

Postgraduate Diploma Physical Preparation In Basketball

Endorsed by the NBA





Postgraduate Diploma Physical Preparation In Basketball

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your pace
- » Exams: online

Website: www.techtitute.com/sports-science/postgraduate-diploma/postgraduate-diploma-physical-preparation-basketball

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01

Introduction

The methodologies and routines of Physical Preparation of athletes have experienced a great boost thanks to new technologies that allow to analyze and know in depth their performance and correct execution of the exercises. In this sense, the coach and trainer must be up to date on the most frequent injuries caused by physical activity itself, as well as prevention and recovery strategies. In this line, this 100% online Postgraduate Diploma takes students to delve into the most recent scientific evidence on training methods, *scouting* and audiovisual tools used for monitoring the athlete at the highest level. All this, in addition to innovative didactic resources, accessible 24 hours a day.





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A Postgraduate Diploma in Physical Preparation that will allow you to raise your professional aspirations in the world of High Performance Basketball”

The performance of the Basketball player on the court highlights the continuous work prior to the games based on a correct planning of the Physical Preparation. The work in this area is just as important as the technique and tactics used in the game itself. In this sense, the trainer or readaptor must be up to date with the technological tools used for the athlete's supervision, analysis and follow-up, as well as the most effective methodologies and exercises in this field.

In this sense, it is crucial to master the main injuries that occur in this sport, the athlete's rehabilitation and recovery techniques, the execution times of each exercise and the correct planning of the physical activity sessions. All of this is included in this 6-month Postgraduate Diploma in Physical Preparation in Basketball.

An intensive and advanced syllabus, developed by an excellent teaching team composed of professionals with extensive experience in this field of sports and with experience in the care of athletes at the highest level. In this way, students will obtain quality education, in accordance with the most current information and with the best didactic material available.

Graduates will have at their disposal video summaries of each topic, videos in detail, specialized readings and case study simulations that can be accessed comfortably from any electronic device with an Internet connection and without time restrictions.

Therefore, with no classroom attendance or predetermined class schedules, students have greater freedom to self-manage their study time and combine their daily responsibilities with an education that is at the forefront of the academic world.

This **Postgraduate Diploma in Physical Preparation in Basketball** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Development of practical cases presented by top-level basketball experts
- ♦ The graphic, schematic and practical contents of the book provide technical 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



You will acquire intensive learning around advanced tools to accelerate recovery and improve player performance"

“

An academic proposal that will bring you up to date with the latest trends in Physical Preparation and under the maximum scientific rigor”

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.

TECH has designed a 100% online Postgraduate Diploma, flexible, compatible with your daily schedule.

Delve into the most frequent basketball injuries and their prevention through high quality multimedia content.



02 Objectives

Physical Preparation has acquired great relevance in High Performance. For this reason, TECH has compiled in 150 teaching hours, the most exhaustive information on the methodologies and techniques used for the recovery of the Basketball player. To this end, students are provided with numerous case studies that will allow them to integrate these methods into the training and recovery process of athletes at the highest level.





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Get with this program planning case studies for the return to competition of a basketball player who has suffered an injury”



General Objectives

- ♦ To encourage creativity in attack and the ability to improvise in changing situations
- ♦ To work on reading the opponent's defense and recognizing opportunities to exploit their weaknesses
- ♦ To prepare players to face challenging situations and respond appropriately to changes in the opponent's strategy
- ♦ To stay aware of the latest research and advances in sports physiotherapy to ensure evidence-based practice
- ♦ To promote the importance of injury prevention and physiotherapy as a tool to improve performance and extend the career of basketball players
- ♦ To promote adequate physical condition for this type of game, with emphasis on the endurance, speed and agility necessary to compete in half court
- ♦ To develop skills to resolve disputes or controversies related to the regulations in an impartial and objective manner
- ♦ To promote the importance of nutrition and adequate rest to optimize physical performance





Specific Objectives

Module 1. Physical Preparation

- ♦ To develop a deep understanding of the principles of physical preparation as applied to basketball
 - ♦ To learn how to design specific physical conditioning programs for basketball players, taking into account their individual needs and demands of the game
 - ♦ To improve the cardiovascular endurance and aerobic capacity of players
- to keep a high level of performance during the match
- ♦ To develop players' speed, agility and coordination to improve their mobility on the court
 - ♦ To teach strength training techniques to develop the power and explosiveness needed in basketball
 - ♦ To work on injury prevention through stretching exercises, proper warm-up and muscle strengthening
 - ♦ To teach recovery and rehabilitation techniques to accelerate recovery after training and matches
 - ♦ To promote 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

