



Postgraduate Diploma

Basic Motor Skills in Primary Education

» Modality: online

» Duration: 6 months

» Certificate: TECH Global University

» Credits: 24 ECTS

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-basic-motor-skills-primary-education

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Specialization is an increasingly demanded element in the area of Sports Sciences, as it is a rapidly evolving field. Thus, professionals need to update and expand their knowledge in order to be competitive in the workplace. Professions related to children's physical activity are also a growing sector and require professionals who are able to understand their needs in order to help them develop properly.

The primary education stage is a very important time in the lives of students, so it requires special attention and specific knowledge and tools to be able to teach them properly. For this reason, TECH's Postgraduate Diploma in Basic Motor Skills in Primary Education is a decisive step forward in this area for all those interested in specializing in this field.

Among the skills to be developed by children at this early age, motor skills are one of the most important, since they are the ones they use to relate to their closest environment, especially family and friends, but also to the world around them. Motor skills are therefore essential for students to understand and interact with their immediate environment

This Postgraduate Diploma prepares the professional to face and understand the motor needs of students, as well as to increase their knowledge in Sports Sciences applied to Early Childhood Education, which will open the doors to new educational and work possibilities.

The **Postgraduate Diploma in Basic Motor Skills in Primary Education** presents a complete and innovative educational plan. The most salient features of this program are:

- The methodology used, which emphasizes practical exercises, making teaching a richer and deeper experience for the students of this Postgraduate Diploma
- The application of the latest scientific and educational innovations to offer the best contents, making this program an instruction that will turn the professionals who take it into specialists in basic motor skills.
- The execution of a self-evaluation process through the performance of practical activities, with which the professional can obtain the necessary knowledge to develop his working life
- Its flexibility, adapting to the needs of the student in the program.
- Its theoretical contents and the other educational tools available in the program, such as questions to teachers or discussion forums to exchange ideas and opinions.
- Access to the program from any device, whether portable or fixed, accommodating the circumstances of each student.



Specialize and become an expert, increasing your value as an educator and expanding your career possibilities"



TECH makes things easy for you: study where you want and how you want, receiving the best possible education"

Its teaching staff includes professionals belonging to the field of Primary Education, who bring to this program the experience of their work, as well as recognized specialists from prestigious reference societies and 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 an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the specialist will be assisted by an innovative interactive video system developed by renowned and experienced experts in Physical Education.

Acquire new work tools to be able to work in the field of Early Childhood Education.

If you want to turn your professional career around, study at TECH, a leading University in the field of Sports Sciences.







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General Objectives

- Understand the importance of basic motor skills in childhood.
- Acquire tools for the motor development of children.
- Specialize in a field that is highly demanded by the labor market
- Open professional paths, focusing the knowledge of Sports Sciences to another field with a great present and future, such as Primary Education.
- Obtain basic educational and teaching skills with respect to early childhood education.
- Be able to develop a complete program of motor development applied to Primary Education
- Find synergies between different educational fields, so that the teaching of the program is as complete and deep as possible.
- Apply theoretical contents in practical activities, so that the education received can be used professionally from day one.



Our goal is to achieve academic excellence and to help you achieve it too"







Specific Objectives

Module 1. Physical Education, Health and Values Education

- Know the relationship between Physical Education and health.
- Value the importance of Physical Education and its implication in the improvement of people's quality of life.
- Know the basic first aid for the most common situations in a Physical Education class.

Module 2. Anatomical, Physiological and Psychological Bases of Physical Education.

- Provide basic and essential knowledge about the structure and functioning of the human body.
- Be able to rationalize, understand and adapt physical activity to the harmonious development of the child.

Module 3. Theory and Individual and Collective Practice of the Game and Sport.

- Provide students with knowledge of the theoretical bases and practical experiences of the game.
- Provide the student with specific resources for the practice of Physical Education.

Module 4. Artistic-Expressive Physical Activities: Dance, Rhythm and Corporal Expression.

- Analyze the psychological and pedagogical bases of rhythmic activities, body language and dance.
- Know the present and the future of the artistic-expressive physical activities and dance.





