

Postgraduate Certificate

Physical Training for Football Players

Endorsed by the NBA





Postgraduate Certificate Physical Training for Football Players

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

Website: www.techtute.com/us/sports-science/postgraduate-certificate/physical-training-football-players

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 16

05

Methodology

p. 20

06

Certificate

p. 28

01

Introduction

Physical preparation is fundamental in football because it is a sport that requires high levels of energy and endurance. Players must be able to run for long periods of time, change direction quickly and execute explosive movements in different spaces. Therefore, they need professionals with extensive knowledge in this discipline, which in addition to improve their condition, allows them to enhance their skills to improve their performance on the field of play, thereby achieving better results. In view of this, TECH has created this program designed to train students in sports science. This program is delivered in a convenient 100% online format, complete with audio-visual resources and practical exercises.



“

You will develop strength, speed and endurance tests to take your players to the next level, obtaining positive results in their game model”

Good physical preparation helps players improve their speed, strength, endurance and flexibility, enabling them to perform better on the pitch. There are examples such as Cristiano Ronaldo or Erling Haaland who, thanks to their form, have achieved outstanding individual results, which have also contributed to the overall success of their football teams. Therefore, it is necessary for the field professional to update their knowledge in order to carry out more effective training sessions with better physical results.

It is for this reason that TECH has created the present program that gathers the most up-to-date and cutting-edge information in the sector. Over six weeks, the professional will examine aspects such as sports planning, strength, speed and endurance, prioritizing the player's well-being and the demands of a full year's season. All this material can be accessed by professionals from any device with an Internet connection, without the requirement to travel to on-site centers.

This is a Postgraduate Certificate lasting 150 hours, which has been developed by experts in the physical training of football players. In this way, students will obtain a unique learning experience focused on the demands of today's competition. In addition to this, you will follow the Relearning methodology, facing real and simulated scenarios, allowing you to put into practice the knowledge acquired during each session.

This **Postgraduate Certificate in Physical Training for Football Players** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical case studies are presented by experts in physical training for football players
- ♦ 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 the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions for experts, discussion forums on controversial issues and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



Stand out in a fast-growing sector with enormous potential and become a part of the global change based on excellence"

“

Follow this certificate at your convenience, without having to attend face-to-face classes or follow fixed schedules”

This program will enable you to make annual sports plans for physically demanding seasons.

The knowledge presented in this program will allow you to enhance the physical qualities of your players.

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

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning; that is, a simulated environment that will provide an immersive training programmed to train 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.



02 Objectives

The selection of academic content for this program was based on the demands and expectations of the world of football. The student will learn via a variety of tools and activities such as, audio-visual materials and practical exercises, so that students acquire the skills and expertise needed for their professional development. In addition, by using the Relearning methodology, students will tackle real and simulated scenarios, where they will have to put their acquired knowledge to the test.



“

You will learn the importance of the use of GPS systems in the planning and development of training”



General Objectives

- ♦ Understand the origin, history and evolution of football
- ♦ Explore the organization of a club and everything pertaining to the sporting environment
- ♦ Strengthen your knowledge in current technical-tactical skills
- ♦ Examine the changes in football analysis with the introduction of new technologies
- ♦ Describe physical training and re-training as a fundamental part of present-day football
- ♦ Highlight the importance of good nutrition to enable a good sports performance
- ♦ Identify each member of the coaching staff and their roles in a football club
- ♦ Explore psychology as a fundamental part of a football player's performance



Download the content of this program to your device of choice, tablet, computer or cell phone and review it as often as you need to"





Specific Objectives

- Provide specific and specialized training to students—via the scientific field and supported by the practical field—regarding the different aspects of physical preparation and injury rehabilitation
- Highlight the different roles of the professionals within the field and the possibilities for multidisciplinary work, with the aim of improving the performance of the football player
- Understand the analytical and integrated training with the aim of maximizing on performance and preventing the risk of injury in football players
- Understand the methods of injury rehabilitation with the aim of designing, planning and developing rehabilitation processes for the most common injuries in football

03

Course Management

In order to guarantee a comprehensive training with great results, has selected a team of professionally active teachers with several years of experience in the world of football. They are experts and specialists in the physical preparation of football players, who besides being members of respected entities, are committed to new generations within football, and it is for this reason that they have contributed to the development of the study material, sharing their knowledge and experience.



