Postgraduate Certificate

Training, Planning and Periodization in Professional Tennis

Endorsed by the NBA

tech *global university*

Postgraduate Certificate
Training, Planning and Periodization in Professional Tennis

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

Website: **www.techtitute.com/us/sports-science/postgraduate-certificate/training-planning-periodization-professional-tennis**

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01
Introduction

Success in professional tennis is closely linked to factors such as the athlete's development through effective and well-planned training programs. Only then will they be able to achieve their long-term goals, while diligently managing the competition schedule and other key aspects. That is why this program is a unique opportunity for the sports professional to establish the most appropriate strategies to improve performance, by first going through the different stages of a player throughout the Tennis career. In this way, they will be able to plan the tennis season with mastery thanks to an online specialization with great experts of this sport at their disposal.

"

An indispensable program to obtain advanced skills in training plans and their respective planning and periodization in professional tennis"

The training of a professional tennis player is not only focused on polishing the player's technique, but also involves physical, mental and strategic preparation. In the physical aspect, training should focus on improving the athlete's endurance, strength, speed, agility and flexibility. This will not only help them to maintain their energy level throughout long matches, but will also allow them to move more efficiently on the court and prevent injuries.

Therefore, it is essential to analyze the specific situation of each tennis player in order to design personalized training programs. And in this area TECH offers an excellent specialization that will be of great value to the sports professional in order for their players to achieve success on the court. With this program, they will go through the different stages of Tennis, starting from training and analyzing the types of materials adapted to each one of them.

Then, the student will be able to establish the optimal training strategies, planning and periodization that will enable the achievement of good sporting results in the future. All this and more will be available to the coach in only 150 hours of preparation in which they will be assisted from the first moment by a teaching staff of authentic reference in Tennis. In this line, they will only require an Internet connection to establish contact with these teachers and access the largest virtual catalog of resources on the subject.

This **Postgraduate Certificate in Training, Planning and Periodization in Professional Tennis** contains the most complete and up-to-date program on the market. The most important features include:

- The development of case studies presented by experts in Training, Planning and Periodization in Professional Tennis

- The graphic, schematic and practical contents of the program provide Rehabilitation 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

Position yourself as a reference on how to work through the different stages of tennis training, from the green to the red phase"

Delve into all the key training systems for the sporting activity of your players: Hand Feeding, Racquet Feeding, Coach Volley, etc"

A truly comprehensive update opportunity that will also take you through the historical evolution of the Tennis training.

Address the keys to planning in professional Tennis with the advice of great experts.

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.

02
Objectives

Given that Tennis is increasingly advancing in the sophistication of its training plans, TECH has designed a Postgraduate Certificate that provides the sports professional with the latest theoretical and practical tools to increase the performance of the players. It addresses training at a general level as well as planning and periodization, which will bring very positive results to the tennis player.

Reach the objectives of the program and see first-hand the benefits of the periodization of training"

General Objectives

- Distinguish the different stages of tennis training and know how to work in each of them
- Know the tennis regulations and how to apply them
- Understand the figure of the tennis coach from an ethical and moral point of view, and understand the crucial role played by the mental aspect in tennis players
- Delve into the physical preparation necessary for a tennis player and injury prevention
- Raising awareness of the importance of technology in today's tennis and analyzing its evolution

Specific Objectives

- Knowing the different stages of tennis in training
- Know how to work in each of the different stages of the process
- Distinguish between the type of ball used at each stage
- Learn the dimensions of the tennis courts at each stage
- Have basic knowledge of different training systems: Hand Feeding, Racquet Feeding, coach Volley, etc

The innovative educational technologies that TECH puts at your disposal during your academic journey will make it easier for you to achieve your objectives"

03
Course Management

TECH is aware that students always place high expectations on the teaching staff of such interesting programs as this one. That is why the university has put together a teaching staff that is simply exceptional. It is composed of experts in professional tennis who have positioned themselves as international references in sports training in high competition. Not in vain, they have worked in some of the world's leading professional tennis academies, training players who became true *Cracks* on the court. Therefore, their valuable advice will help the student to get the maximum potential out of the next promises of this sport.

