

Postgraduate Diploma

Physical Preparation and Injury Rehabilitation in Tennis

Endorsed by the NBA



tech global
university



Postgraduate Diploma Physical Preparation and Injury Rehabilitation in Tennis

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-physical-preparation-injury-rehabilitation-tennis

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01

Introduction

The most complex sports injuries in Tennis can be challenging to resolve, especially when it comes to the athlete's competitive performance. Not only is their physical capacity compromised, but their results and rankings in the most important competitions also suffer. Therefore, coaches must stay updated on the most advanced strategies and tactics that promote overall well-being. To address this need, TECH has designed this program of study that integrates biomechanical principles specific to tennis players' performance, the most effective nutritional tools, and the main training programs that help minimize the risk of injury. All of this content is supported by an exclusive 100% online methodology and a team of highly qualified faculty.



“

Thanks to this 100% online program from TECH, you will learn how to design training programs that improve performance and minimize injuries in tennis players”

Tennis is a sport that is increasingly popular and practiced worldwide, due to the prestige of its top players like Rafa Nadal and Novak Djokovic. However, physical preparation in this sport is intense and requires both players and their coaches to stay updated with the most comprehensive tactics and specific biomechanical principles. This ensures a holistic approach to exercise and allows for adjustments according to each person's nutritional, intellectual, or sensory needs.

To provide a comprehensive update on all of these aspects, TECH has designed this thorough program. A six-month Postgraduate Diploma that begins by covering the mechanical and movement variability in a tennis athlete's body. It also delves into the importance of training in this discipline, its evolution, and how to evaluate the physiological aspects of each individual. Additionally, the syllabus includes strategies to prevent common injuries, extend the players' careers, and maintain their physical health.

This academic itinerary also addresses the importance of proper nutrition and hydration strategies for tennis players. Furthermore, it explores how to integrate measures that encourage inclusion in the sport, enabling people with different abilities to participate and enjoy it.

In addition to all of this, the university program employs a disruptive learning system: Relearning. Through this approach, graduates can master complex concepts through repetition, avoiding the need to invest long hours memorizing information. Moreover, the study materials are 100% online, offering two significant advantages for graduates. They won't have to travel to any in-person institution to complete their studies, and they can access the study materials at any time or place, as long as they have a device with an internet connection.

This **Postgraduate Diploma in Physical Preparation and Injury Rehabilitation in Tennis** 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 experts in elite Tennis
- ♦ The graphic, schematic, and practical content with which they are created, provide scientific and practical information on the 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 explore the safety and benefits of sports supplements in relation to tennis players' diets. An academic opportunity you won't want to miss!"

“

You will delve into concepts of sports biomechanics such as balance, inertia, and elastic energy, and their implications for tennis practice”