Module 2. Physiotherapy

- ♦ To train highly qualified professionals in the area of sports physiotherapy with a specific focus on basketball
- ♦ To acquire a solid understanding of the most common basketball injuries and the proper assessment and diagnostic techniques
- ♦ To develop skills in injury prevention and implementation of specific rehabilitation programs for basketball players
- ♦ To learn how to use therapeutic techniques and advanced tools to accelerate recovery and improve players' performance
- ♦ To work closely with the technical and medical staff of the basketball team to provide comprehensive care to the players
- ♦ Acquire communication and empathy skills to establish an effective relationship with players and build their confidence in the recovery process
- ♦ To contribute to the well-being and success of the basketball team through quality physiotherapeutic care that helps players stay in their best physical condition and optimal performance

Module 3. Scouting and match preparation

- ♦ To train professionals qualified in the detailed analysis of rival teams and the strategic preparation of matches
- ♦ To acquire knowledge of scouting tools and techniques to gather relevant information about opponents
- ♦ To develop skills to analyze the strengths and weaknesses of the opposing team and design adapted game plans
- ♦ To learn how to convey scouting information effectively to the team and the coaching staff.
- ♦ To work on the tactical preparation for each game, establishing specific offensive and defensive strategies
- ♦ To promote the capacity to adapt and make decisions based on the analyses and observations made
- ♦ Promote the importance of preparation and previous study of the opponents to increase the chances of success in each match
- ♦ To establish an ethical and professional approach to scouting, while respecting the confidentiality of the information obtained
- ♦ Contribute to the team's performance and results through meticulous and strategic preparation for each match



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Increase your knowledge about Effort Retraining from the theoretical-practical approach offered by this program"

03

Course Management

TECH has brought together in this Postgraduate Diploma a management and teaching staff with wide experience in the world of Basketball as coaches and physiotherapists. A notorious experience in national and international teams and competitions that is evident in the syllabus to which the students who take this Postgraduate Diploma will have access. Undoubtedly, the teachers of this proposal are a guarantee for students who wish to progress in this field under the guidance of true specialists.





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Technicians and physiotherapists with experience in professional basketball are responsible of offering you this advanced program on Physical Preparation”

Management



D. Castro Martínez, Iago

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

Professors

D. Perez, Diego

- ♦ Physiotherapist in Sergas
- ♦ Physiotherapist at Quirón A Coruña Hospital
- ♦ Physiotherapist at San Rafael A Coruña Hospital
- ♦ Physiotherapist at Ibermutua Gallega
- ♦ Physiotherapist in the Cáceres Basquet youth academy
- ♦ Physiotherapy by the University of La Coruña

Ms. García Paunero, Celia

- ♦ Professional 3x3 Azuqueca player
- ♦ Celta de Vigo professional athlete
- ♦ Professional athlete of CD Zamarat
- ♦ Called up with the Spanish 3x3 senior national team on two occasions.
- ♦ Level 2 Trainer Title



Dr. Reina, María

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

D. Boal Hernández, Guillermo

- ♦ Fisioterapeuta de la Federación Española de Baloncesto
- ♦ Physiotherapist at Estudiantes de Baloncesto
- ♦ Physiotherapy Degree from CEU San Pablo University
- ♦ Master's Degree in Biomechanics and Sports Physiotherapy at the Pontificia Comillas University

04

Structure and Content

The curriculum of this Postgraduate Diploma has been designed to offer the graduate the most advanced and exhaustive information on the Physical Preparation methods currently used in Basketball sessions. All this, in addition, with special emphasis on injury prevention and Scouting methods. For this purpose, it will have numerous complementary didactic materials, accessible 24 hours a day, from any electronic device with an Internet connection.



A close-up photograph of a basketball shoe sole, showing the textured pattern of the tread. The shoe is light-colored, possibly white or light grey, and the sole is a darker shade. The lighting is dramatic, highlighting the texture and contours of the sole.

