

# Postgraduate Certificate

## Rugby VII: Sport and Regulations

Endorsed by the NBA





## Postgraduate Certificate

### Rugby VII Sport and Regulations

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

Website: [www.techtute.com/us/sports-science/postgraduate-certificate/rugby-vii-sport-regulations](http://www.techtute.com/us/sports-science/postgraduate-certificate/rugby-vii-sport-regulations)

# 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

Knowledge of Rugby VII and its rules and regulations is essential for professionals in the field of sport. This is an increasingly popular modality that is gaining ground around the world. Professionals in this field must be aware of emerging sports in order to provide valuable information and resources to their clients or athletes. For this reason, TECH has designed a program that allows students to maximize their knowledge on aspects such as the Specific Rules, the Throwing of the Game, the Placing in Rugby VII and the Analysis of the Rival, among others. All this, thanks to a 100% online modality and with the most dynamic and practical multimedia materials available in the academic market.





“

*Acquire new knowledge about Session Structure or Static Phase Analysis, thanks to TECH, the best online university in the world according to Forbes”*

The rules of Rugby VII are essential for coaches and fitness professionals because they must understand the rules of the game in order to best prepare their athletes and ensure they are ready to compete. In addition, knowledge of the rules is also important for referees and competition officials, who must understand the rules to ensure fair and safe play.

For this reason, TECH has designed a Postgraduate Certificate in Rugby VII: The aim of this program is to provide students with the necessary skills and competencies to be able to perform their work as specialists with the highest possible efficiency and quality. Thus, throughout this program, aspects such as Counterattacking in the Game and Permanent Reorganization, the Center Serve or the Analysis of Offensive and Defensive Systems will be addressed.

All this, thanks to a 100% online modality that allows students to organize their studies without time limits, being able to combine them with their other day-to-day work and interests. In addition, this degree has the most complete theoretical and practical materials on the market, which facilitates the student's study process and allows them to achieve their objectives quickly and efficiently.

This **Postgraduate Certificate in Rugby VII: Sport and Regulations** 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 Rugby VII experts
- ◆ 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



*Become an expert in Counterattack in the Game and Permanent Reorganization, in only 6 months and with total freedom of organization"*

“

*Learn advanced counter-attack strategies in the game, thanks to this complete specialization”*

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. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*Test your Rugby VII skills by putting your new knowledge to the most challenging practical exercises.*

*It deepens in the importance of the Center Serve in favor to start the game with an advantage, in a 100% online modality and with total freedom of schedules.*



# 02 Objectives

The ultimate goal of this Postgraduate Certificate in Rugby VII: Sport and Regulations is that the student acquires a precise update of their knowledge in such a relevant modality of this sport. An update that will allow the student to work as a professional with the highest possible quality and efficiency. All this, thanks to TECH and a 100% online modality that gives total freedom of organization and schedules to the student.





“

*Master the most advanced strategies for dealing with common Rugby VII injuries and do it from the comfort of your own home"*



## General Objectives

---

- ◆ Know in depth about Rugby XV and VII, as well as the rest of the modalities
- ◆ Know how to deepen, develop, and a physical and technical
- ◆ Acquire a specialization in Rugby oriented nutrition, according to the modality and position of the player
- ◆ How to manage emotions and apply psychology to the sports field
- ◆ Learn to manage teams and players
- ◆ How to sell Rugby as a consumer product
- ◆ In-depth knowledge of the tools for the player to control his emotions in order to obtain maximum performance





## Specific Objectives

---

- ◆ In-depth knowledge of the specific regulations
- ◆ Know how to differentiate and know in depth the positions
- ◆ Recognize the different offensive and defensive systems
- ◆ Learning and differentiating between static and dynamic phases



*Enroll now and delve into elementary phases of Professional Rugby such as the Maul or the Ruck to design the best strategies with which to approach them"*

# 03

## Course Management

The management and the outstanding professionals that make up the teaching staff of this Postgraduate Certificate in Rugby VII: Sport and Regulations, are part of TECH's prestigious team of experts. These specialists have poured their extensive experience into the entire syllabus to design complete and up-to-date teaching materials that exceed the most demanding expectations. In addition, they will accompany the student throughout the program to make the study process easier and more effective.





“

*Leading professional rugby stars from around the world come together in this program to give you the support and all the keys to excel in Rugby VII”*

## Management



### Mr. De Juan Roldán, Javier

- ♦ Professional rugby player of the Spanish national team VII
- ♦ Two-time European Rugby VII champion
- ♦ Professional player of Independiente Rugby Club
- ♦ Professional Rugby Science player
- ♦ Coach at Ciencias Rugby Club and Independiente Rugby Club schools

## Professors

### Ms. Ribera García, María

- ♦ Coach of Rugby, female 7's and male XV
- ♦ Coach of the General Command of the Balearic Army, female 7's and male XV
- ♦ Co-founder of All&Go
- ♦ Coordinator of the Association for Women in the Professional Field
- ♦ International player of Rugby XV and 7's
- ♦ European Rugby Champion
- ♦ Olympic Diploma Rio de Janeiro
- ♦ Degree in Political Science, Master's Degree in Human Resources Management and Management
- ♦ Master's Degree in Team Management

### Ms. Lliteras Ruiz, Marta

- ♦ Head coach of San Scrum of the Women's Honor Division
- ♦ Technical trainer at the Spanish Olympic Committee
- ♦ Tatami Rugby Club Coach
- ♦ International player with the Spanish women's national team in XV and VII categories
- ♦ Olympic player in Rio de Janeiro
- ♦ Bachelor of Science in Physical Activity and Sports Science
- ♦ N1, N2 and N3 rugby XV and N1 and N2 of VII, head coach of San Scrum of the women's division of honor, coach of the Tatami rugby club and technical trainer in the Spain BORRAR Olympic Committee



# 04

# Structure and Content

The structure and all the didactic resources of this curriculum have been designed by the renowned professionals that make up TECH's team of experts in the area of Sports. These specialists have used their extensive experience and state-of-the-art knowledge to create practical and completely up-to-date content. All this, based on the most efficient pedagogical methodology, TECH Relearning.





