish National Team in the 2005 World Cup in Tunisia
- Triple Olympic Handball Medalist in Atlanta 1996, Sydney 2000 and Beijing 2008



## Professors

### Dr. Tuquet Higuera, Jaime

- ◆ Professor at the School of Handball Coaches of the Aragonese Handball Federation
- ◆ Technical director and coach of BM. La Jota of Zaragoza
- ◆ Regional Handball coach in the Aragonese Handball Federation (FARBM)
- ◆ Regional Beach Handball coach in the Aragonese Federation of Handball (FARBM)
- ◆ National Handball Coach
- ◆ Coach monitor of Beach Handball
- ◆ Former handball player in BM. Aragón
- ◆ Doctor in Health Sciences
- ◆ Master's Degree in Teaching
- ◆ Master's Degree in Management and Administration of Sports Organizations
- ◆ Degree in Physical Activity and Sports Science

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*A unique, key, and decisive educational experience to boost your professional development”*

# 04

## Structure and Content

The educational itinerary of this Postgraduate Certificate will take students on a journey through the most important milestones of Handball, its modalities, regulations and the different formative stages in this sport discipline. To do this, graduates will be provided with innovative teaching tools that will allow them to quickly delve into the technical, conditional and psychological factors of this sport. All of this is conveniently accessible from a digital device with an Internet connection.







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*The Virtual Library of this program will be available 24 hours a day, 7 days a week”*

## 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. Regulations in Force (Rules of the Game, 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. Didactics in the Training Stages
  - 1.4.2. Stages of Training According to J. Antón
  - 1.4.3. Stages of Training 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. Launch Analysis
  - 1.7.3. Influence of the Step Cycle
- 1.8. Technical Factors



- 1.8.1. Collective Tactical Factors
- 1.8.2. Study of Decision Making
- 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

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*Delve into the main psychological factors that influence the motivation and self-confidence of your Handball players”*



# 05 Methodology

This 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.





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*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 method of skills and knowledge development. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

*At TECH, you will experience a way of learning that is shaking the foundations of traditional universities around the world”*



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



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

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 prepare the executives of the future. This method, at the forefront of international teaching, is called Relearning.

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





In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically. With this methodology, we have enabled 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 education, 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 adapted in 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.



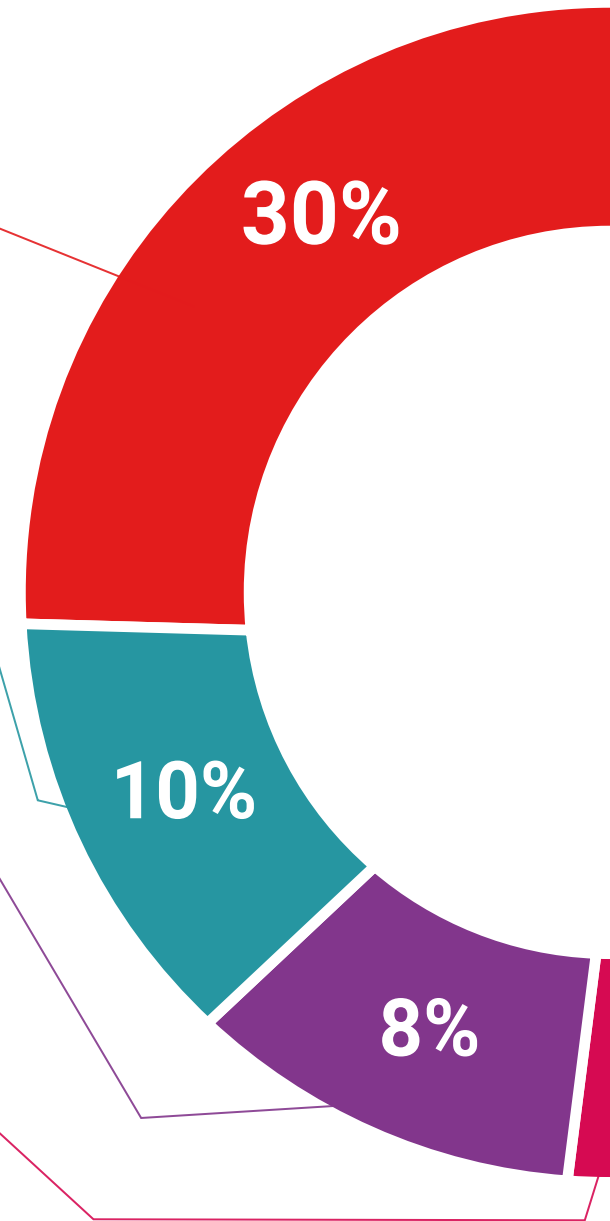
#### Practicing Skills and Abilities

They 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 in the context of the globalization that we are experiencing.



#### Additional Reading

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





#### Case Studies

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



#### Interactive Summaries

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

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



#### Testing & Retesting

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



# 06 Certificate

The Postgraduate Certificate in Performance Factors in Handball guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Performance Factors in Handball** contains the most complete and up-to-date scientific program on the market.

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

The diploma 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 Performance Factors in Handball**

Official N° of Hours: **150 h.**

**Endorsed by the NBA**



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

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

**tech** technological  
university

**Postgraduate Certificate**

Performance Factors  
in Handball

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

personalized service innovation

knowledge present online training

development language

virtual classroom

# Postgraduate Certificate

## Performance Factors in Handball

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university