

# Postgraduate Certificate

## Physical Preparation in Professional Volleyball

Endorsed by the NBA



**tech** technological university





## Postgraduate Certificate Physical Preparation in Professional Volleyball

- » 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/physical-preparation-professional-volleyball](http://www.techtitute.com/in/sports-science/postgraduate-certificate/physical-preparation-professional-volleyball)



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01

# Introduction

Volleyball requires an excellent physical capacity on the part of the athlete, who must be able to repeat high performance movements in short intervals of recovery time. Rising to make a block, performing a floating serve or moving with the trunk to be able to defend are just some of the actions that must be performed in a game. Mastering technique is essential, but without a solid physical base, it is not enough. That's why proper training planning makes the difference between teams. Based on this philosophy, TECH has created this 100% online program focused on Physical Preparation in this sport at the highest level. All in an advanced syllabus and taught by real professionals in this discipline.



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Become a specialist in *Physical Preparation in Professional Volleyball* with this 100% online Postgraduate Certificate"

An elite volleyball athlete must have an excellent physical preparation given the pace of competition that could be faced, such as leagues, international tournaments, World Championships or Olympic Games. A high pace that requires a thorough planning of training, where all physical factors must be taken into account to avoid injuries.

In a sporting activity like this, the repetition of movements in a short period of time requires specific training for the stability of the shoulder joints, flexibility in the ankle joints or muscle strength to perform the jump. Working on each of these elements requires advanced knowledge on the part of sports professionals who wish to channel their career towards Physical Preparation in this sport.

For this reason, TECH offers this 6-week Postgraduate Certificate, where students can obtain the most comprehensive knowledge about all the necessary elements to be able to start training in lower categories, physical abilities or the theory of stress and supercompensation. A syllabus that will be much more attractive thanks to the multimedia didactic resources (video summaries, videos in focus), to which the graduates will have access at any time of the day, from an electronic device with an Internet connection.

In addition, this educational material will allow you to learn more about specific jumping training, training loads or the periodization of sessions. An extensive learning process that, however, will not require long hours of study. Thanks to the Relearning system, students will be able to consolidate the key concepts visualized throughout the academic itinerary.

This institution offers a magnificent opportunity to advance in a sporting discipline that attracts millions of people and demands increasingly well-prepared professionals. An ideal option to be able to combine the most demanding responsibilities with a first class education.

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

- The development of case studies presented by experts in Physical Education and Professional Volleyball
- The graphic, schematic and practical contents of the book provide technical and practical information on those disciplines that are essential for professional practice
- Practical exercises where the self-assessment process can be carried out 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



*The extensive library of multimedia resources will be available 24 hours a day, 7 days a week"*

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*Delve whenever you wish into the different existing methods to work on the training loads of volleyball athletes”*

*Excel in a sport that requires professionals to properly work on the physical preparation of teams.*

*Strengthen your skills to design physical training sessions at the highest level of competition.*

The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized 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 academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



02

# Objectives

Upon completion of the 150 teaching hours, the students of this Postgraduate Certificate will have achieved the necessary skills to be able to make a complete physical preparation plan for a volleyball team. To achieve this goal, TECH provides a syllabus with a theoretical-practical perspective, which will allow you to obtain a solid learning that will be very useful in your day-to-day work as a professional in Professional Volleyball.



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*The simulated video scenarios  
of training situations will be very  
useful for your daily practice as a  
professional in the world of volleyball”*



## General Objectives

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- Plan specific training for the full development of the volleyball player
- Structure general training for the achievement of team objectives
- Apply recovery strategies adapted to the needs of the athlete
- Assess and develop the player's capabilities to bring them to their maximum potential
- Lead the training area in a high level team
- Develop the correct physical preparation of a player





## Specific Objectives

- Acquire advanced learning about stress theories and their application in volleyball
- Analyze the physical capacities of flexibility, strength, endurance, speed, and their manifestations
- Design physical training for volleyball teams
- Know the essential elements of physical training planning

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*Inquire whenever you want, from your computer with Internet connection on the theory of stress and its application in Volleyball”*

03

# Course Management

This Postgraduate Certificate brings together a management and teaching staff of the highest level in the world of volleyball. Students will have qualified coaches in this sport discipline with years of experience both on and off the court. In addition, there will be an excellent specialist in Physical Education, who will illustrate the graduates in the most effective training methodologies to optimize the performance of athletes.

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*You will have at your disposal real volleyball and Physical Education professionals to improve the physical preparation of your players"*

## Management



### **Ms. Tabeayo Martínez, Nerea**

- Player of Voley Murcia
- Graduate in Physical Activity and Sports Sciences from the Faculty of Physical Activity and Sports Sciences at UCAM - San Antonio Catholic University of Murcia
- Volleyball Coach Level 1



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# Structure and Content

This university program is made up of a study plan designed to offer students the most advanced and exhaustive knowledge about the physical condition and preparation in Professional Volleyball. In this way, in a dynamic way, students will learn about the planning of training in lower categories, the most effective methodologies to work on flexibility, strength and endurance, as well as the techniques of this sport such as jumping. A wide range of content that can be complemented with the specialized readings available in the extensive library of pedagogical resources.