“

*In this syllabus you will find the most comprehensive and updated view of the fundamentals of Rugby VII”*

## Module 1. Rugby VII Sport and Regulations

- 1.1. Specific regulations
  - 1.1.1. Principles of the game
  - 1.1.2. Principles of the laws
  - 1.1.3. The Rules of Games
- 1.2. Player-specific skills
  - 1.2.1. Development of specific conditional capacities
  - 1.2.2. Development of coordination skills
  - 1.2.3. Improved decision making process
- 1.3. Specific positions
  - 1.3.1. Forwards
  - 1.3.2. Methods
  - 1.3.3. Three Quarters
- 1.4. Attack
  - 1.4.1. The start of the game
  - 1.4.2. The game at the meeting points
  - 1.4.3. Counter-attack in the game and permanent reorganization
- 1.5. Defence
  - 1.5.1. Tackling in Rugby VII: Introduction and types
  - 1.5.2. Defense from launching points of encounter
  - 1.5.3. Defense from static phases
- 1.6. Static and dynamic phases
  - 1.6.1. Melee and touch
  - 1.6.2. Maul
  - 1.6.3. Ruck
- 1.7. Center kick-off
  - 1.7.1. Importance of the center kick in Rugby VII
  - 1.7.2. Center kicks in favor
  - 1.7.3. Center kicks against



- 1.8. Basis of the game system
  - 1.8.1. The start of the game
  - 1.8.2. The game at the meeting points
  - 1.8.3. Counter-attack in the game and permanent reorganization
- 1.9. Session Structure
  - 1.9.1. Player initiation period
  - 1.9.2. General exercises
  - 1.9.3. The training session
- 1.10. Rival analysis
  - 1.10.1. Offensive system analysis
  - 1.10.2. Defensive system analysis
  - 1.10.3. Static phase analysis

“ Thanks to TECH and its Relearning methodology, you will be able to acquire knowledge progressively and without having to dedicate too much time to study”



# 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.



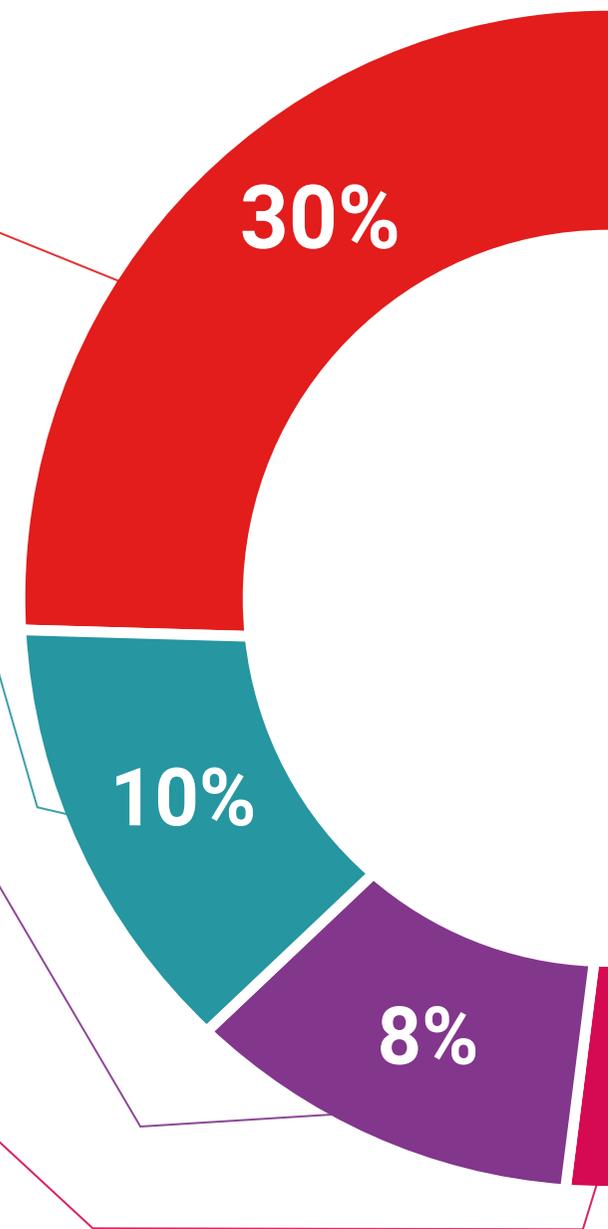
### Practising Skills and Abilities

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 Rugby VII: Sport and Regulations guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

This **Postgraduate Certificate in Rugby VII: Sport and Regulations** contains the most complete and up-to-date scientific program 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 diploma 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 Rugby VII: Sport and Regulations**

Official N° of hours: **150 h.**

Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper diploma 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 quality  
development languages  
virtual classroom



## Postgraduate Certificate

### Rugby VII Sport and Regulations

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

# Postgraduate Certificate

## Rugby VII Sport and Regulations

Endorsed by the NBA

