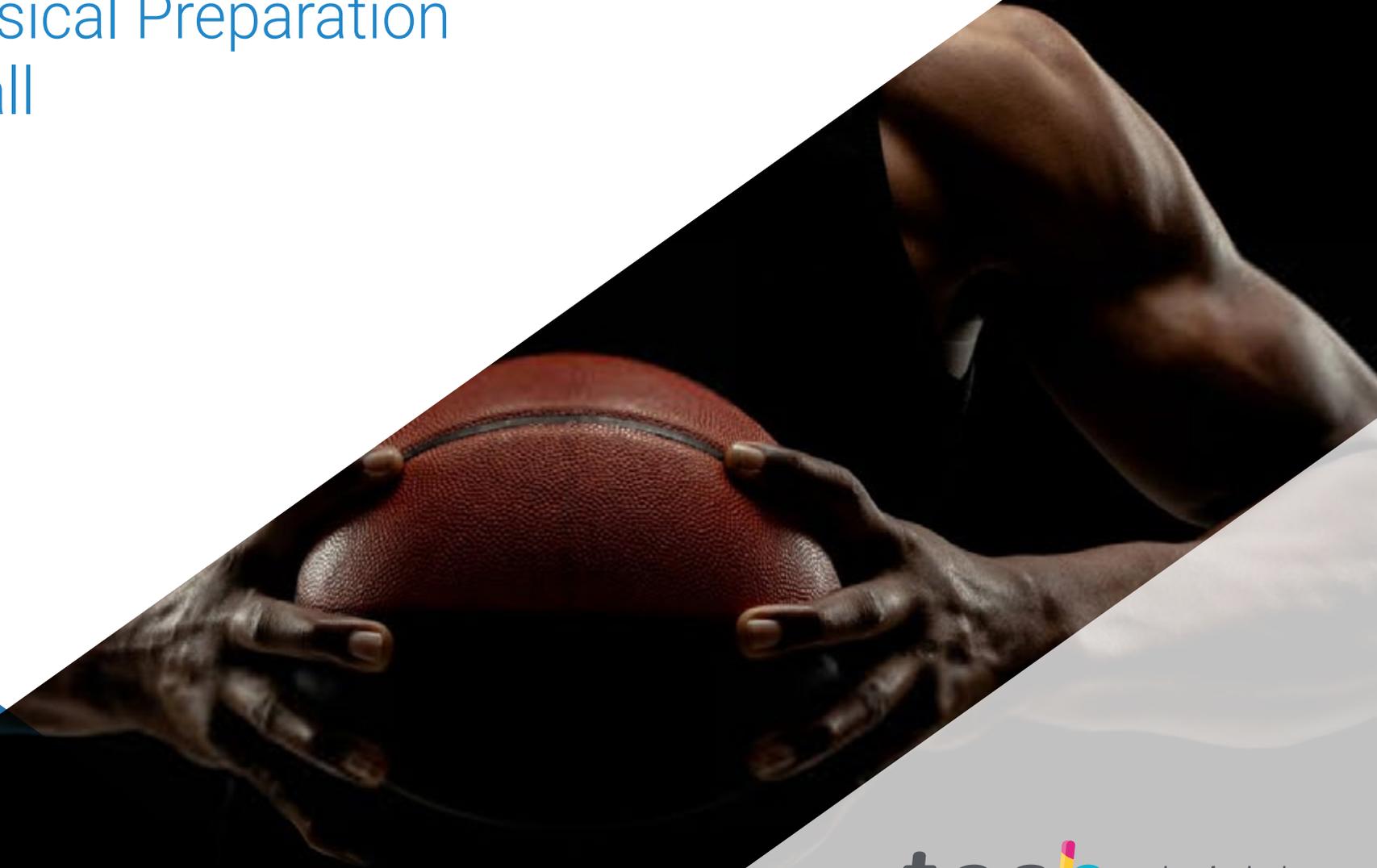


# Postgraduate Certificate

## Specific Physical Preparation for Basketball

Endorsed by the NBA





## Postgraduate Certificate Specific Physical Preparation for Basketball

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

Website: [www.techtitute.com/us/sports-science/postgraduate-certificate/specific-physical-preparation-basketball](http://www.techtitute.com/us/sports-science/postgraduate-certificate/specific-physical-preparation-basketball)