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*A syllabus that will give you the keys  
to physical preparation from the lower  
categories to the volleyball elite"*

## Module 1. Fitness and physical preparation

- 1.1. Lower Categories and Motor Skills
  - 1.1.1. Importance of Physical Preparation in Lower Categories
  - 1.1.2. Motor Skills Training
  - 1.1.3. From Motor Skills to Physical Abilities
  - 1.1.4. Planning in Lower Categories
- 1.2. Threshold Law
  - 1.2.1. Definition
  - 1.2.2. How Does It Affect Training?
  - 1.2.3. Evolution of the Organism During Training
  - 1.2.4. Application in Volleyball
- 1.3. Theories on Stress
  - 1.3.1. Definition
  - 1.3.2. Stress as a Physiological Process
  - 1.3.4. Types of Stress
  - 1.3.5. Application in Volleyball
- 1.4. Principle of Supercompensation
  - 1.4.1. Definition
  - 1.4.2. Phases
  - 1.4.3. Determining Factors
  - 1.4.4. Application in Volleyball
- 1.5. Physical Capabilities
  - 1.5.1. What are they?
  - 1.5.2. Flexibility
  - 1.5.3. Strength and Its Manifestations
  - 1.5.4. Resistance and Its Manifestations
  - 1.5.5. Speed and Its Manifestations
- 1.6. Specific Jumping Training
  - 1.6.1. Technical Characteristics of Jumping in Volleyball
  - 1.6.2. Influence of a Correct Jumping Technique on the Game
  - 1.6.3. Importance of a Correct Technique in Health
  - 1.6.4. Design a Jump Training Plan





- 1.7. Design of a Training Plan
  - 1.7.1. Importance of a Correct Planning
  - 1.7.2. Planning Criteria and Objectives
  - 1.7.3. Training Structure
  - 1.7.4. Models Precursors, traditional and contemporary
- 1.8. Periodization of Training
  - 1.8.1. Definition
  - 1.8.2. Planning Units
  - 1.8.3. Planning Models
  - 1.8.4. Specific Needs
- 1.9. Training Load
  - 1.9.1. Definition
  - 1.9.2. Load Distribution
  - 1.9.3. Parallel-Complex Method
  - 1.9.4. Sequential-Contiguous Method
- 1.10. Recovery and Rest
  - 1.10.1. Definition
  - 1.10.2. Importance of the Recovery Phase
  - 1.10.3. Examples of Exercises
  - 1.10.4. Feedback as the ultimate goal

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*This program will lead you to prepare a specific training plan for the improvement of your volleyball players' jumping technique”*

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# 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.



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

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*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.

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*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.