International Guest Director

Phillip Ward, Ph.D., is passionate about **Physical Education** and the specialized training of **teachers** who will be engaged in this discipline at the **elementary** level. Throughout his career, he has been dedicated to improving instruction in the subject through **disruptive teaching tools** and **strategies**. His work has had a significant impact in countries such as the United States and **China**, even receiving official recognition from the government of the Asian country as a **High Level Foreign Expert**.

His research has promoted peer-assisted learning techniques in Physical Education. This methodological vision has been used and cited beyond the limits of the school subject and has been linked to areas such as Medicine and Special Education. Regarding the applications of his studies, he has published at least 160 articles and monographs. Also, he has appeared as co-author or author of chapters in scientific volumes and has attended more than 150 conferences around the world as a speaker.

On the other hand, Dr. Ward directs the Physical Education Teaching Research Program in the Department of Human Sciences at The Ohio State University. From there, he leads multimethodological projects that integrate specialists linked to centers of study of global prestige.

Among them, the University of Louvain (Belgium), the East China Normal University and the Hong Kong Institute of Education (China), the University of Tsukuba and the Nippon University of Sport Science-Nittaidai (Japan), and the University of West Virginia and Zinman College (Israel) stand out.

He has also been one of the eight specialists who published a **review** for the conformation of a **Doctorate program for Physical Education Teachers**. He is also a **consultant** for the Journal of Teaching in Physical Education and QuEST (Quality Improvement Experiential Student Training).



Dr. Ward, Phillip

- Director of Physical Education Research, Ohio State University, United States
- Director of the Master's Degree in Athletic Training, Ohio State University, United States
- Professor of Kinesiology, Department of Human Sciences, The Ohio State University, Ohio
- Professor, Department of Health, Physical Education, Recreation and Dance, Illinois State University, Illinois
- Consultant to the Department of Education and Physical Education, City of Victoria, Australia
- Physical Education Teacher, Manningham Rd. Primary School, Victoria, Australia
- Ph.D. in Physical Education Teaching, Ohio State University, Ohio State University
- Master of Arts in Physical Education Teaching, Victoria College, Victoria, Australia
- Bachelor of Education, Deakin University, Australia
- Graduate Diploma in Sport Science from Victoria College, Australia
- Graduate Diploma in Teaching from North Brisbane College of Advanced Education, Australia
- Member of:
 - International Association for Physical Education in Higher Education
 - National Academy of Kinesiology
 - National Association of Kinesiology in Higher Education
 - Society of Physical and Health Educators



Thanks to TECH, you will be able to learn with the best professionals in the world"





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Module 1. Physical Education, Health and Values Education

- 1.1. Physical Education and Health
 - 1.1.1. Physical Education and health
 - 1.1.2. Definition of Physical Education and its Relation to Health
 - 1.1.3. Physical Education and Health: Scientific Evidence
 - 1.1.4. Another Health-Related Term: Quality of Life
- 1.2. Physical Education and Health: Training in Primary Education (I)
 - 1.2.1. Fitness or Physical Condition
 - 1.2.2. Training and Adaptation
 - 1.2.3. Fatigue and Recovery
 - 1.2.4. Training Components
 - 1.2.5. Principles of Training
- 1.3. Physical Education and Health: Training in Primary Education (II)
 - 1.3.1. Athletic or Sporting Fitness
 - 1.3.2. Adaptation to Training
 - 1.3.3. Energy Systems of Energy Production
 - 1.3.4. Before You Start: Safety
 - 1.3.5. Conditional and Coordinative Capacities
- 1.4. Physical Education and Health: Training in Primary Education (III)
 - 1.4.1. Evaluation of the Intensity of Exertion in Physical Education
 - 1.4.2. Work of the Conditional Capacities in Physical Education: Primary Education
 - 1.4.3. Evaluation of Conditional Abilities in Physical Education: Primary Education
- 1.5. Physical Education and Health: Basic First Aid (I)
 - 1.5.1. Introduction and General Principles
 - 1.5.2. Evaluation of the Injured Person
 - 1.5.3. Order of Action: Basic Cardiopulmonary Resuscitation
 - 1.5.4. Consciousness Alterations. Lateral Safety Position
 - 1.5.5. Airway Obstruction: Asphyxias
- 1.6. Physical Education and Health: Basic First Aid (II)
 - 1.6.1. Hemorrhages: Shock