# 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

Basketball is a sport that inflicts a significant physical effort, so it requires a good condition legs, arms and necks, among other joints. The evolution of scientific studies on exercise routines and the specifics to enhance strength, speed or endurance has led high performance physical trainers to integrate them into their sessions. According to the relevance that this discipline has taken today, TECH has designed this program focused on providing the professional with the most up-to-date content for preseason preparation, testing and physical assessments or monitoring and analysis of the load in training and matches. All this, with the support of a 100% online pedagogical format.





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*TECH broadens your professional horizon by offering you the most complete program in the area of Specific Physical Preparation for Basketball”*

The organization and timing of training methods to guarantee an optimal fitness of the players and to acquire a high competitive level requires a deep knowledge of the strategies and scientific studies around it. In this way, the coach and/or physical trainer will be able to enhance physical capacities throughout the competition and in the recovery phases.

In this sense, physical preparation has acquired great relevance, especially in High Performance, where not only exercise routines are taken into account, but also nutrition and hydration of the athlete. This is the approach of this 6-week university program.

This is an intensive program that will provide the professional with the most recent updates in this field, which will allow them to improve the design of specific physical conditioning programs for basketball players, taking into account their individual needs and the demands of the game. In addition, the graduate will enhance their skills in the development of speed, agility and coordination of players to improve their mobility on the court.

All this, through a program that has a fully specialized teaching team, supported by audiovisual material of the highest quality and a pedagogical methodology that offers great convenience with the online modality.

It is also important for TECH to coordinate excellence with comfort. That is why this program offers a very complete and first level update, achieving a Postgraduate Certificate of wide flexibility as the students only need a device with internet connection that will allow them to easily access the virtual platform.

This **Postgraduate Certificate in Specific Physical Preparation for Basketball** 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 top-level basketball experts
- ♦ The graphic, schematic and practical contents with which it is conceived scientific 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



*With this university program you will get the updates you need on the concepts of hydration, nutrition and supplementation"*

“

*You will learn how to design specific physical conditioning programs for basketball players in just 6 weeks”*

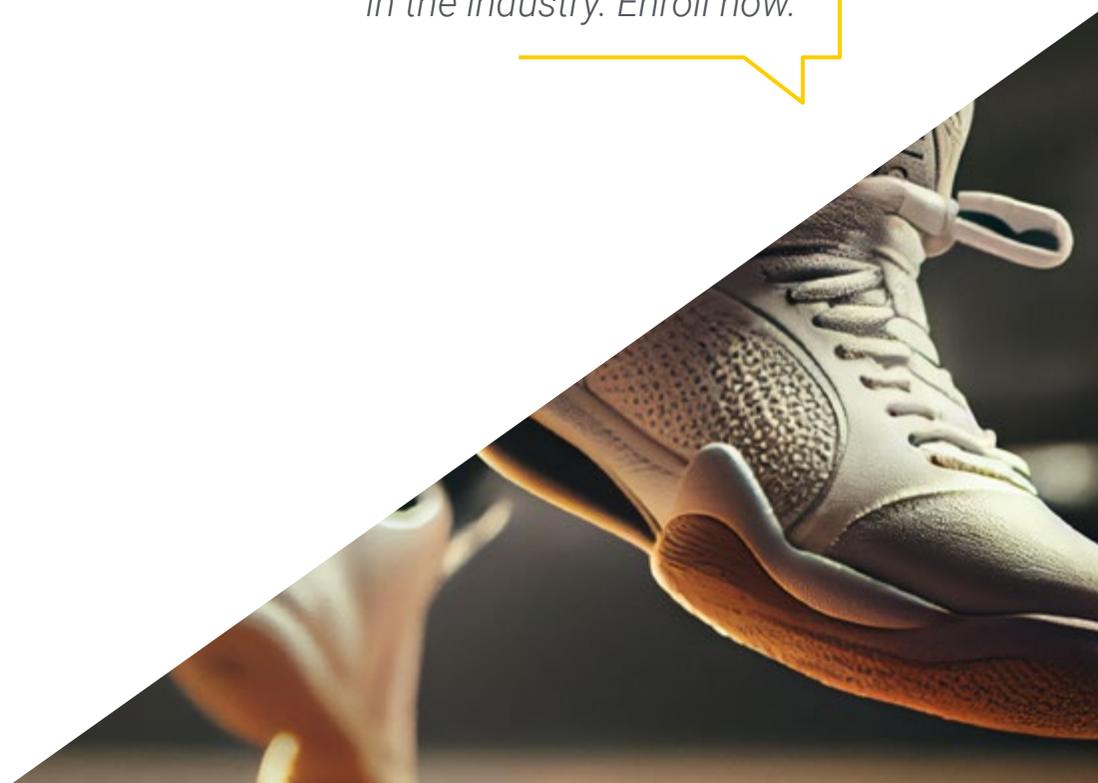
The program’s teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