“

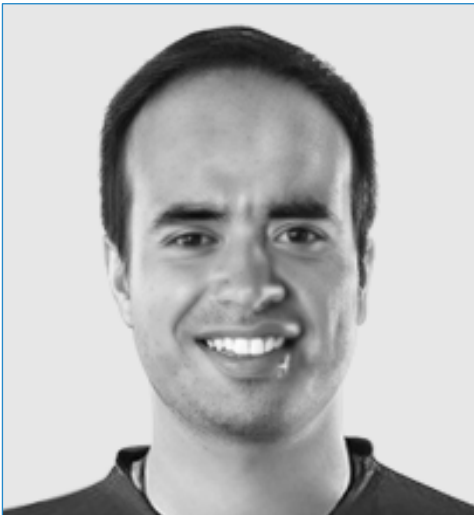
You will update your knowledge through high-impact audiovisual resources, designed by experts and specialists with several years of experience”

Management



Mr. Fernández Fernández, Ángel

- ♦ Futsal and football coach
- ♦ Scout for the Asturias area for the Athlete Management Group (Vilasports)
- ♦ Sports Director of CD Mosconia
- ♦ Commentator for Real Oviedo in RadioGed
- ♦ Sports Technician, Middle Grade, specializing in football at the "Asturian Sports School" Levels 1 and 2



Mr. González Arganda, Sergio

- ♦ Lecturer for the Master's in Physical Preparation and Sports Rehabilitation in Football at UNIR
- ♦ University Expert in Clinical Pilates at the University of Jaén
- ♦ Master's Degree in Biomechanics Applied to Injury Assessment from Comillas Pontifical University
- ♦ Master's in Osteopathy of the Locomotor System from Madrid School of Osteopathy
- ♦ Expert in Pilates Rehabilitation from the Royal Spanish Gymnastics Federation
- ♦ Master's in Sports and Physical Activity Physiotherapy from Comillas Pontifical University
- ♦ Certificate in Physiotherapy for Physio Training



Professors

Mr. Magro Frías, Sergio

- ♦ Physical trainer for Unión Balompédica (UB) Conquense at Manchego Ciudad Real, Real Ávila
- ♦ Higher-Level Football Sports Technician Level III
- ♦ Master's in Physical Training and Football Rehabilitation from the Catholic University of Murcia
- ♦ Graduate in Sports Science

04

Structure and Content

The curriculum of this program has been designed following the requirements and demands of the sports and fitness training required by the industry. Over the course of this program, the professional will discover up-to-date and comprehensive information on the new models of physical preparation for the optimal performance of football players in official competitions. This content will be available on the virtual campus, which can be accessed from any device with an Internet connection, and will be available 24 hours a day. In addition, it offers high-impact audiovisual material, complementary readings and practical exercises, based on the Relearning learning model.



“

*The online format of this program
allows you to balance your daily routine
with the acquisition of new knowledge”*

Module 1. Physical Training in Football

- 1.1. Fitness training and sports performance
 - 1.1.1. Fitness training, fitness conditioning and sports training
 - 1.1.2. Differences between general fitness training and specific physical preparation in football
 - 1.1.3. Basic determining physical abilities in football
 - 1.1.4. Seasonal periods in which to work on physical abilities in football
- 1.2. The basic physical abilities in football training methods
 - 1.2.1. Strength and its most influential features in football
 - 1.2.2. Endurance and its most influential features in football
 - 1.2.3. Speed and its most important forms in football
 - 1.2.4. Flexibility in football
- 1.3. Annual sport planning in football
 - 1.3.1. Mesocycle, macrocycle, microcycle and session
 - 1.3.2. The pre-season
 - 1.3.3. The season
 - 1.3.4. Competition week and its different aspects
- 1.4. The structure of a training session in relation to fitness training
 - 1.4.1. The training session and its components
 - 1.4.2. The warm-up and its different aspects
 - 1.4.3. The main part of the session
 - 1.4.4. The final part of the session or cool down
- 1.5. Training methodologies of fitness training in football
 - 1.5.1. Analytical physical training
 - 1.5.2. Integrated physical training
 - 1.5.3. Structured microcycle
 - 1.5.4. Tactical periodization
- 1.6. Strength training in the football player
 - 1.6.1. The importance of strength training in performance and injury prevention
 - 1.6.2. Types of strength training
 - 1.6.3. When to use strength training
 - 1.6.4. Strength training planning in the microcycle





- 1.7. Methods of quantification of internal and external training loads
 - 1.7.1. Internal and external training load
 - 1.7.2. How to quantify internal and external training load
 - 1.7.3. The different types of load in accordance with the microcycle and the session
 - 1.7.4. Conclusions at the end of training
- 1.8. Fitness training in extreme climatic environments
 - 1.8.1. Training football players in high altitudes
 - 1.8.2. Training football players in desert climates
 - 1.8.3. Training football players in cold climates
 - 1.8.4. Training football players in humid climates
- 1.9. Non-competition periods
 - 1.9.1. Transitional period between seasons
 - 1.9.2. Non-competition period for national teams
 - 1.9.3. Periods of non-competition for long national tournaments
 - 1.9.4. Periods of non-competition for health reasons
- 1.10. The use of GPS systems in the planning and development of training activities
 - 1.10.1. What is a GPS system? How does it work and what parameters can be acquired?
 - 1.10.2. Which variables are used to categorize the different training activities?
 - 1.10.3. How do we plan activities and microcycles based on the GPS variables?
 - 1.10.4. The individual profile of the football player based on the Game Model and physical demands

“*TECH Technological University guarantees dynamic learning focused on the current demands of the sports, so you can expect a high-impact study plan*”

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.