Structure and Content | 19 tech

- 1.6.2. Trauma
- 1.6.3. Injuries Due to Temperature
- 1.6.4. Neurological Emergencies
- 1.6.5. Other Emergencies.
- 1.6.6. The First Aid Kit
- 1.7. Teaching of Physical Education in Relation to Health and Improvement of Quality of Life in Primary Education.
 - 1.7.1. Hygiene in Physical Education
 - 1.7.2. Teaching First Aid in Primary Education
 - 1.7.3. Physical Activity and Health Contents
- 1.8. Didactics of Physical Education in Relation to Values Education in Primary Education.
 - 1.8.1. Methodology of Education in Attitudes, Values and Norms.
 - 1.8.2. Influence of the Social Context on Education in Attitudes, Values and Norms.
 - 1.8.3. Attitude, Values and Standards Education Evaluation
 - 1.8.4. Educational Intervention in Attitudes, Values and Norms in Physical Education.
- 1.9. Current and Future of Physical Education
 - 1.9.1. Physical Education Today
 - 1.9.2. The Future of Physical Education
- 1.10. The Physical Education Professional
 - 1.10.1. Characteristics of the Physical Education Professional
 - 1.10.2. Design of Activities in Physical Education

Module 2. Anatomical, Physiological and Psychological Bases of Physical Education

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2.1.	Introduc	ction to the Human Body
۷. ۱ .		The Human Body
		Levels of Organization
		Anatomical Position and Directions
		Axes and Body Planes
	2.1.5.	
	2.1.6.	
	2.1.7.	Tissues. Type: Conjunctive, Muscular, and Nervous
2.2.		ne and Joint System. Bone Growth and Development
	2.2.1.	The Bone System
	2.2.2.	Anatomical Structure: The Skeleton
		Bone Tissue and Bone Types
		Functions of the Skeletal System
	2.2.5.	•
	2.2.6.	,
2.3.		scular System. Muscular Growth and Development
2.5.	2.3.1.	The Muscular System
	2.3.1.	Structure of the Muscular System. Fibers and Myofibrils
	2.3.3.	
		Functions of the Muscular System. Muscular Growth and Development
2.4.		diorespiratory System. Evolutionary Characteristics of the System
∠.¬.	2.4.1.	The Cardiorespiratory System
	2.4.2.	Circulatory System
	2.4.3.	Respiratory System.
	2.4.4.	Circulatory and Respiratory System Functions
	2.4.5.	Basic Physiology of the Circulatory and Respiratory Systems
	2.4.6.	Evolutionary Characteristics of the Cardiorespiratory Systems
2.5.		vous System. Physical Education Classroom Implications
∠.∪.		The Nervous System
	2.5.1.	Anatomical Organization and Structure
	∠.∪.∠.	Anatomical organization and structure

2.5.3.	Functions		
2.5.4.	Evolutionary Characteristics and Implications of the System in Physical Education Classes		
Blood			
2.6.1.	Blood Characteristics		
2.6.2.	Blood Plasma		
2.6.3.	Formal Elements		
2.6.4.	Red Blood Cells (Red Blood Cells)		
2.6.5.	Leukocytes (White Blood Cells)		
2.6.6.	Red Blood Cells and Coagulation		
Energy	Metabolism		
2.7.1.	Energy Sources		
2.7.2.	Carbohydrates		
2.7.3.	Fats		
2.7.4.	Proteins		
2.7.5.	Bio-energy ATP production		
2.7.6.	ATP-PC System or Alactic Anaerobic System		
2.7.7.	Glycolytic or Lactic Anaerobic		
2.7.8.	Oxidative or Anaerobic		
2.7.9.	Energy Consumption at Rest and During Exercise		
2.7.10.	Adaptations to Aerobic Training		
2.7.11.	Causes of Fatigue		
Evolutionary Characteristics of Human Behavior in Physical Education Classrooms			
2.8.1.	Concept and Factors Influencing Student Growth and Development		
2.8.2.	Psychological		
2.8.3.	Neuromotor Area		
2.8.4.	Cognitive Domain		
2.8.5.	Socio-Affective Area		
Psycho	ogy in Physical Education		
2.9.1.	Human Behavior and Psychological Fields of Action in Physical Activity and Sport		
2.9.2.	Psychology in Physical Activity and Sport: Praxis		