*You will achieve your professional and personal goals with a Postgraduate Certificate, designed by experts in Basketball at the highest level.*

*TECH provides a first class education with the latest updates in the industry. Enroll now.*



# 02 Objectives

This Postgraduate Certificate in Specific Physical Preparation in Basketball has been designed primarily to provide the professional with the latest developments in this discipline. For this reason, TECH provides different audiovisual tools, optimally achieving the development of the program. Therefore, upon completion of this program, students will have strengthened their knowledge related to the comprehensive approach to physical preparation, taking into account technical, tactical and psychological aspects to improve the overall performance of the players.





“

*You will strengthen your knowledge related to injury prevention through stretching and muscle strengthening exercises”*



## General Objectives

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- ♦ Encourage creativity in attack and the ability to improvise in changing situations
- ♦ Teach how to work as a team and take advantage of individual strengths for an efficient offensive game
- ♦ Work on reading the opponent's defense and recognizing opportunities to exploit their weaknesses
- ♦ Prepare players to deal with challenging situations and respond appropriately to changes in opponent's strategy
- ♦ Keep abreast of the latest research and advances in sports physiotherapy to ensure evidence-based practice
- ♦ Promote the importance of injury prevention and physical therapy as a tool to enhance performance and prolong the career of basketball players
- ♦ Keep abreast of the latest trends and advances in 3x3, to ensure up-to-date teaching in line with the demands of the game
- ♦ Promote the proper physical condition for this type of game, with emphasis on the endurance, speed and agility necessary to compete in half court
- ♦ Develop skills to solve disputes or controversies related to the rules in an impartial and objective manner
- ♦ Encourage the importance of nutrition and adequate rest to optimize physical performance





## Specific Objectives

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- ♦ Develop a thorough understanding of the principles of physical conditioning as applied to basketball
- ♦ Learn how to design specific physical conditioning programs for basketball players, taking into account their individual needs and the demands of the game
- ♦ Improve the cardiovascular endurance and aerobic capacity of players to maintain a high level of performance during the game
- ♦ Develop players' speed, agility and coordination to improve their mobility on the court
- ♦ Teach strength training techniques to develop the power and energy needed in basketball
- ♦ Work on injury prevention through stretching, proper warm-up and muscle strengthening exercises
- ♦ Teach recovery and rehabilitation techniques to accelerate recovery after training and games
- ♦ Encourage a comprehensive approach to physical preparation, taking into account technical, tactical and psychological aspects in order to improve the overall performance of the basketball team



*Improve your skills to work on injury prevention through a proper warm-up"*

# 03

# Course Management

TECH has brought together in this program a management and teaching team with extensive experience in the world of Professional Basketball, especially in the physical preparation of athletes. In this way, students will have the possibility of accessing a unique content, carried out and guided by a faculty specialized in Sports Psychology, Sports Science, initiation and sports performance and Physical Activity and Sports Science. Their robust experience and extensive knowledge will allow the graduate to obtain a first class learning experience and to obtain answers to any questions they may have during the course of this program.