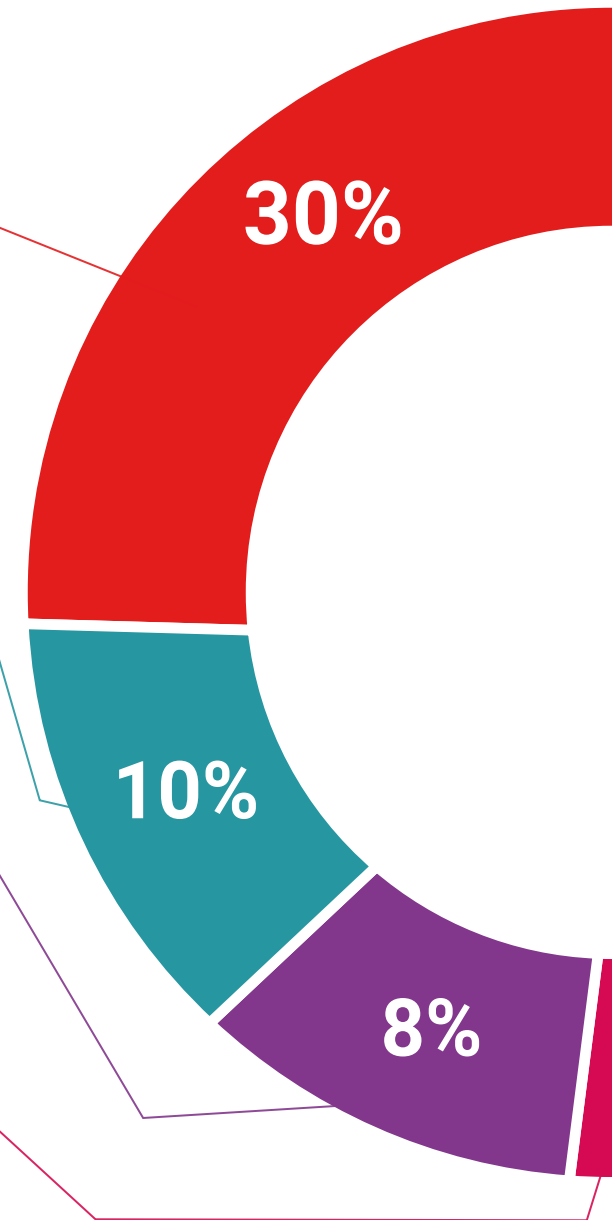
Practising Skills and Abilities

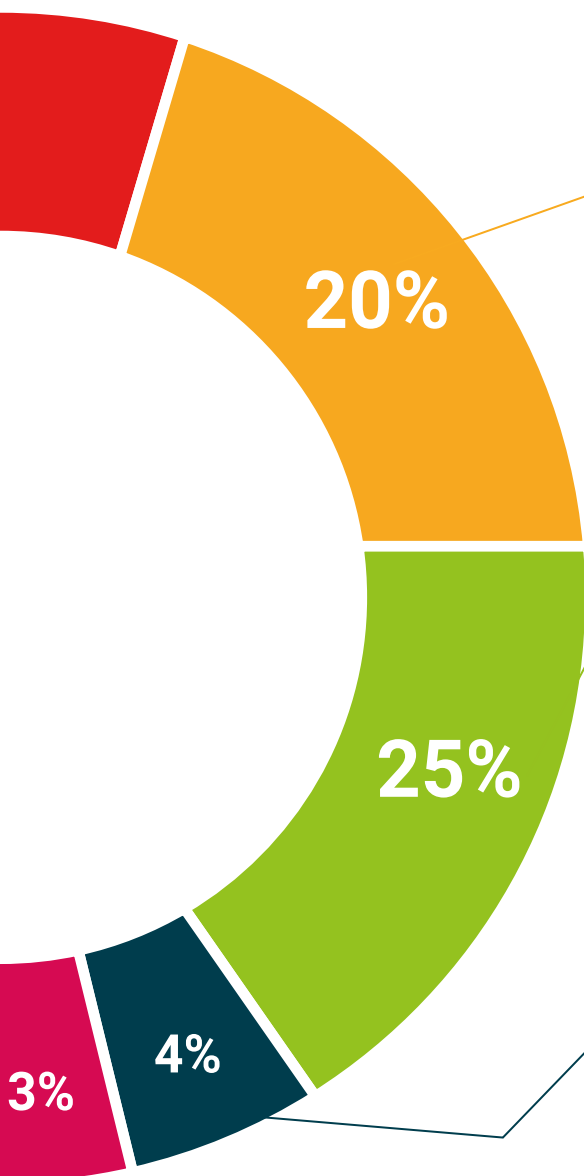
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



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 Training for Football Players guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University..



A hand holding a graduation cap against a blue sky background. The image is partially obscured by a diagonal split between a light blue sky and a dark blue geometric shape.

“

*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 Training for Football Players** 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 Training for Football Players**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

Endorsed by the NBA





Postgraduate Certificate
Physical Training
for Football Players

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

Postgraduate Certificate

Physical Training for Football Players

Endorsed by the NBA

