

# Postgraduate Certificate Professional Cycling Teams

Endorsed by the NBA





## Postgraduate Certificate Professional Cycling Teams

- » 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/professional-cycling-teams](http://www.techtute.com/us/sports-science/postgraduate-certificate/professional-cycling-teams)

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# 01

# Introduction

Perfect harmony between the different components of professional cycling teams is essential to achieve the sporting goals they set themselves. This involves from the runners to the technical staff, as everyone must maintain fluid communication and work together to establish the right strategies. However, maintaining the proper functioning of structures with so many members is always challenging, and this program is a unique opportunity to keep up to date in this regard. With it, the sports professional will analyze the structuring of these teams and their day-to-day operations, as well as the functions of each member. In addition, emphasis will be placed on the roles to be played on competition days, always in a 100% online format.





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*A Postgraduate Certificate of high value  
to manage with solvency the structuring  
and operation of a cycling team”*

The structure and operation of a cycling team requires a complex balance of factors that will determine the viability of the project and the achievement of the objectives. In this sense, there is no doubt that the technical staff is of considerably greater importance than the general public might think at first. Its members oversee training planning, race strategies, nutritional plans and the health care of the riders, ensuring that the equipment and bicycles are in optimal condition for the competition. At the same time, sponsorship and advertising are essential to the survival of the group.

Undoubtedly, the ability to manage all these and other aspects will make the difference in the future of the team, so the professional of Sports Sciences is facing a valuable specialization with this program. Thanks to him, he will learn about the Modus Operandi of these sports entities, for which he will make an exhaustive tour of the functions of each of the figures of the teams, both on a normal basis and on competition days.

But this program goes even further, as it will also offer a high level of preparation in terms of structuring a competition, from the moment the team decides to attend until each member returns to his or her place of residence. All this and more will be available to the learner from home or wherever they choose thanks to the online nature of the format. In addition, you will have at your disposal prestigious cycling experts who will closely follow your evolution in the Postgraduate Certificate.

This **Postgraduate Certificate in Professional Cycling Teams** 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 professional cycling teams.
- ♦ The graphic, schematic and eminently practical contents of the book provide sporting 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



*This is your opportunity to examine in detail the duties of each figure in a professional cycling team, focusing on their roles on race days"*

“

*Thanks to this Postgraduate Certificate, you will analyze the categories of teams and competitions, establishing the best strategies for each one of them”*

The program's teaching staff includes professionals from sector who contribute their work 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 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.

*If you want to go deeper into the day-to-day running of a cycling facility, this is the program for you.*

*You will have the keys to the structuring of a competition, defining the Planning and its objectives.*



# 02 Objectives

Since the structuring and management of a professional cycling team is a challenge that requires a very high level of specialization, TECH has incorporated all the keys that the student needs in this program. Thus, the purpose is none other than to provide the sports professional with all the tools that will allow him/her to manage any aspect of the operation of these sports entities. However, in order to give the Postgraduate Certificate a more comprehensive character, this high-level preparation extends to the organization of cycling competitions.





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*TECH's goal is to make you the key piece  
that makes a professional cycling team  
work in harmony”*



## General Objectives

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- ♦ Understand the performance factors of sport and, therefore, learn to assess the specific needs of each athlete
- ♦ To be able to plan, periodize and develop training programs for cyclists, in short, to enable students to exercise the profession of coach
- ♦ Acquire specific knowledge related to the biomechanics of cycling
- ♦ Understand the operation of new applications used in load quantification and training prescription
- ♦ Understand the benefits of strength training and be able to apply them in concurrent training
- ♦ Acquire a specialization in nutrition oriented to cycling
- ♦ Understand the functioning of cycling structures, as well as the modalities and categories of competitions







### Specific Objectives

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- ♦ To understand first-hand the structuring and functioning of professional teams
- ♦ Differentiate the roles and functions of the different team members
- ♦ To know how the day-to-day operations of a cycling structure are carried out



*You will achieve your goals  
supported by innovative academic  
materials on the structuring of  
professional cycling teams"*

03

# Course Management

The high educational standards that TECH provides in each program are assured in this Postgraduate Certificate thanks to a reference teaching team. This teaching staff is made up of both coaches and sports directors from renowned entities, so they have a valuable professional background that will clearly play in favor of the student. They will also monitor their progress throughout the program thanks to the Online Campus.