“

*This program has been designed by a professional team of great experience and renown, specialized in sports initiation and performance"*

## Management



### Mr. Castro Martínez, Iago

- ♦ Cáceres Basket LEB Gold Coach
- ♦ Assistant Coach Breogán Basketball Club
- ♦ Assistant Coach ADBA Women's League Avilés
- ♦ Princess Cup Champion
- ♦ LEB Gold League Champion
- ♦ Promotion to Endesa League with Breogán Lugo
- ♦ Primary Education Teacher at the University of Santiago de Compostela (USC)
- ♦ Master's Degree in Sports Psychology at SIPD
- ♦ Superior Sports Technician specialized in Basketball
- ♦ Superior Basketball Coach
- ♦ FIBA Coach



## Professors

### Dr. Reina, María

- ♦ Scientific researcher in the Training Optimization and Sports Performance Group
- ♦ Physical trainer Salubriá Clinic
- ♦ Physical trainer of Club Baloncesto Cáceres Basket (LEB Oro)
- ♦ VI Autonomic Award for Sport, Equality and Enterprise
- ♦ PhD in Sports Science from the University of Extremadura
- ♦ Master's Degree in Sports Initiation and Performance from the University of Extremadura

# 04

## Structure and Content

This program has been developed and designed according to the highest educational quality standards. In this way, students will have access to up-to-date content in the sports field, including specialized readings provided by the teaching team. Therefore, this Postgraduate Certificate emphasizes in offering the most innovative content on monitoring and analysis of the load in training and matches, the figure of the physical trainer and the most effective training strategies. All this, through multiple pedagogical tools that offer dynamism and a better experience to the professional.





“

*A program focused on providing the most innovative material on strength, mobility and stability work for basketball players"*

## Module 1. Physical Preparation

- 1.1. Physical preparation in basketball. The physical trainer in a staff
  - 1.1.1. Evolution of physical preparation in basketball
  - 1.1.2. The physical trainer in a staff
  - 1.1.3. Functions of the physical trainer in a professional team
- 1.2. Physical and physiological demands of basketball
  - 1.2.1. Scientific Evidence
  - 1.2.2. Types of loads analyzed in basketball (internal and external)
  - 1.2.3. Monitoring Systems
- 1.3. Planning a preseason
  - 1.3.1. Preliminary contact and online work
  - 1.3.2. Structure of a preseason
  - 1.3.3. Basic contents for building a team at the physical level
- 1.4. Physical tests and assessments
  - 1.4.1. Functional Assessment
  - 1.4.2. Strength test in the gym
  - 1.4.3. Physical tests on the track
- 1.5. Planning a seasons
  - 1.5.1. The calendar
  - 1.5.2. Planning systems and objectives
  - 1.5.3. Structure from general to specific
- 1.6. Work contents: Strength, mobility, stability
  - 1.6.1. Strength
  - 1.6.2. Mobility
  - 1.6.3. Stability
- 1.7. Physical work on the court
  - 1.7.1. Aerobic and anaerobic work
  - 1.7.2. Speed and agility
  - 1.7.3. Training and match activation





- 1.8. Monitoring and analysis of the load in training and matches
  - 1.8.1. Internal load variables
  - 1.8.2. External load variables
  - 1.8.3. Practical applications in training
- 1.9. Recovery
  - 1.9.1. Rest
  - 1.9.2. Hydration, nutrition and supplements
  - 1.9.3. RPE, Wellness, heart rate variability scales
- 1.10. Post-season planning
  - 1.10.1. Post-season objectives
  - 1.10.2. Structured off-season work
  - 1.10.3. Complementary work

“

*Thanks to the Relearning method  
you will reduce the long hours of  
study and memorization"*