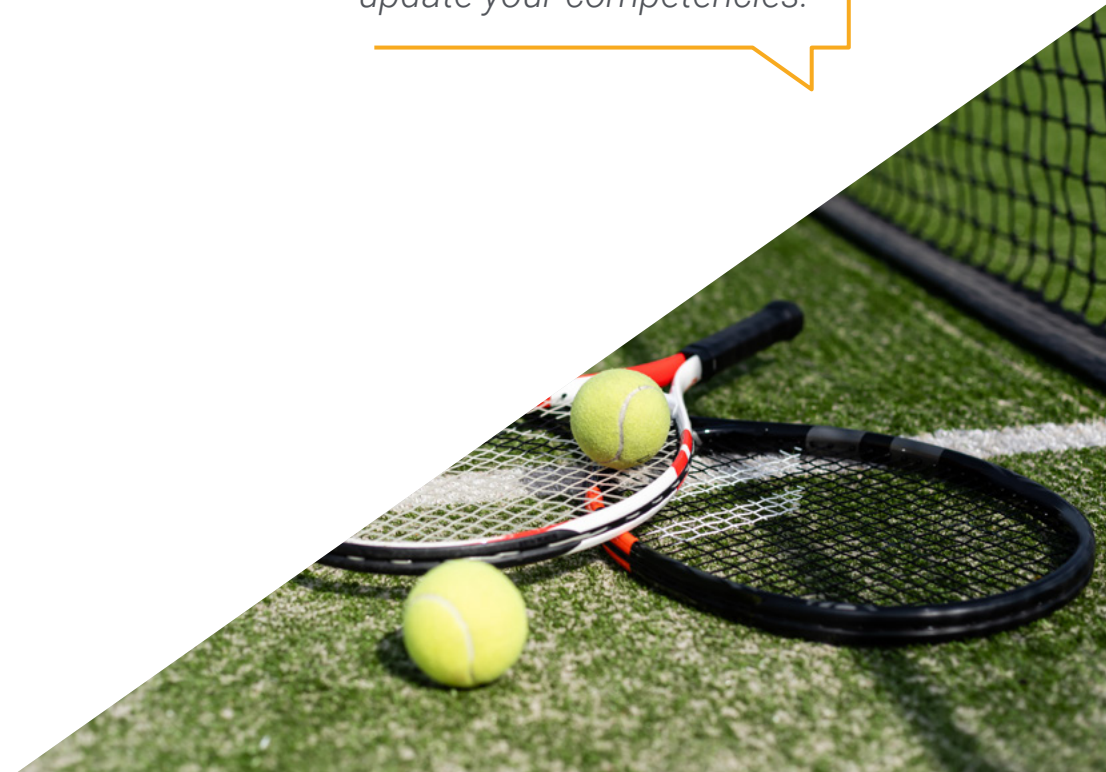
Throughout this Postgraduate Diploma, you will master the management of energy, recovery, and overall performance during tennis training and competitions.

TECH's Relearning method, combined with the analysis of disruptive case studies, will facilitate the way you update your competencies.

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 course. For this purpose, students will be assisted by an innovative interactive video system created by renowned experts.



02 Objectives

This Postgraduate Diploma is designed to update professionals on the essential Physical Preparation for Tennis. Each of its study modules addresses how to improve the skills and health of these athletes. Additionally, the knowledge gained from this academic pathway allows graduates to enhance training, optimize performance, and promote a holistic approach to well-being and athletic longevity.





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You will analyze strategies to prevent common tennis injuries, including the development of rehabilitation plans and specific exercises”



General Objectives

- ♦ Distinguish the different stages of tennis training and know how to work in each of them
- ♦ Know the tennis rules and know how to apply them
- ♦ Understand the position of the tennis coach from an ethical and moral point of view, and understand the crucial role that the mental aspect has in tennis players
- ♦ Delve into the necessary physical preparation that a tennis player must have and in injury prevention
- ♦ Raise awareness of the importance of technology in today's tennis and analyze its evolution



This academic program will allow you to delve into Adapted Tennis for players with different physical, sensory, or intellectual challenges”





Specific Objectives

Module 1. Biomechanics and Movement

- ♦ Understand what biomechanics is
- ♦ Learn, through theoretical and practical examples, the functioning of tennis strokes at a biomechanical level
- ♦ Analyze what is efficient in each stroke from a biomechanical perspective
- ♦ Raise awareness about the importance of footwork
- ♦ Learn how to move correctly on the tennis court

Module 2. Physical Preparation and Injury Prevention

- ♦ Raise awareness about the importance of physical preparation for maximizing player performance
- ♦ Understand and develop the concepts of endurance, strength, coordination, and agility, among others
- ♦ Learn the importance of elasticity and stretching as a method for injury prevention

Module 3. Nutrition, Supplementation, and Hydration for Tennis Players

- ♦ Explore the importance of nutrition for a tennis player
- ♦ Identify the differences between carbohydrates, proteins, fats, vitamins, and minerals
- ♦ Understand what diet a player should follow during training weeks, depending on its intensity, and during competition
- ♦ Learn what elements are allowed and which are prohibited in relation to sports supplementation
- ♦ Understand the concept of hydration, its importance for tennis players, and how to practice it correctly

