

Postgraduate Certificate

Physical Preparation and Injury Prevention

Endorsed by the NBA



tech technological
university



Postgraduate Certificate Physical Preparation and Injury Prevention

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

Website: www.techtute.com/in/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.



“

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.





“

*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.



“

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.

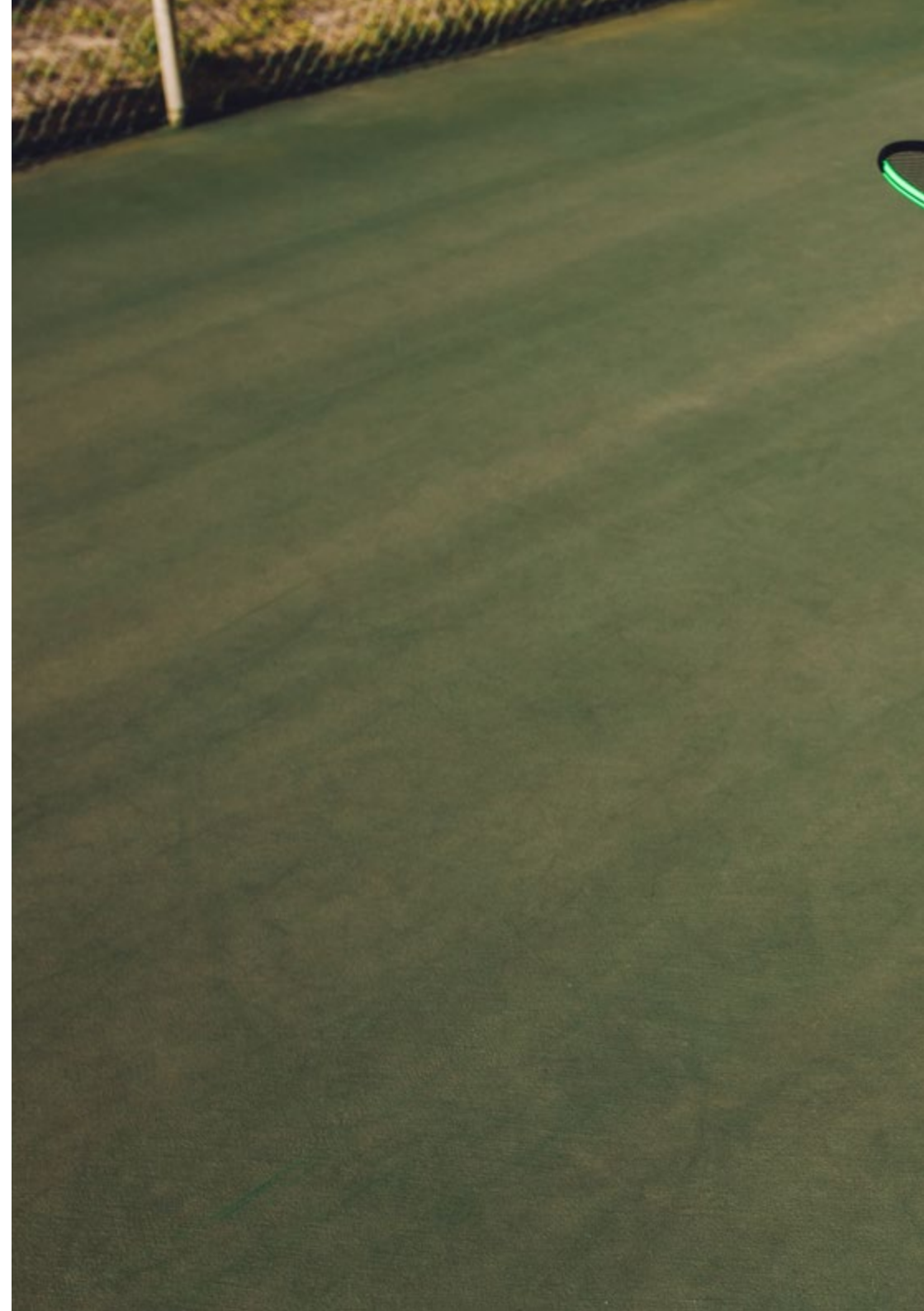


“

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 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*”



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.



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.