2.6.

2.7.

2.8.

2.9.

- 2.9.3. Problem Solving Techniques in Physical Activity and Sports
- 2.10. Development of Autonomy
 - 2.10.1. Control of One's Own Body
 - 2.10.2. The Evolution of Children's Autonomy

Module 3. Theory and Individual and Collective Practice of the Game and Sport.

- 3.1. Motor Play and Sport in the Educational Environment
 - 3.1.1. What are Motor Games?
 - 3.1.2. Characteristics of Motor Games
 - 3.1.3. Classification of Motor Games
 - 3.1.4. What is Sport?
 - 3.1.5. Characteristics of Sports
 - 3.1.6. Classification of Sports
- 3.2. Methodology and Teaching
 - 3.2.1. Traditional and Compressive Teaching Models
 - 3.2.2. Traditional Teaching Styles
 - 3.2.3. Participatory Teaching Style
 - 3.2.4. Cognitive Teaching Styles
 - 3.2.5. Submission of Papers
 - 3.2.6. Aspects to be Taken into Account in the Teaching-Learning Process
- 3.3. Games
 - 3.3.1. What are Popular Games?
 - 3.3.2. Popular Games: Classification, Distribution and Description
 - 3.3.3. What are Traditional Sports?
 - 3.3.4. Traditional Sports: Classification, Distribution and Description
 - 3.3.5. Popular, Traditional and Autochthonous Games
- 3.4. Individual Sports: Athletics
 - 3.4.1. Concept and Classification of Individual Sports
 - 3.4.2. Displacements

- 3.4.3. Jumps
- 3.4.4. Launches
- 3.4.5. Regulations, a Detailed Analysis
- 3.5. Individual Sports: Rhythmic Gymnastics
 - 3.5.1. Individual Sport. Characteristics and Technical and Tactical Aspects
 - 3.5.2. From Basic to More Complex Skills
 - 3.5.3. Specialties in: Rhythmic Gymnastics and Artistic Sports Gymnastics.
- 3.6. Adversarial Sports: Badminton
 - 3.6.1. Concept and Classification of Adversary Sports
 - 3.6.2. Racquet Sports: Badminton
 - 3.6.3. Basic Rules
 - 3.6.4. Clarification on Strokes and Displacements
- 3.7. Adversarial Sports: Judo
 - 3.7.1. Adversarial Sport: Common Characteristics and Technical and Tactical Aspects
 - 3.7.2. Judo as a Model
 - 3.7.3. Fundamentals of Foot Judo (Tachi Waza)
 - 3.7.4. Fundamentals of Ground Judo (Ne Waza)
 - 3.7.5. Judo Fundamentals
- 3.8. Collective Sports: Basketball
 - 3.8.1. Concept and Classification of Collective Sports
 - 3.8.2. Invasion Sport: Basketball
 - 3.8.3. Basic Rules
 - 3.8.4. Phases of Offensive and Defensive Collective Play
- 3.9. Collective Sports: Volleyball
 - 3.9.1. Collective Sports. Common Characteristics and Technical and Tactical Aspects
 - 3.9.2. Volleyball as a Network Sport
 - 3.9.3. Regulations, Space and Communication
 - 3.9.4. Regulatory and Technical Fundamentals
- 3.10. Games and Sports Activities
 - 3.10.1. Motor Games and Sport as Social Integration
 - 3.10.2. Motor Games and Sport as an Educational Tool

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- 3.10.3. Motor Games and Sport as a Social Model of Integration
- 3.10.4. Use of Recycled or Alternative Materials
- 3.10.5. Relation of Games and Sports Activities with the Objectives.
- 3.10.6. Relation of Games and Sports Activities with the Evaluation Criteria
- 3.10.7. Relation of Games and Sports Activities with the Contents.
- 3.10.8. Future of Sports Games and Activities

Module 4. Artistic-Expressive Physical Activities: Dance, Rhythm and Corporal Expression.