Module 4. Adapted Tennis and Disability

- ♦ Understand the origins of adapted tennis and how it is developed
- ♦ Identify the different types of adapted tennis for various disabilities
- ♦ Analyze the rules for competitions in this field

03

Course Management

TECH aims to offer its students academic excellence through a teaching staff that combines practical experience with cutting-edge theoretical knowledge. For this reason, the Postgraduate Diploma in Physical Preparation and Injury Rehabilitation in Tennis features coaches and athletes with extensive experience. Additionally, they have been involved in elite competitions, so they fully understand the demands of this athletic specialty. With their educational guidance, graduates of this program will develop skills in a thorough and exclusive manner.



“

An outstanding teaching staff, composed of highly experienced professionals, specialized in tennis training and practice”

Management



Mr. Ramos Camacho, Alejandro

- ♦ Tennis Coach at the Rafa Nadal Academy
- ♦ Tennis Coach at the JMO Tennis Academy
- ♦ Trainer at the Valle de Aridane Tennis Club
- ♦ Degree in Primary Education Teaching
- ♦ National Monitor by the Royal Spanish Football Federation
- ♦ RPT Level 2

Teachers

Mr. Palomo, Jaime

- ♦ Co-founder and CEO of Jym Performance Club
- ♦ Director of the FitLife Studio program
- ♦ MBA from the European Business School of Barcelona
- ♦ Master's Degree in Exercise Mechanics from the Resistance Institute
- ♦ Bachelor's in Physical Activity and Sports Sciences from the Miguel de Cervantes European University

Mr. Chousa, Adrián

- ♦ Competition and Pre-competition Coach at Sguevillas Academy Valladolid
- ♦ Technical Director at Club Tenis Segovia
- ♦ Line Judge at the Challenger of El Espinar and the Madrid Master Series
- ♦ Master's Degree in Performance Analysis, Development, and Innovation in Tennis from the Catholic University of San Antonio, Murcia



04

Structure and Content

The syllabus of this Postgraduate Diploma delves into key aspects of Physical Preparation for tennis players, such as managing biomechanics and movement during play. At the same time, it outlines the main activities and groups of exercises needed to prevent potential injuries. Additionally, the syllabus explores the fundamentals of athlete nutrition, as well as the necessary supplementation and hydration. Lastly, the academic itinerary emphasizes the practice of tennis for individuals with disabilities and its particularities.



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You will have access to the program's content 100% online, allowing you to adjust your studies to your work schedule or other personal commitments”

Module 1. Biomechanics and Movement

- 1.1. Biomechanics and its Evolution
 - 1.1.1. Definition and Introduction to Biomechanics
 - 1.1.2. Evolution of the Concept of Biomechanics Throughout History
 - 1.1.3. The Purpose of Biomechanics and the Objectives It Seeks to Achieve
 - 1.1.4. Benefits of Biomechanics and Main Components
 - 1.1.5. Traditional vs. Modern Approach to Teaching Tennis Strokes
- 1.2. Technique and Its Benefits
 - 1.2.1. Definition of Optimal Technique
 - 1.2.2. Components of the Technique
 - 1.2.3. Benefits of the Optimal Technique
 - 1.2.4. Execution of the Optimal Technique
- 1.3. Variability as a Fundamental Part of Stroke Execution
 - 1.3.1. Concept of Variability
 - 1.3.2. Mechanical Variability in Stroke Execution
 - 1.3.3. Mechanical Variability in the Development of the Stroke
 - 1.3.4. Mechanical Variability in Tissue Load
- 1.4. Biomechanical Principles in Tennis (BIOMECH)
 - 1.4.1. Balance
 - 1.4.2. Inertia
 - 1.4.3. Opposing Forces
 - 1.4.4. *Momentum*
 - 1.4.5. Elastic Energy
 - 1.4.6. Coordination Chain
- 1.5. Coordination Chain
 - 1.5.1. Definition
 - 1.5.2. Coordination and Movement Chains
 - 1.5.3. How to Generate Power in the Strokes
 - 1.5.4. Problems in the Coordination Chains