# 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.



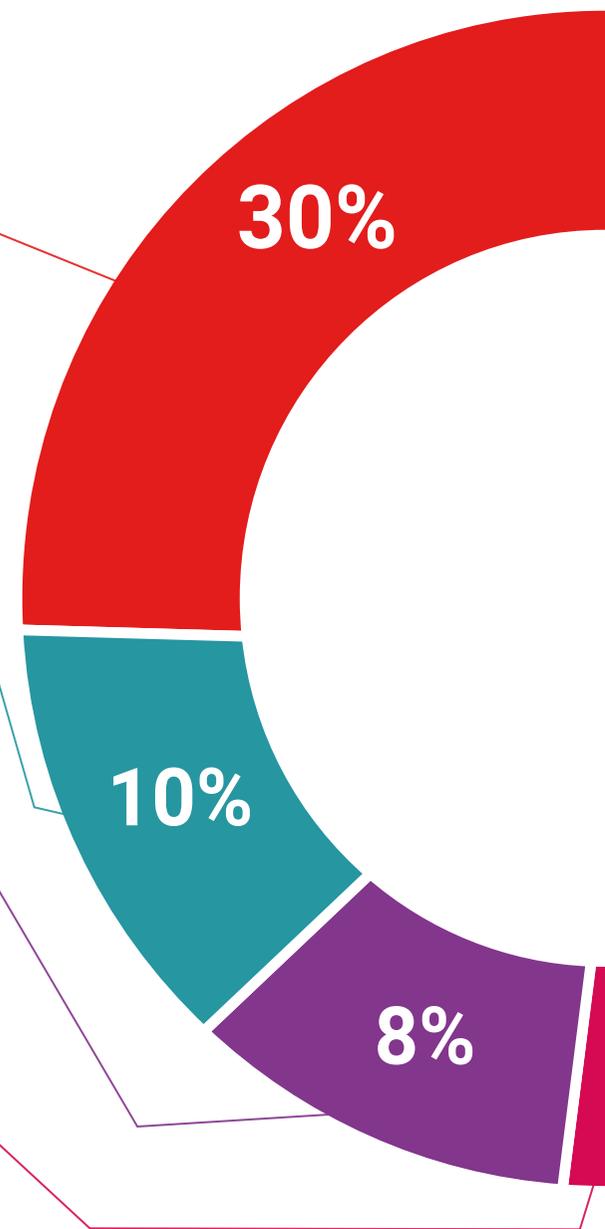
### Practising Skills and Abilities

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 Specific Physical Preparation for Basketball 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 Specific Physical Preparation for Basketball** contains the most complete and up-to-date 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 Specific Physical Preparation for Basketball**

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  
development language  
virtual classroom



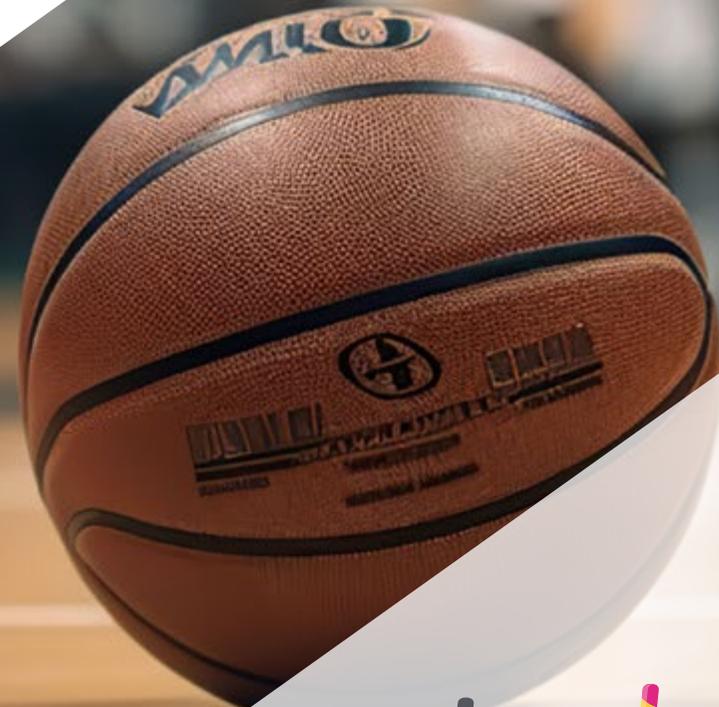
**Postgraduate Certificate**  
Specific Physical Preparation  
for Basketball

- » Modality: online
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# Postgraduate Certificate

## Specific Physical Preparation for Basketball

Endorsed by the NBA



**tech** technological  
university