“

A comprehensive syllabus that will keep you updated on the most effective planning methods in Physical Preparation in Basketball”

Module 1. Physical Preparation

- 1.1. Physical preparation in basketball. The physical trainer in a staff
 - 1.1.1. Evolution 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. Pre-season planning
 - 1.3.1. Preliminary contact and online work
 - 1.3.2. Pre-season structure
 - 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. Gym strength test
 - 1.4.3. Physical tests on the track
- 1.5. Season planning
 - 1.5.1. The calendar
 - 1.5.2. Planning systems and objectives
 - 1.5.3. General to specific structure
- 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 track
 - 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 training and match load
 - 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 scales, Wellness, heart rate variability
- 1:10. Post-season planning
 - 1.10.1. Post-season objectives
 - 1.10.2. Structured off-season work
 - 1.10.3. Complementary work

Module 2. Physiotherapy

- 2.1. Sports Injuries
 - 2.1.1. Concept of Injury vs. Sports Injury
 - 2.1.2. When a basketball player is injured?
 - 2.1.3. Who dictates that an athlete is injured?
- 2.2. Types of injuries and Treatment
 - 2.2.1. Muscle injuries
 - 2.2.2. Ligament Injuries
 - 2.2.3. Tendon injuries
 - 2.2.4. Joint and bone injuries
- 2.3. The medical staff and its objectives with an injured basketball player
 - 2.3.1. The physician
 - 2.3.2. Physiotherapists
 - 2.3.3. The Sports Rehabilitation
 - 2.3.4. The physical trainer and coach
- 2.4. The most frequent injuries in basketball
 - 2.4.1. Injuries in the ischiosural area
 - 2.4.2. Sprains and the most affected areas
 - 2.4.3. Knee injuries and their types
 - 2.4.4. Quadricep injuries
- 2.5. Why does a basketball player get injured? The most frequent causes
 - 2.5.1. Intrinsic factors of a basketball player
 - 2.5.2. Extrinsic factors of a basketball player
 - 2.5.3. Other factors:
 - 2.5.4. Incidencia de una lesión

- 2.6. Recurrences of injuries and their possible causes
 - 2.6.1. What is a recurrence?
 - 2.6.2. Can a recurrence be avoided?
 - 2.6.3. What are the most frequent causes of recurrence?
 - 2.6.4. How do we know if it's okay now?
- 2.7. Physical-sports re-adaptation and its phases in an injured basketball player
 - 2.7.1. Phases
 - 2.7.2. Sports Functional Recovery
 - 2.7.3. Physical-Sports Recovery
 - 2.7.4. Sports Retraining
- 2.8. Stress retraining
 - 2.8.1. What is stress retraining?
 - 2.8.2. How do we control stress retraining?
 - 2.8.3. What parameters or tests do we take into account to assess the basketball player's fitness?
 - 2.8.4. A basketball player's feelings are important
- 2.9. Return to performance of an injured basketball player
 - 2.9.1. Aspects to be taken into account when reincorporating the player into the team
 - 2.9.2. First Steps
 - 2.9.3. Reincorporation into the team
 - 2.9.4. Example of planning for the return to competition
- 2:10. Injury prevention in a basketball player
 - 2.10.1. Prevention of the most common injuries
 - 2.10.2. The importance of strength in injury prevention
 - 2.10.3. When and how do we perform an injury prevention protocol?
 - 2.10.4. The work of the basketball player outside the team in injury prevention

Module 3. Scouting and match preparation

- 3.1. Self-knowledge and personal vision. Philosophy + beliefs
 - 3.1.1. The trainer's personal vision. Building basketball
 - 3.1.2. The Importance of the Scouting. Information Management
 - 3.1.3. How to approach scouting
- 3.2. Own and rival scouting Spying, observation and decision
 - 3.2.1. What do we observe in the opponent?
 - 3.2.2. What do we observe in our own team?
 - 3.2.3. Observation points in match viewing
- 3.3. SWOT analysis and the five elements
 - 3.3.1. SWOT analysis and its use for scouting and match planning
 - 3.3.2. Strategy, tactics, statistics, rules and concepts
 - 3.3.3. The use of proprietary counter-scouting
- 3.4. Contra-scouting. Anticipate the Future
 - 3.4.1. What does counter scouting consist of?
 - 3.4.2. How can we get the most out of it?
 - 3.4.3. Can we anticipate what is going to happen?
- 3.5. The game plan. Simplify and communicate
 - 3.5.1. Different game plans? Just a plan?
 - 3.5.2. Importance of the concepts and ability to simplify
 - 3.5.3. Communication and message delivery. Discussing the plan
- 3.6. Training the plan. The art of war
 - 3.6.1. Importance to the preparation of a match. The art of war
 - 3.6.2. Elements to protect, enhance, punish and avoid
 - 3.6.3. Work match plan vs. own concepts. Contra-scouting rival use
- 3.7. Use of video and visual tools
 - 3.7.1. Rival video scouting sessions. Differences between playing at home or away
 - 3.7.2. In-house video scouting sessions. Individual and group
 - 3.7.3. Motivational sessions and the use of video in the age of immediacy