- 1.6. The Phases of the Stroke in Tennis
 - 1.6.1. Preparation and Backswing Movement of the Racket
 - 1.6.2. Forward Movement of the Racket
 - 1.6.3. Impact
 - 1.6.4. Accompaniment and Termination
- 1.7. General Biomechanical Aspects of Groundstrokes
 - 1.7.1. Biomechanics of the forehand stroke. Part I
 - 1.7.2. Biomechanics of the forehand stroke. Part II
 - 1.7.3. Biomechanics of the Two-handed Backhand Stroke
 - 1.7.4. Biomechanics of the Backhand One-handed Stroke
- 1.8. General Biomechanical Aspects of the Service and Return Stroke
 - 1.8.1. Biomechanics of the Service in Tennis Part I
 - 1.8.2. Biomechanics of the Service in Tennis Part II
 - 1.8.3. Biomechanics of the Return Serve in Tennis
 - 1.8.4. Biomechanics of the Backhand in Tennis
- 1.9. General Biomechanical Aspects in the Net Strokes
 - 1.9.1. Biomechanics of the Forehand Volley
 - 1.9.2. Biomechanics of the Backhand Volley
 - 1.9.3. Biomechanics of the Approach
 - 1.9.4. Biomechanics of the Smash
- 1.10. Movement, Footwork, and Court Coverage
 - 1.10.1. What Are Court Coverage and Movement in Tennis
 - 1.10.2. Phases of Court Coverage in Tennis
 - 1.10.3. Importance of Footwork
 - 1.10.4. How to Work on Footwork in Tennis

Module 2. Physical Preparation and Injury Prevention

- 2.1. Physical Preparation in Tennis
 - 2.1.1. Introduction to the Physical Training of the Tennis Player
 - 2.1.2. Evolution of Physical Preparation Throughout History
 - 2.1.3. Importance of Physical Preparation in Tennis
 - 2.1.4. Benefits of Physical Condition Training in Tennis
- 2.2. Physiological Aspects of the Tennis Player and how to Evaluate Them
 - 2.2.1. What is Physiology and What Does it Do
 - 2.2.2. Physiological Factors Influencing Tennis
 - 2.2.3. Physiological Profile of the Tennis Player
 - 2.2.4. The Physical Development of the Tennis Player and its Evolution in the Different Stages
- 2.3. Phases of Physical Training
 - 2.3.1. Introduction to Physical Preparation
 - 2.3.2. Parts of the Training
 - 2.3.3. Preparation and Pre-competition Phases
 - 2.3.4. Physical Training During the Competition and after the Competition
- 2.4. The Tennis Player and the Main Physical Skills
 - 2.4.1. Endurance, Concept and General Characteristics
 - 2.4.2. Strength, Concept and General Characteristics; The Increase of Power in the Tennis Player
 - 2.4.3. Coordination in the Tennis Player
 - 2.4.4. Flexibility in the Tennis Player
 - 2.4.5. The Speed and Agility in the Tennis Player
- 2.5. Professional Tennis and Physical Preparation
 - 2.5.1. Importance of Physical Preparation Before and During Tournaments
 - 2.5.2. The Planning and Periodization of the Physical Training of the Season in Professional Players
 - 2.5.3. Physical Training During and After the Competition
 - 2.5.4. The Physical Preparation Depending on the Type of Player and The Type of Tournament to be Prepared For