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*A teaching staff made up of both coaches and sports directors from renowned organizations will ensure that your specialization will be as profitable as possible”*

## Management



### Mr. Javier Cortés

- CEO of Training4ll
- WT UAE Team Coach
- Massi Tactic UCI Womens Team Performance Manager
- Specialist in the biomechanical area of Jumbo Visma UCI WT
- WKO advisor to World Tour cycling teams
- Trainer at Coaches4coaches
- Associate Professor at Loyola University
- Degree in Physical Activity and Sports Sciences from the University of Seville
- Postgraduate Degree in High Performance Cycling Sports from the University of Murcia
- Sports Director Level III
- Numerous Olympic medals and medals at European championships, World Cups and national championships

## Professors

### Mr. Xabier Artetxe Gezuraga

- ◆ Positions: Performance Manager of the WT Ineos Grenadier team
- ◆ Professor and event director of the company Fundación Ciclista Euskadi
- ◆ Coach of the WT Movistar, SKY and Ineos Grenadier teams
- ◆ Sports director and coach of Seguros Bilbao, Caja Rural, Euskaltel Development Team
- ◆ Trainer of winners of Grand Tours, World Championships, Olympic medals and national championships
- ◆ Trainer at Coaches4coaches
- ◆ Master's Degree in High Performance in Biomedicine
- ◆ Certificate World Tour Level Sports Director (Director Deportivo UCI)
- ◆ Sports Director Level III

### Mr. Aner Moreno Morillo,

- ◆ Positions: Head of Performance of the Kuwait National Cycling Team
- ◆ Auxiliary of the Euskaltel-Euskadi ProConti Team
- ◆ Graduate in Physical Activity and Sports Sciences from Isabel I University
- ◆ Master's Degree in CAFD research by Universidad Europea
- ◆ Master's Degree in High Performance Cycling Sports from the University of Murcia
- ◆ National Sports Director Level III





04

# Structure and Content

The syllabus of this Postgraduate Certificate has been supervised by the experts on the faculty, so that no key concept has been left out of the syllabus. In fact, special care has been taken to ensure that each and every topic is completely up to date so that the specialized knowledge the student will acquire is as useful as possible. In addition, the interactive resources of the Online Campus will make the educational experience really dynamic while facilitating the internalization of ideas.



