

Postgraduate Certificate

Physical Preparation and Injury Prevention

Endorsed by the NBA



tech global
university



Postgraduate Certificate Physical Preparation and Injury Prevention

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/postgraduate-certificate/physical-preparation-injury-prevention

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01

Introduction

A good physical preparation program can help improve a tennis player's cardiovascular capacity, strength, speed, agility and endurance. This will also increase their efficiency and consistency in the game, so it is crucial that the player's training sessions have all the guarantees. And that is why this program was created, which will provide the sports professional with tools for physical work on and off the court. In addition, students will delve into the appropriate workloads in pre-season weeks and in preparation for tournaments. Undoubtedly, a high-value specialization that can be developed from wherever they want thanks to its online format.





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Update your training methods of Physical Preparation and Injury Prevention in Tennis with the best guarantees”

Tennis has evolved over time in all aspects, but perhaps one of the greatest advances lies in physical preparation. Years ago, this concept was little explored, but today it has been consolidated as one of the pillars on which the figure of a tennis player is built. Therefore, these players begin to work intensively in this section even from the early stages of training.

That is why they need fully up-to-date coaches in the most effective training to improve physical condition, being this Postgraduate Certificate a unique opportunity for these sports professionals. Therefore, it will be determined those exercises capable of achieving greater physical performance of the player over time while developing the concepts of endurance, strength, coordination or agility, among others.

Likewise, knowing that physical preparation goes together with the injury prevention, the best treatments for injuries and the most appropriate exercises to avoid them will be examined. All this will be possible in just 150 hours of academic trajectory that the student will manage at their own convenience. In this way, they will become part of the prestigious TECH community at an international level, which will clearly play in favor of their career. And all, in addition, using the experience of leading experts in the world of Tennis.

This **Postgraduate Certificate in Physical Preparation and Injury Prevention** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical cases presented by experts in Physical Preparation and Injury Prevention
- ♦ The graphic, schematic and practical contents of the program provide Rehabilitation and practical information on those 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



Excel in the design of exercises that prevent tennis players from possible injuries”

“

See how the educational technologies that will accompany you in your academic cycle will boost your educational performance while providing you with advanced skills in Physical Training”

The program's teaching staff includes professionals from the sector who bring to this course the experience of their work, in addition to renowned specialists from reference societies and prestigious universities.

Its 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 education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

Develop with TECH fully up-to-date theoretical and practical tools for physical work on and off the court.

Contribute to the players' understanding of the importance of elasticity and stretching as methods to prevent injuries.



02 Objectives

TECH has considered the current needs of Tennis professionals to design a program with a comprehensive approach to Physical Preparation and Injury Prevention. In this way, students will have the latest tools that will allow them to update their training methodologies in accordance with the latest scientific evidence on physical capacity. Therefore, students will become the coach profile that more and more professional tennis academies are requesting.





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*Develop your coaching profile
to meet the demands of
professional tennis academies”*



General Objectives

- ♦ Distinguish the different stages of tennis training and know how to work in each of them
- ♦ Know the tennis regulations and how to apply them
- ♦ Understand the figure of the tennis coach from an ethical and moral point of view, and understand the crucial role played by the mental aspect in tennis players
- ♦ Delve into the physical preparation necessary for a tennis player and injury prevention
- ♦ Raising awareness of the importance of technology in today's tennis and analyzing its evolution





Specific Objectives

- Make the student aware of the importance of physical preparation to achieve a better performance of the player
- Understand and develop the concepts of endurance, strength, coordination and agility, among others
- Understand the work of elasticity and stretching as a method to prevent injuries



Achieve the objectives of the Postgraduate Certificate to design effective rehabilitation plans that reduce the tennis player's off-court time"

03

Course Management

The teaching staff of the program is positioned as the best asset of this Postgraduate Certificate. TECH's commitment has been significantly ambitious, incorporating the most illustrious experts in Physical Preparation and Injury Prevention. Not surprisingly, the coaches and physical trainers who make up the teaching staff are the leading exponents of high-performance tennis training. This is reflected in their valuable work in professional tennis academies of world caliber.