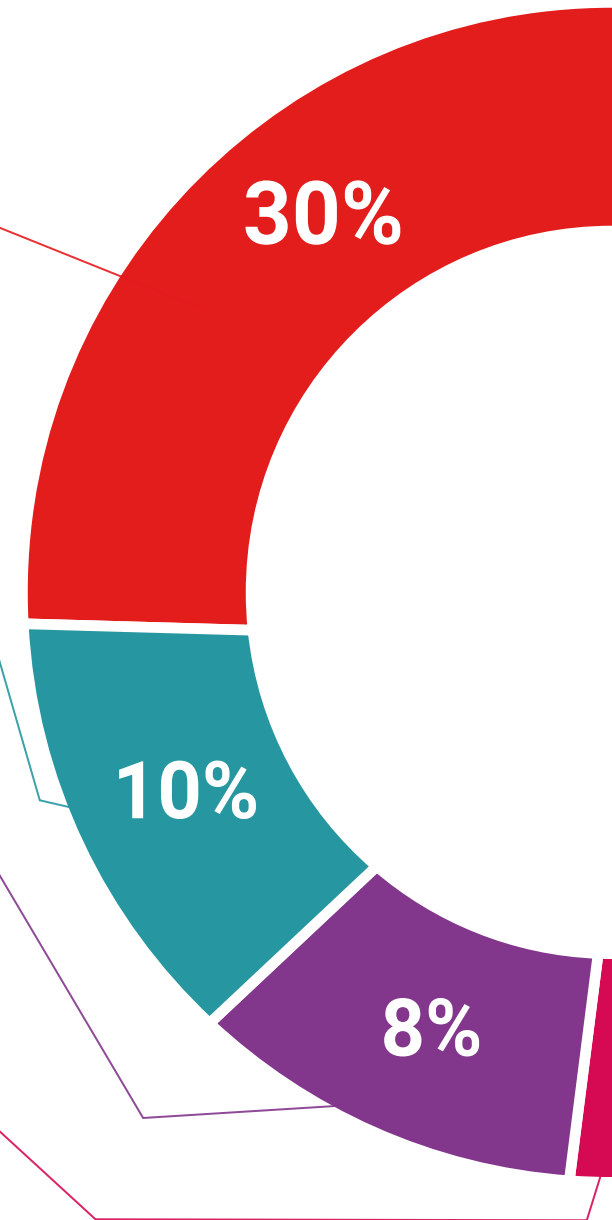
Practising Skills and Abilities

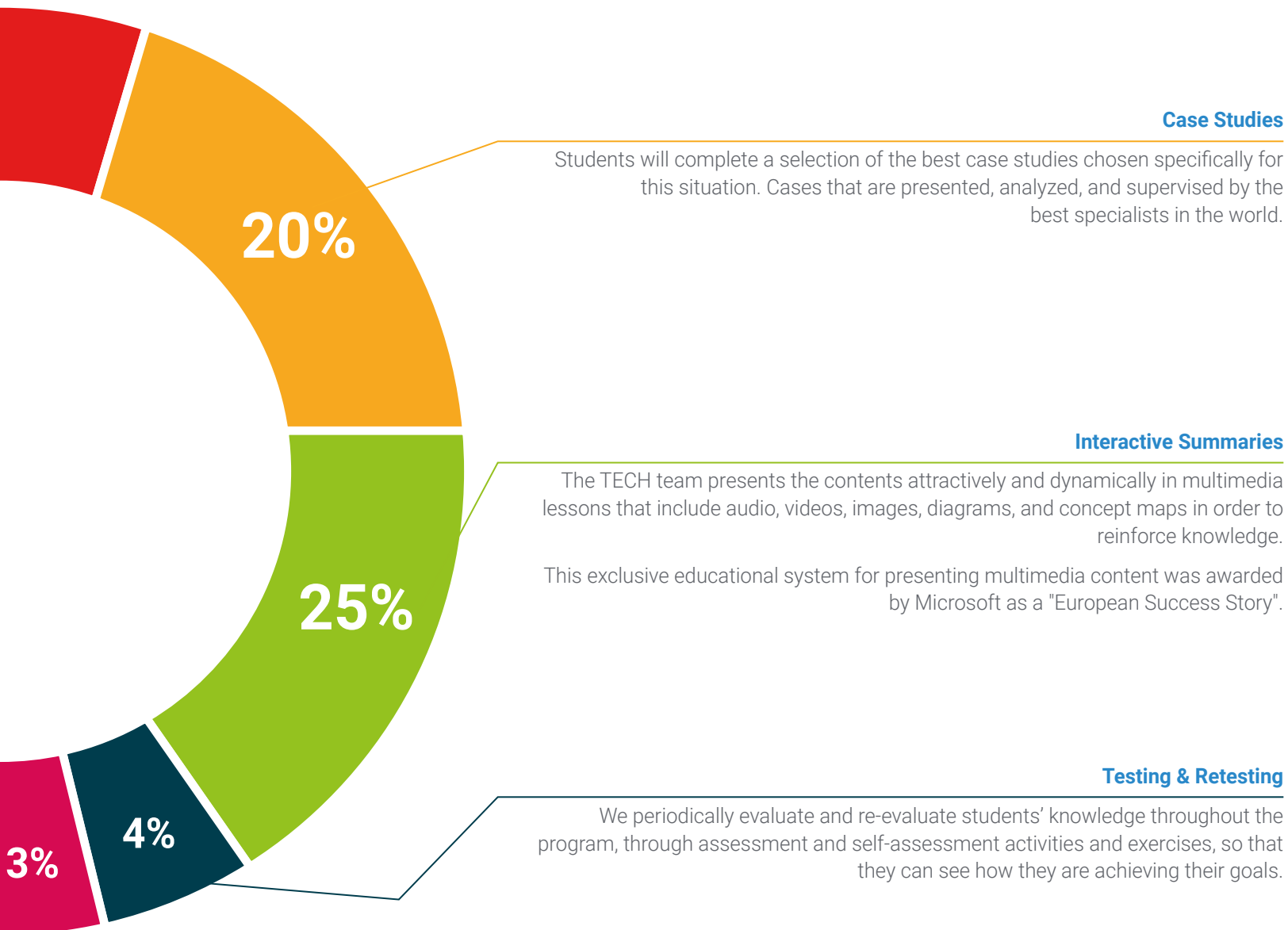
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



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.



**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.



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 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 Physical Preparation and Injury Prevention** contains the most complete and up-to-date scientific 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 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.

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

Official N° of Hours: **150 h.**

Endorsed by the NBA



*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.

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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