- 2.6. Physical Preparation in Competitive Players in Training
 - 2.6.1. Physical Preparation in Minors
 - 2.6.2. Specific Characteristics of Physical Training for Players by Age
 - 2.6.3. Adaptations and Differences in Physical Training for Minors
 - 2.6.4. Other Aspects to Take into Account
- 2.7. Injury Prevention
 - 2.7.1. Introduction to Injury Prevention Work, its Importance and Benefits
 - 2.7.2. Importance of the Trainer in Injury Prevention
 - 2.7.3. Most Common Types of Injuries in Tennis Players
 - 2.7.4. Causes of Injuries in Tennis Players
- 2.8. Treatment of Injuries and Ways to Prevent
 - 2.8.1. Rehabilitation
 - 2.8.2. Development of a Rehabilitation Plan
 - 2.8.3. Exercises for Prevention and Tips on How to Carry Them Out
 - 2.8.4. Tips for Tennis Players in the Field of Injury Prevention
- 2.9. The Recovery of the Tennis Player
 - 2.9.1. Introduction and Importance of Recovery in Tennis Players
 - 2.9.2. Routes of Recovery in Tennis Players: Control
 - 2.9.3. Pathways of Recovery in Tennis Players: Management
 - 2.9.4. Recovery in the Different Conditions that Tennis Players go Through
- 2.10. Physical Preparation for Wheelchair Tennis Players
 - 2.10.1. Introduction to the Physical Preparation for Wheelchair Tennis
 - 2.10.2. Specifics to the Training of the Wheelchair Tennis Player
 - 2.10.3. Aspects to Take into Account for the Physical Preparation of the Wheelchair Tennis Player
 - 2.10.4. Injury Prevention in Wheelchair Tennis Players

Module 3. Nutrition, Supplementation and Hydration for Tennis Players

- 3.1. Nutrition in Tennis
 - 3.1.1. Introduction to the Concept of Nutrition in the Tennis Player
 - 3.1.2. General Aspects of Nutrition
 - 3.1.3. Historical Evolution of the Concept of Nutrition as it Relates to Tennis
 - 3.1.4. Importance of Nutrition in the Tennis Player
- 3.2. Types of Nutrients and Their Benefits and Contributions
 - 3.2.1. What are Nutrients
 - 3.2.2. Essential Nutrients and Their Definition
 - 3.2.3. Functions Performed by Nutrients in Our Body
 - 3.2.4. Where These Nutrients are Found
- 3.3. Diet of the Tennis Player
 - 3.3.1. Nutritional Needs that Tennis Players Have
 - 3.3.2. Tennis Characteristics and Corresponding Needs
 - 3.3.3. What Makes up a Tennis Player's Diet
 - 3.3.4. What a Tennis Player Should Not Eat
- 3.4. Elaboration of the Tennis Player's Diet Modern Techniques for the Diet of the Tennis Player
 - 3.4.1. How to Create the Tennis Players Diet
 - 3.4.2. Examples of the Diet in Professional Tennis Players
 - 3.4.3. The Carbohydrate Overload 3 Days Before the Match
 - 3.4.4. "The Waiting Portion"
- 3.5. Nutrition of the Tennis Player in Training and Competition
 - 3.5.1. What Should the Tennis Player Eat During Training
 - 3.5.2. Nutrition of the Tennis Player Before the Match
 - 3.5.3. Nutrition of the Tennis Player Before the Tennis Match
 - 3.5.4. Nutrition of the Tennis Player After the Tennis Match
 - 3.5.5. Feeding of the Tennis Player with a Heavy Load of Matches or During a Journey



- 3.6. Hydration in Tennis
 - 3.6.1. Concept of Hydration
 - 3.6.2. Importance of Hydration in Tennis
 - 3.6.3. Thermoregulation
 - 3.6.4. Problems of Dehydration in Tennis
 - 3.6.5. Types of Beverages
- 3.7. Hydration During Training and Competition
 - 3.7.1. Practical Hydration Strategies
 - 3.7.2. Hydration Needs in Training
 - 3.7.3. Pre-competition Hydration Needs
 - 3.7.4. Hydration Needs During Competition
 - 3.7.5. Post-competition Hydration Requirements
- 3.8. Supplements and Their Benefits
 - 3.8.1. Introduction to Supplementation
 - 3.8.2. Health Effects of Sports Supplementation
 - 3.8.3. Benefits of Sports Supplementation
 - 3.8.4. Are Sports Supplements Safe?
- 3.9. Types of Supplementation for Tennis Players
 - 3.9.1. The Best Supplements for Tennis Players
 - 3.9.2. Amino Acid Supplements
 - 3.9.3. Antioxidant Supplements
 - 3.9.4. Supplements During Training and Matches
- 3.10. Doping in Tennis, Cases and Prohibitions
 - 3.10.1. Definition of Doping
 - 3.10.2. Doping Controls
 - 3.10.3. Substances Considered Doping
 - 3.10.4. Cases of Doping in Tennis Throughout History