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Achieve success as a coach by applying the keys that illustrious experts in Physical Preparation and Injury Prevention will provide throughout the program”

Management



Mr. Ramos Camacho, Alejandro

- ♦ Tennis coach at the Rafa Nadal Academy
- ♦ Coach at the JMO Tennis Academy
- ♦ Coach at Valle de Aridane Tennis Club
- ♦ Graduate in Primary Education
- ♦ National Monitor by the Royal Spanish Federation
- ♦ RPT Level 2

Professors

Mr. Barreto Mazorra, Eusebio

- ♦ Tennis Coach and Physical Trainer at the Tafira Tennis Club
- ♦ Tennis Coach at La Pardilla Sports Facilities
- ♦ Graduate in Physical Activity and Sport Sciences from the University of Las Palmas de Gran Canaria.
- ♦ RPT courses level 1, 2 and 3



04

Structure and Content

This syllabus proposes a global tour of Physical Preparation and Injury Prevention in Tennis, providing an up-to-date and renewed view that will be of great value for the student's work methodology. These contents have a total duration of 150 hours, being object of study by the student according to their own schedule. Therefore, the student will have complete freedom to consult the videos, interactive diagrams, additional readings or analysis of cases in the digital library of the Virtual Campus, without having a fixed schedule.





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A syllabus that gives you complete freedom to delve into all the concepts of Physical Preparation and Injury Prevention through videos, interactive summaries, additional readings and other dynamic resources”

Module 1. Physical Preparation and Injury Prevention

- 1.1. Physical Preparation in Tennis and its Importance
 - 1.1.1. Introduction to Tennis Physical Training
 - 1.1.2. Evolution of Physical Training Throughout History
 - 1.1.3. Importance of Physical Preparation in Tennis
 - 1.1.4. Tennis Benefits of Physical Fitness Training
- 1.2. Physiological Aspects of the Tennis Player and How to Assess Them
 - 1.2.1. What is Physiology and What Does it Do
 - 1.2.2. Physiological Factors Influencing Tennis
 - 1.2.3. Physiological Profile of the Tennis Player
 - 1.2.4. The Physical Development of the Tennis Player and its Evolution in the Different Stages of the Game
- 1.3. Phases of Physical Training
 - 1.3.1. Introduction to Physical Preparation
 - 1.3.2. Parts of the Training
 - 1.3.3. Preparation and Pre-competition Phases
 - 1.3.4. Physical Training During and After the Competition
- 1.4. The Tennis Player and the Main Physical Skills
 - 1.4.1. Resistance, Concept and General Characteristics
 - 1.4.2. Strength, Concept and General Characteristics; the Power Increase in the Tennis Player
 - 1.4.3. Coordination in the Tennis Player
 - 1.4.4. Flexibility in the Tennis Player
 - 1.4.5. Speed and Agility in the Tennis Player
- 1.5. Professional Tennis and Physical Preparation
 - 1.5.1. Importance of Physical Preparation Before and During Tournaments
 - 1.5.2. The Planning and Periodization of Physical Training During the Season in Professional Players
 - 1.5.3. Physical Training During and Between Competitions
 - 1.5.4. Physical Preparation Depending on the Type of Player and the Type of Tournament to be Prepared for