- 3.8. Start of the match. Control and evaluation tools
 - 3.8.1. Reading and recognition systems
 - 3.8.2. Tools for monitoring and evaluating the match plan
 - 3.8.3. Decisions to be made. Plan risks
- 3.9. Passing through the locker room. Decisions and course adjustments
 - 3.9.1. Information processing and treatment. Listening and deciding
 - 3.9.2. Adjust course or keep believing in the plan. Intuition and instinct
 - 3.9.3. Communication with Players
- 3:10. Post-match evaluation. A pending subject
 - 3:10.1. Use of data and final statistics
 - 3:10.2. Post-match. Use of video and creation of post-match report
 - 3:10.3. Communicate the balance of the match to the team

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With TECH you will be up to date with the monitoring and evaluation tools currently used in Scouting”

0?

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.





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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.



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 student will learn to solve complex situations in real business environments through collaborative activities and real cases.

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.



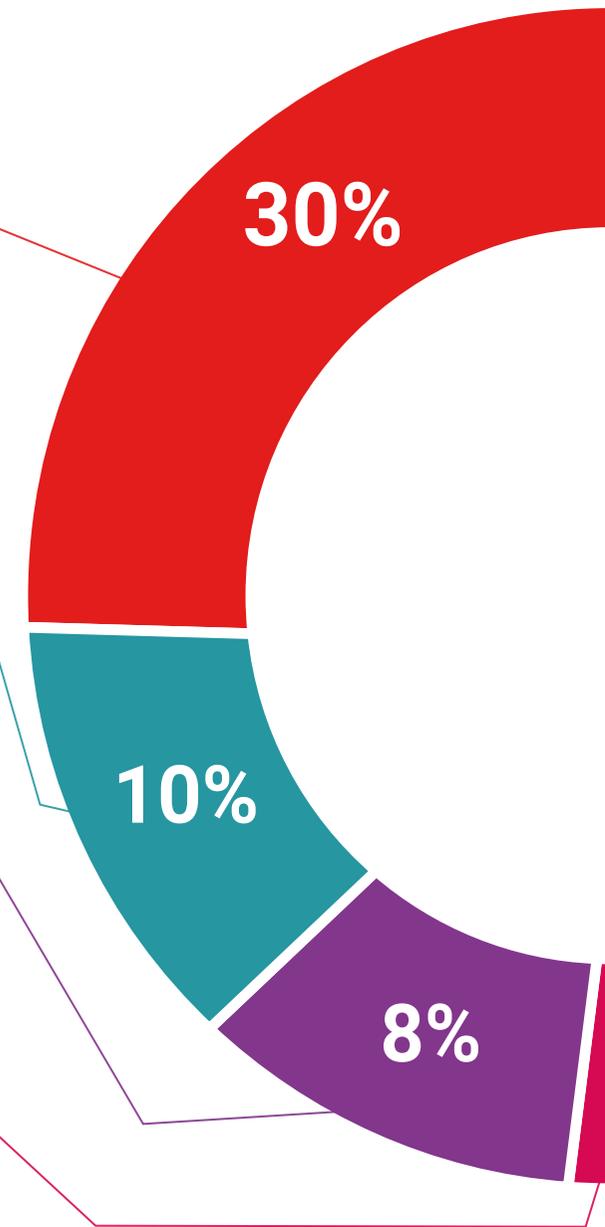
Practising Skills and Abilities

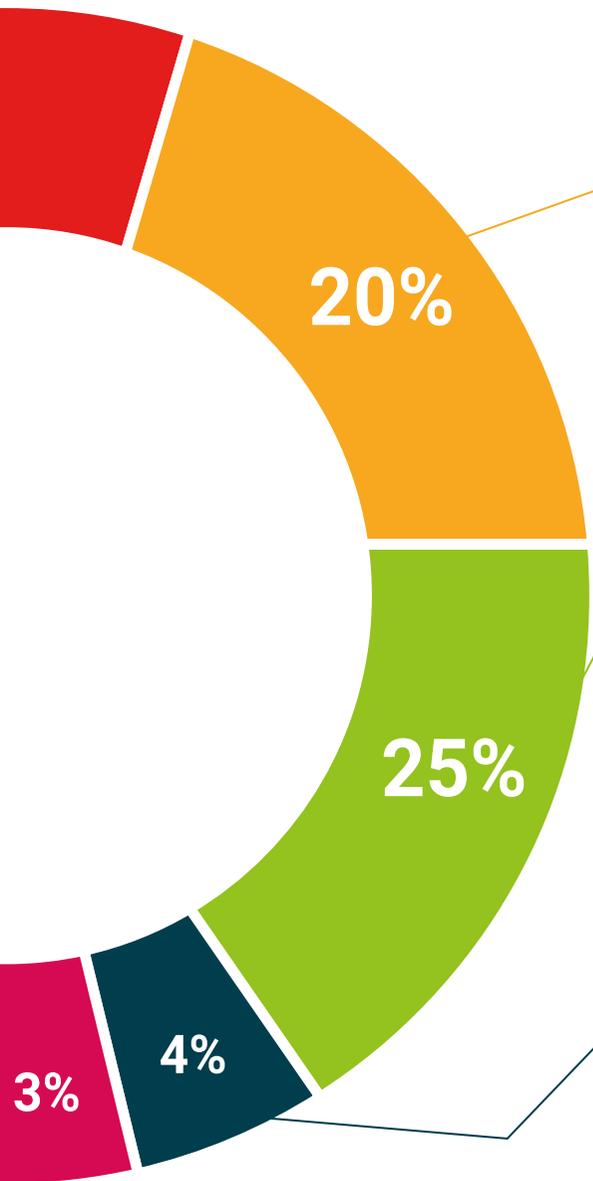
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



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 Diploma in Physical Preparation in Basketball guarantees, in addition to the most rigorous and updated training, access to a Postgraduate Diploma issued by TECH Global University.





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

This private qualification will allow you to obtain a **Postgraduate Diploma in Physical Preparation in Basketball** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

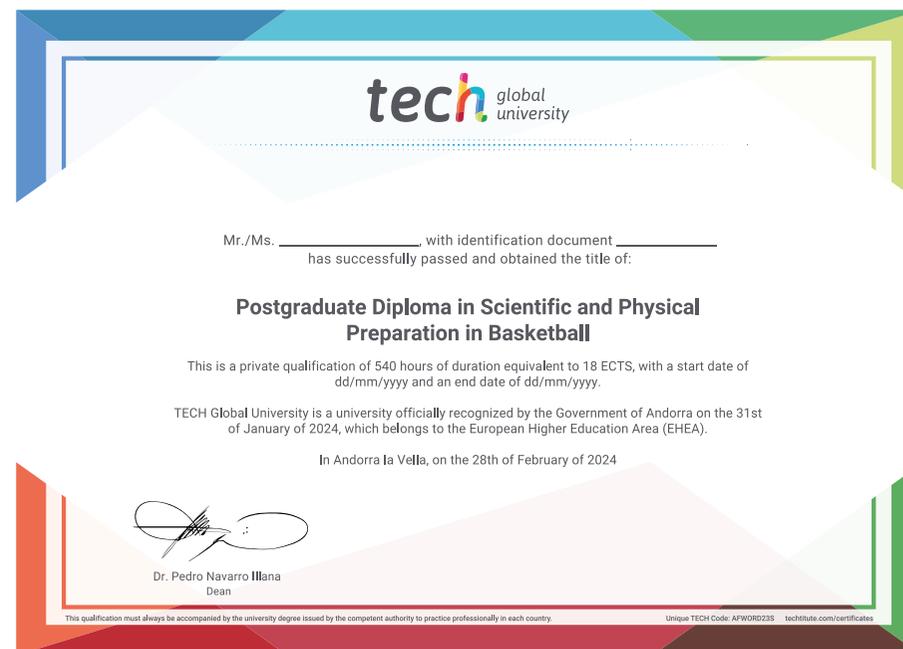
Title: **Postgraduate Diploma in Physical Preparation in Basketball**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**

Endorsed by the NBA



*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.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service information
knowledge present quality
development languages
virtual classroom



Postgraduate Diploma

Physical Preparation In Basketball

- » Modality: online
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- » Exams: online

Postgraduate Diploma Physical Preparation In Basketball

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