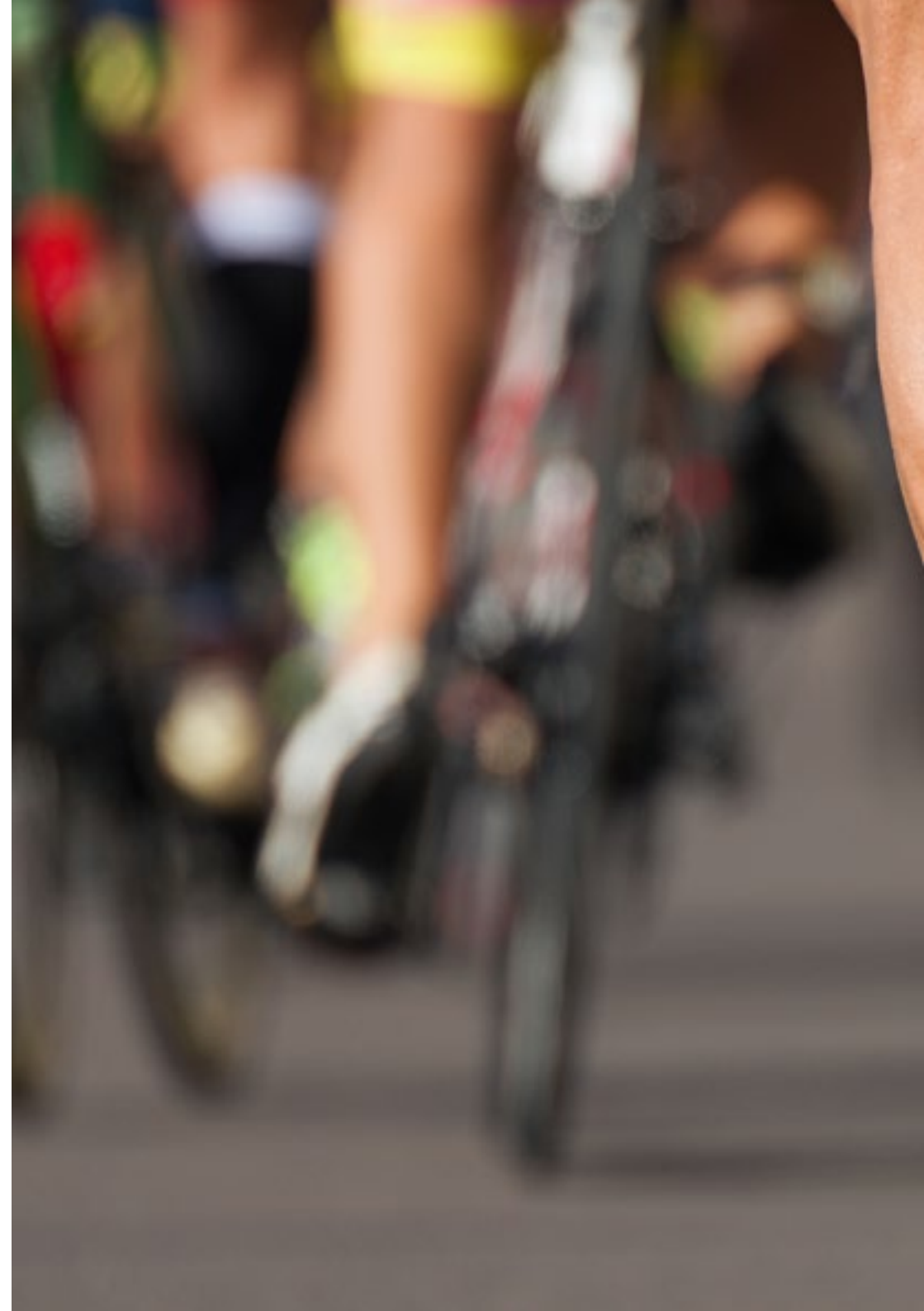


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*Schools, cadets, juniors... All elements of the lower categories of Cycling are included in this curriculum”*

## Module 1. Structure and operation of a cycling team

- 1.1. Equipment categories
  - 1.1.1. Professional categories (WT and ProContinental)
  - 1.1.2. Continental Category
  - 1.1.3. Elite and U23 categories
- 1.2. Competition categories
  - 1.2.1. Stage competitions
  - 1.2.2. Classics
  - 1.2.3. Categories according to level of participation
- 1.3. Lower categories
  - 1.3.1. Schools
  - 1.3.2. Cadets
  - 1.3.3. Juveniles
- 1.4. Manager's role
  - 1.4.1. Cycling structure manager
  - 1.4.2. Sponsorships
  - 1.4.3. Cyclist manager / representative
- 1.5. Director's role
  - 1.5.1. Director's role as coordinator
  - 1.5.2. Director's role as organizer
  - 1.5.3. Director's role in competition
- 1.6. Role of mechanics
  - 1.6.1. Professional equipment
  - 1.6.2. Role of the ship mechanic
  - 1.6.3. Role of the race mechanic





- 1.7. Role of assistants, masseurs and physiotherapists
  - 1.7.1. Auxiliaries
  - 1.7.2. Physiotherapists
  - 1.7.3. Masseurs
- 1.8. Role of the rest of the staff
  - 1.8.1. Office
  - 1.8.2. Ship
  - 1.8.3. Press
- 1.9. How to structure the competition
  - 1.9.1. Competition analysis
  - 1.9.2. Define competition objectives
  - 1.9.3. Development of the Planning for the competition
- 1.10. Day-to-day competition within a team
  - 1.10.1. Pre-competition
  - 1.10.2. During competition
  - 1.10.3. After the Competition



*With just an Internet connection and your favorite electronic device, you will analyze in detail both pre-competition and post-competition in cycling teams"*