"

Get guidance from some of the most illustrious international coaches and trainers to successfully develop the next Tennis Cracks"

Management

Mr. Ramos Camacho, Alejandro
- Tennis coach at the Rafa Nadal *Academy*
- Coach at the JMO Tennis Academy
- Coach at Valle de Aridane Tennis Club
- Graduate in Primary Education
- National Monitor by the Royal Spanish Federation
- RPT Level 2

04
Structure and Content

Over the course of 150 hours, students of the Postgraduate Certificate in Training, Planning and Periodization in Professional Tennis will discover the many benefits of getting up-to-date with TECH. Over the course of 150 hours, students of the Postgraduate Certificate in Training, Planning and Periodization in Professional Tennis will discover the many benefits of getting up-to-date with TECH. In addition to specializing from home and becoming part of a prestigious international community, they will improve their skills in the design of training plans through a fully up-to-date vision of this subject.

"

In addition, they will be able to reinforce the concepts they are learning in depth thanks to videos, interactive diagrams, case studies and much more"

Module 1. Training at Different Stages, Training, Planning and Periodization

1.1.   General Aspects of Tennis at the Grassroots and their Importance
    1.1.1.   Introduction to Basic Tennis
    1.1.2.   Evolution of Grassroots Tennis Training
    1.1.3.   Conceptualization and Definition of Tennis in Stages
    1.1.4.   General Objectives for the Promotion of Tennis Work in Stages
1.2.   General and Specific Objectives of Tennis Training
    1.2.1.   Tennis Characteristics in Stages
    1.2.2.   General Objectives of Tennis in Training
    1.2.3.   Factors Influencing Tennis Initiation
    1.2.4.   Specific Objectives for Each of the Existing Stages of Training
1.3.   Stages of Tennis Training and How to Work on Each Stage
    1.3.1.   Red Stage, Definition and Characteristics
    1.3.2.   Yellow Stage, Definition and Characteristics
    1.3.3.   Green Stage, Definition and Characteristics
    1.3.4.   Coach Effectiveness at Different Stages
1.4.   Post-training Stages, Concept and Objectives
    1.4.1.   Precompetition Stage, General Characteristics
    1.4.2.   Introduction to the Competition Stage, Characteristics and General Objectives
    1.4.3.   High Performance Stage
    1.4.4.   Professional Stage
1.5.   Training Concept, Methodology and its Evolution
    1.5.1.   Concept of Training and its Evolution Throughout History
    1.5.2.   Modern Training System What does it consist of?
    1.5.3.   What is the Methodology?
    1.5.4.   Methodology Objectives
1.6.   Tennis Training Systems
    1.6.1.   Types of Tennis Training by Workload, Frequency, Volume and Intensity
    1.6.2.   Continuous and Intervallic Training and its Main Characteristics
    1.6.3.   Specific Training Systems (Buckets, Rallies, Points, etc.) and What Each of Them Consists of
    1.6.4.   What are the Exercises during Tennis Training, the Procedure to be Carried Out and their Components
    1.6.5.   Variability in Tennis Training
    1.6.6.   Individual Training and Group Training, Theoretical and Practical Principles
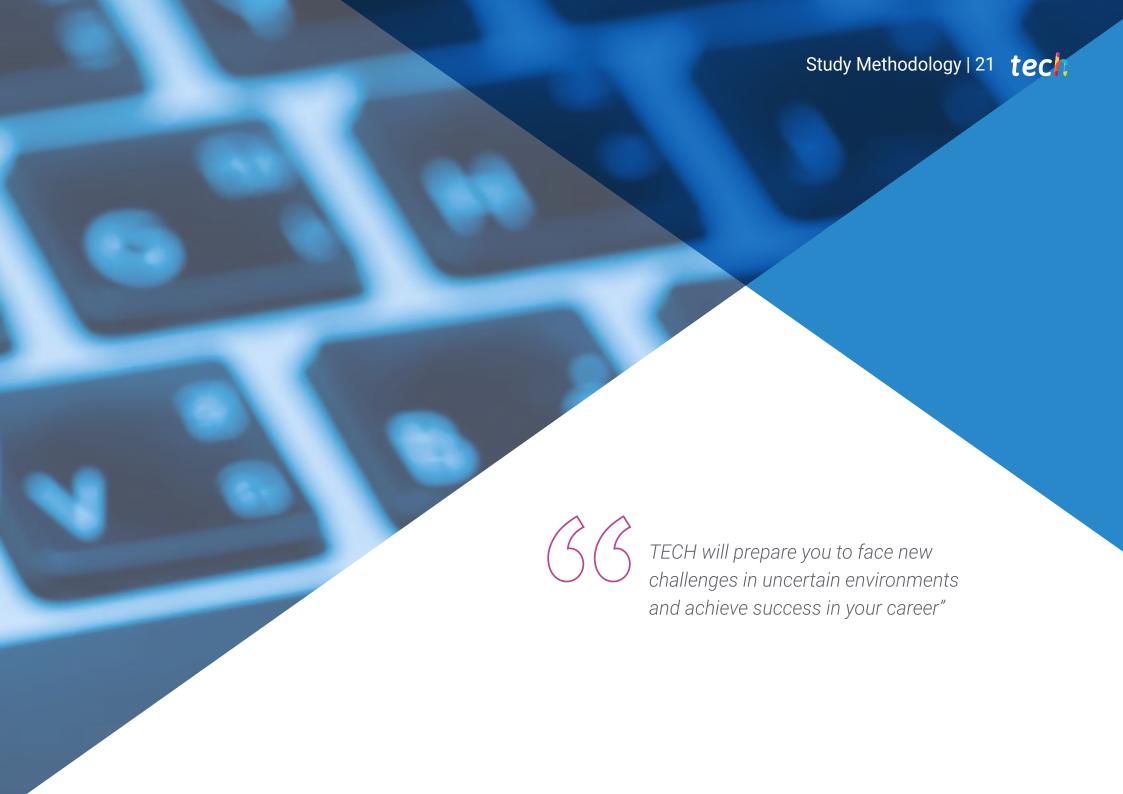
The syllabus with the most complete and up-to-date vision of professional tennis training, planning and periodization available on the market"
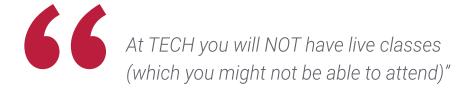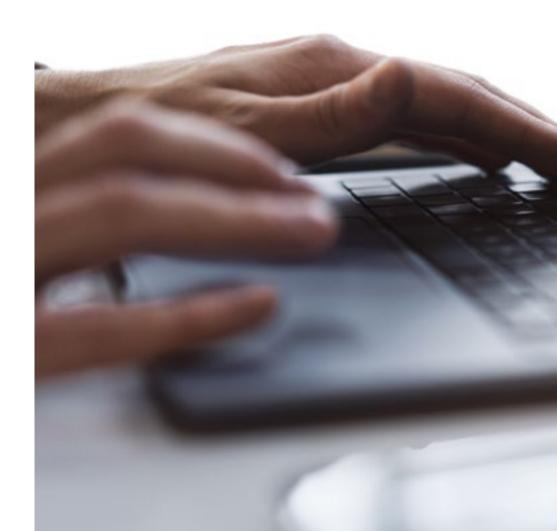
05