- 4.1. Fundamentals of Artistic-Expressive Physical Activities
 - 4.1.1. Justification in the Early Childhood Education curriculum.
 - 4.1.2. Area 1. Self-Awareness and Personal Autonomy
 - 4.1.3. Area 3. Languages: Communication and Representation
 - 4.1.4. Historical and Social Evolution
- 4.2. Artistic-Expressive Physical Activities in Education: Transversality.
 - 4.2.1. Skills
 - 4.2.2. Area 2: Knowledge of the Environment
 - 4.2.3. Area 3: Languages: Communication and Representation
- 4.3. Pedagogical Bases of Corporal Expression
 - 4.3.1. Body Language
 - 4.3.2. The Body and Space
 - 4.3.3. Body Language Techniques
- 4.4. Body Language: The Body
 - 4.4.1. Body Scheme
 - 4.4.2. Tonic Regulation
 - 4.4.3. Postural Adjustment
 - 4.4.4. Balance and Body Alignment
 - 4.4.5. Laterality
 - 4.4.6. Motor Coordination
 - 4.4.7. Relaxation
- 4.5. Pedagogical Bases of Rhythmic Activities
 - 4.5.1. Music
 - 4.5.2. Time

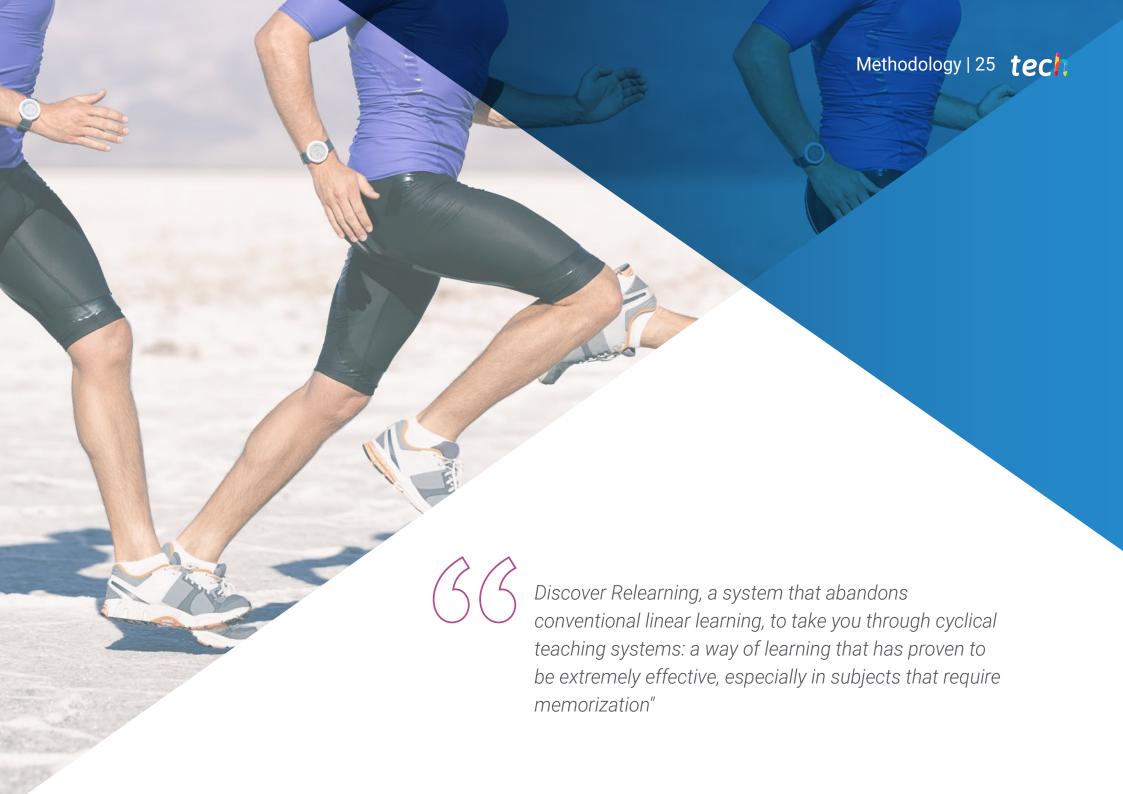




Structure and Content | 23 tech

- 4.5.3. Rhythm
- 4.5.4. The Movement
- 4.5.5. Methodology
- 4.6. Pedagogical Bases of Dance
 - 4.6.1. Definition of Dance
 - 4.6.2. Dance Forms
 - 4.6.3. Dance Dimensions
 - 4.6.4. Elements of Dance
 - 4.6.5. Objectives, Aspects and Classification of Dance
 - 4.6.6. Choreography
 - 4.6.7. Methodology
- 4.7. Psychological Bases of Rhythm and Body Language
 - 4.7.1. Multiple Intelligences
 - 4.7.2. Emotions
 - 4.7.3. Personality
- 4.8. Psychological Bases of Dance
 - 4.8.1. Attention
 - 4.8.2. Motivation
 - 4.8.3. Creativity
 - 4.8.4. Learning and Memory
- 4.9. Dance at School
 - 4.9.1. Choreographed Dances
 - 4.9.2. Creative Dances
 - 4.9.3. Methodology of Dance Activities
- 4.10. Programming and Evaluation
 - 4.10.1. Programming in the First Cycle of Early Childhood Education
 - 4.10.2. Evaluation in the First Cycle of Early Childhood Education
 - 4.10.3. Programming in the Second Cycle of Early Childhood Education
 - 4.10.4. Evaluation in the Second Cycle of Early Childhood Education





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At TECH, we use the Case Method

Our program offers a revolutionary method of skills and knowledge development. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.



At TECH, you will experience a way of learning that is shaking the foundations of traditional universities around the world."