- 1.6. Physical Preparation in Female Tennis
 - 1.6.1. Introduction and Evolution of Physical Preparation in Tennis Female
 - 1.6.2. Specific Characteristics of Physical Training in Women
 - 1.6.3. Adaptations and Differences with Physical Training in Women's Tennis
 - 1.6.4. Other Aspects to be Considered
- 1.7. Injury Prevention, Concept and Importance
 - 1.7.1. Introduction to Injury Prevention Work, its Importance and Benefits
 - 1.7.2. Importance of the Trainer in Injury Prevention
 - 1.7.3. Most Common Types of Injuries in Tennis Players
 - 1.7.4. Causes of Injuries in Tennis Players
- 1.8. Treatment of Injuries and Ways to Prevent
 - 1.8.1. Rehabilitation
 - 1.8.2. Development of a Rehabilitation Plan
 - 1.8.3. Exercises for Prevention and Tips on How to Carry Them out
 - 1.8.4. Injury Prevention Advice for Tennis Players
- 1.9. Tennis Player's Recovery
 - 1.9.1. Introduction and Importance of Recovery in Tennis Players
 - 1.9.2. Recovery Paths in Tennis Players: Control
 - 1.9.3. Recovery Paths in Tennis Players: Management
 - 1.9.4. Recovery in the Different Conditions that Tennis Players Go Through
- 1.10. Physical Preparation for Wheelchair Tennis Players
 - 1.10.1. Introduction to Physical Preparation for Wheelchair Tennis
 - 1.10.2. Specifications to the Training of the Chair Tennis Player
 - 1.10.3. Aspects to Consider for the Physical Preparation of the Wheelchair Tennis Player
 - 1.10.4. Injury Prevention in Wheelchair Tennis Players



You will have access to a library of multimedia resources 7 days a week, 24 hours a day”

05

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.



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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.

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*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.

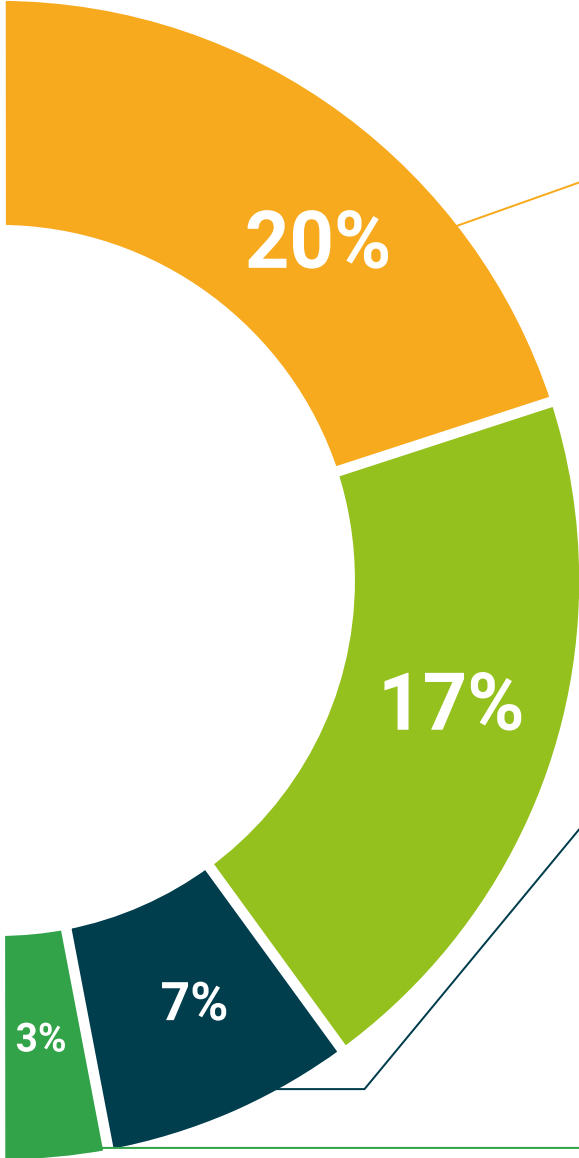
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.



06 Certificate

The Postgraduate Certificate in Physical Preparation and Injury Prevention guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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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 **Postgraduate Certificate in Physical Preparation and Injury Prevention** 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: **Postgraduate Certificate in Physical Preparation and Injury Prevention**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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

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



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