# 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

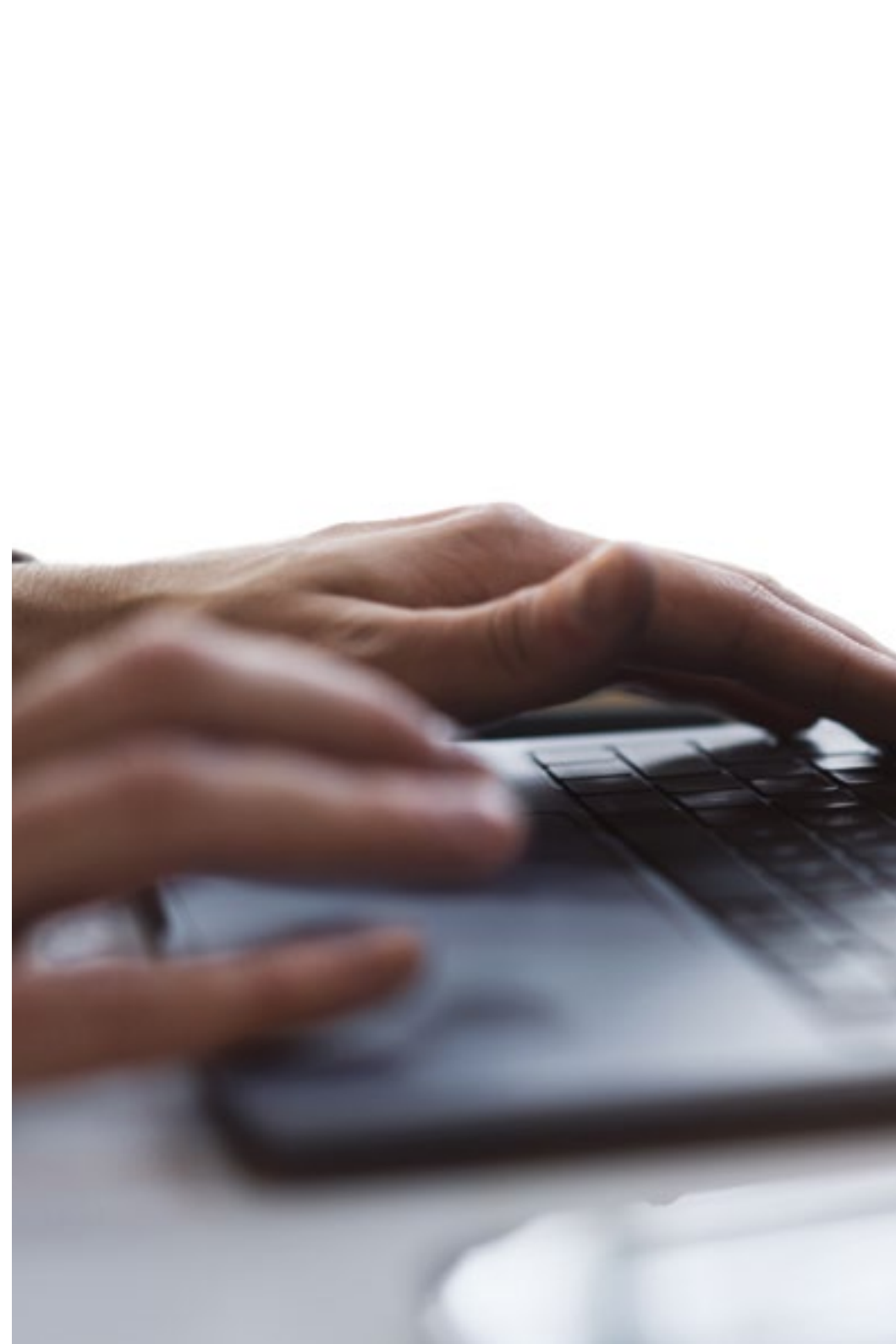
In TECH's study methodology, the student is the main protagonist.

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

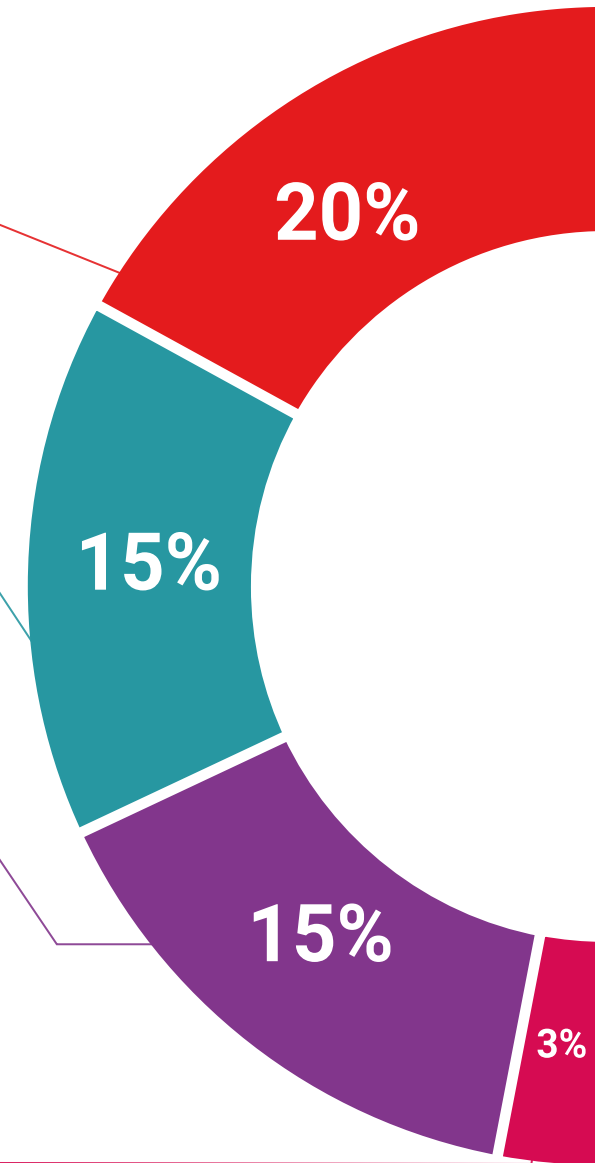
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