Our university is the first in the world to combine Harvard Business School case studies with a 100%-online learning system based on repetition.



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 intensive Sports Science program at TECH Global University prepares you to face all the challenges in this field, both nationally and internationally. We are committed to promoting personal and professional growth, the best way to strive for success, that is why TECH uses Harvard case studies, with which we have a strategic agreement that allows us to provide our students with material from the best university the world.



We are the only online university that offers Harvard materials as teaching materials on its courses"

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

Our university is the first in the world to combine Harvard University case studies with a 100%-online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance Harvard case studies 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 create the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only Spanish-speaking university licensed 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.



Methodology | 29 tech

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 adapted in 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.



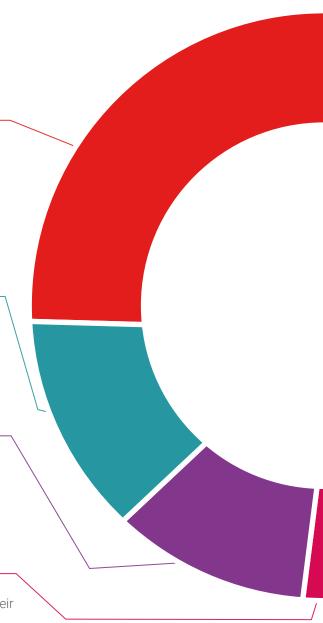
Practising Skills and Abilities

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.





They will complete a selection of the best case studies in the field used at Harvard. 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.



25%

20%





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This program will allow you to obtain your **Postgraduate Diploma in Basic Motor Skills in Primary Education** 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** title 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 Diploma in Basic Motor Skills in Primary Education

Modality: online

Duration: 6 months

Accreditation: 24 ECTS



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

Postgraduate Diploma in Basic Motor Skills in Primary Education

This is a program of 600 hours of duration equivalent to 24 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





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