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.

"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.

" *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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.

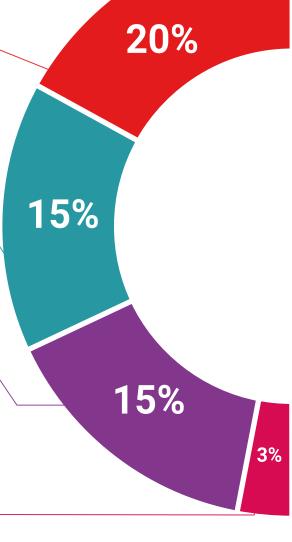### Practicing Skills and Abilities

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.

20%

15%

15%

3%

20%

17%

7%

3%

Case Studies

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.

Testing & Retesting

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.
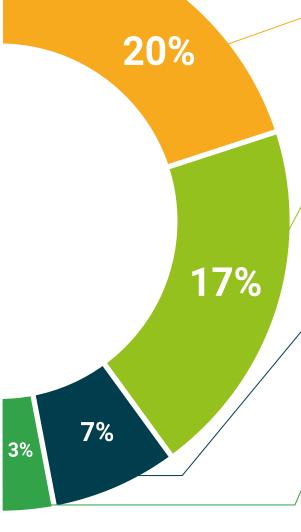
Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence for future difficult decisions.

Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.

06

Certificate

The Postgraduate Certificate in Training, Planning and Periodization in Professional Tennis guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.

"*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 Training, Planning and Periodization in Professional Tennis** 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.

Program: **Postgraduate Certificate in Training, Planning and Periodization in Professional Tennis**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

Endorsed by the NBA

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tech global university

Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Postgraduate Certificate in Training, Planning and Periodization in Professional Tennis

This is a private qualification of 180 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Dean

The Official Online University of the NBA

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.   Unique TECH Code: AFWORD23S   techtitute.com/certificates

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*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

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Training, Planning and Periodization in Professional Tennis

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