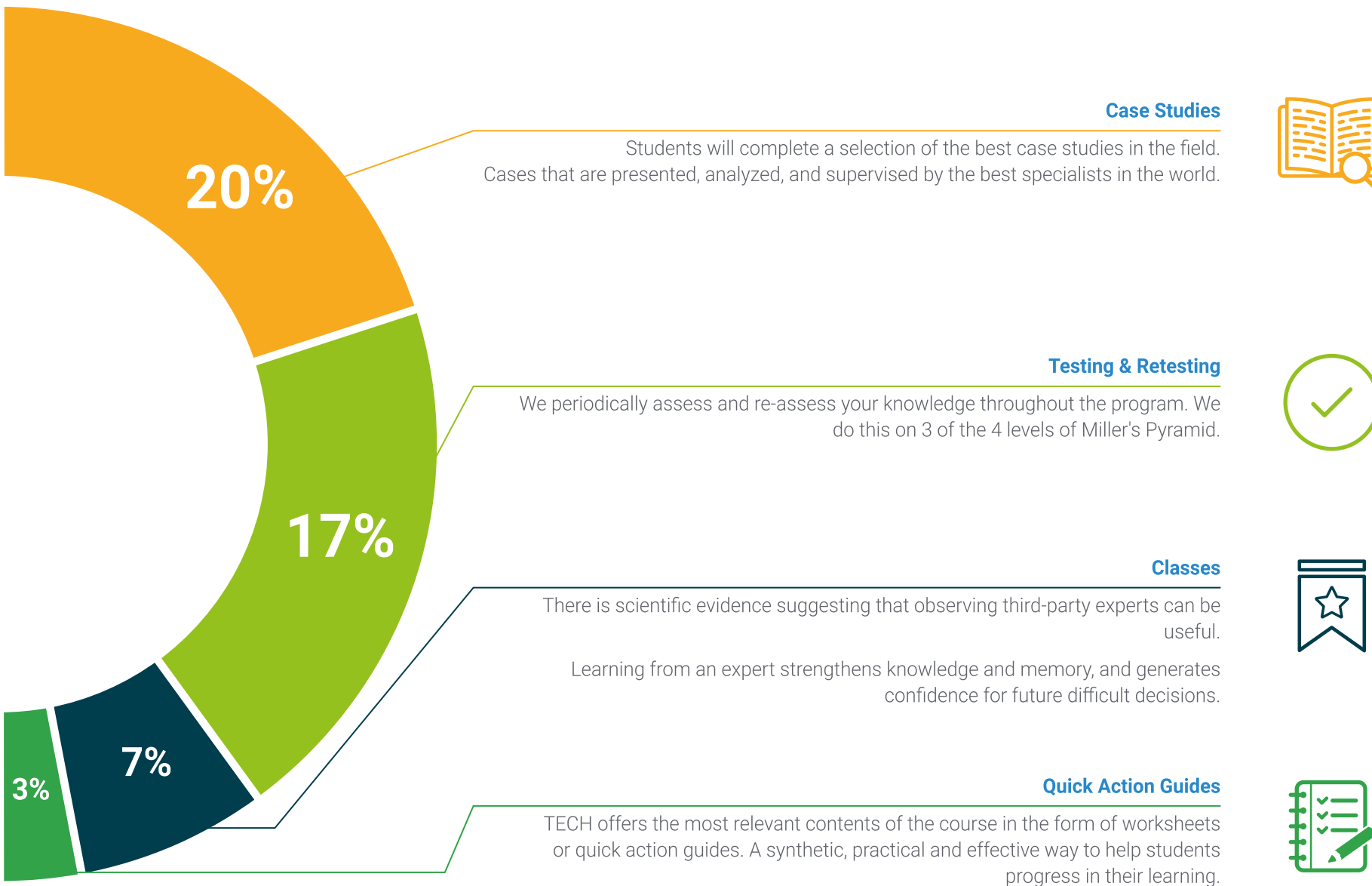
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





# 06 Certificate

The Postgraduate Certificate in Professional Cycling Teams 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 Professional Cycling Teams** 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 Professional Cycling Teams**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

Endorsed by the NBA





## Postgraduate Certificate Professional Cycling Teams

- » Modality: online
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# Postgraduate Certificate Professional Cycling Teams

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university