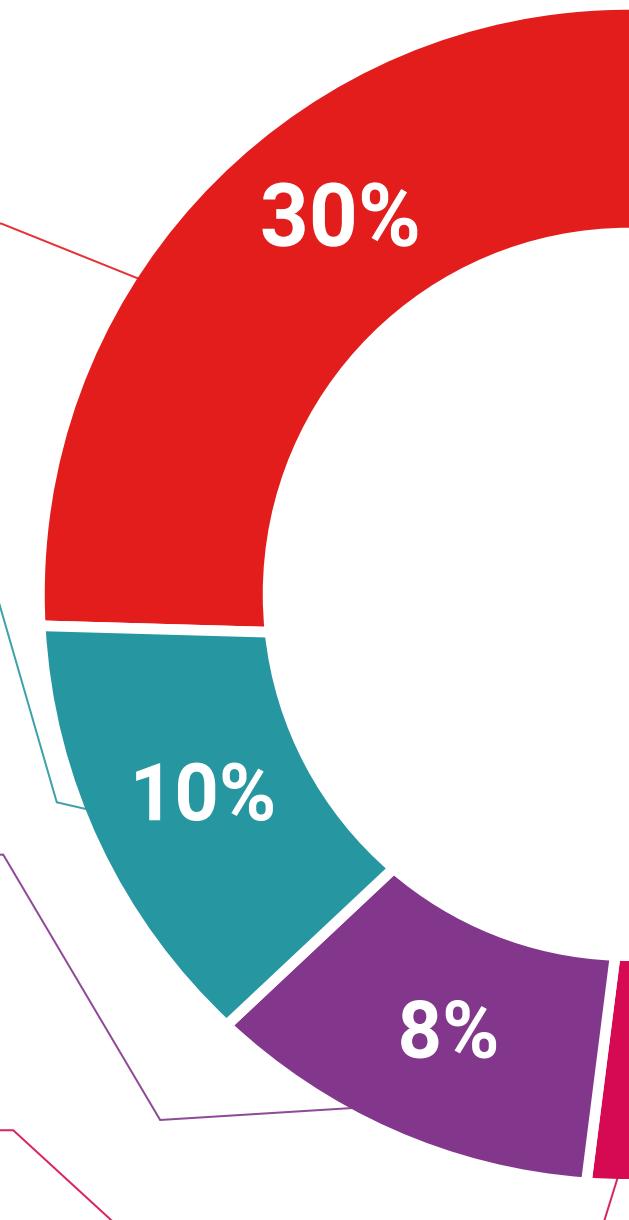
#### Practising Skills and Abilities

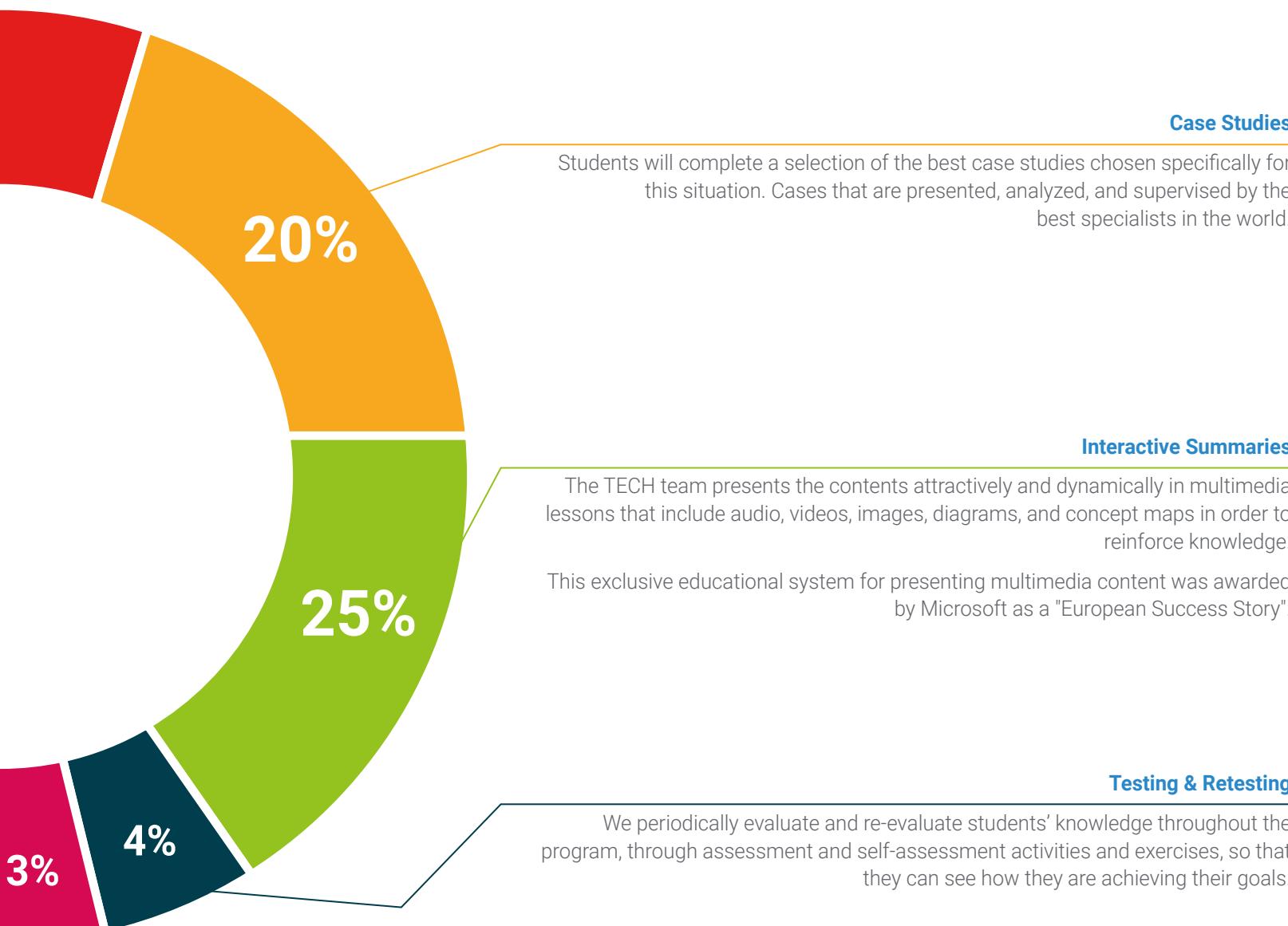
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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.





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# Certificate

The Postgraduate Certificate in Physical Preparation in Professional Volleyball 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 in Professional Volleyball** 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** diploma 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 Physical Preparation in Professional Volleyball**

Official Nº 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.



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