Module 4. Adapted Tennis and Disability

- 4.1. Tennis as an Inclusive Sport and its Progression
 - 4.1.1. Sport for the Disabled and its Inclusive Nature
 - 4.1.2. Adapted Sports
 - 4.1.3. Tennis as an Inclusive Sport
 - 4.1.4. Current Vision of Sport for the Disabled
- 4.2. What is Disability and its Relation to Tennis
 - 4.2.1. Concepts of Disabilities and in Tennis Throughout History
 - 4.2.2. The Tennis and Disabilities Throughout History
 - 4.2.3. Tennis Benefits for People with Disabilities
 - 4.2.4. Current Status of Tennis and Disability
- 4.3. Tennis and Disability from the Coach's Point of View
 - 4.3.1. Introduction
 - 4.3.2. Ethics for Coaches of People with Disabilities
 - 4.3.3. Training for People with Sensory Disabilities
 - 4.3.4. Training for People with Physical Disabilities
- 4.4. Physical Preparation in Tennis
 - 4.4.1. The Concept of Physical Disability
 - 4.4.2. Different Types of Physical Disability
 - 4.4.3. Tennis and Physical Disability
 - 4.4.4. Adaptations to Tennis for People with Physical Disabilities
- 4.5. Wheelchair Tennis, its Evolution and Characteristics
 - 4.5.1. Introduction
 - 4.5.2. Historical Evolution of Wheelchair Tennis
 - 4.5.3. Main Characteristics of Wheelchair Tennis
 - 4.5.4. Wheelchair Tennis Mission Statement
- 4.6. The Competition and Other Characteristics of Wheelchair Tennis
 - 4.6.1. The Relationship Between Sport, Disability and its Benefits
 - 4.6.2. Types of Wheelchair Tennis Competitions
 - 4.6.3. Wheelchair Tennis as an Olympic Sport
 - 4.6.4. Organizations that Support Wheelchair Tennis





- 4.7. Wheelchair Tennis Rules and Regulations I
 - 4.7.1. Wheelchair Tennis Regulation
 - 4.7.2. Admission Rules
 - 4.7.3. The Wheelchair
 - 4.7.4. Scoring and General Rules
- 4.8. Tennis and Sensory Disability
 - 4.8.1. Definition of Sensory Disability
 - 4.8.2. Mission Statement of Tennis and Sensory Disability
 - 4.8.3. Benefits for People Who Practice It
 - 4.8.4. Tennis for the Hearing Impaired
 - 4.8.5. Tennis for the Visually Impaired
- 4.9. Tennis and Intellectual Disability
 - 4.9.1. Introduction
 - 4.9.2. Types of Intellectual Disabilities
 - 4.9.3. Evolution of Tennis and Intellectual Disability
 - 4.9.4. Tennis Benefits for People with Intellectual Disabilities
- 4.10. Tennis and Intellectual Disability II
 - 4.10.1. Tournaments and Types of Competitions for Adapted Tennis
 - 4.10.2. Equipment Needed for Tennis Adapted to Intellectual Disability
 - 4.10.3. Tennis Training for People with Intellectual Disabilities
 - 4.10.4. The Role of the Coach and the Family in Tennis for People with Intellectual Disabilities



Enroll now in this program at TECH Global University and master the most effective injury recovery strategies for tennis players"

06

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.



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.

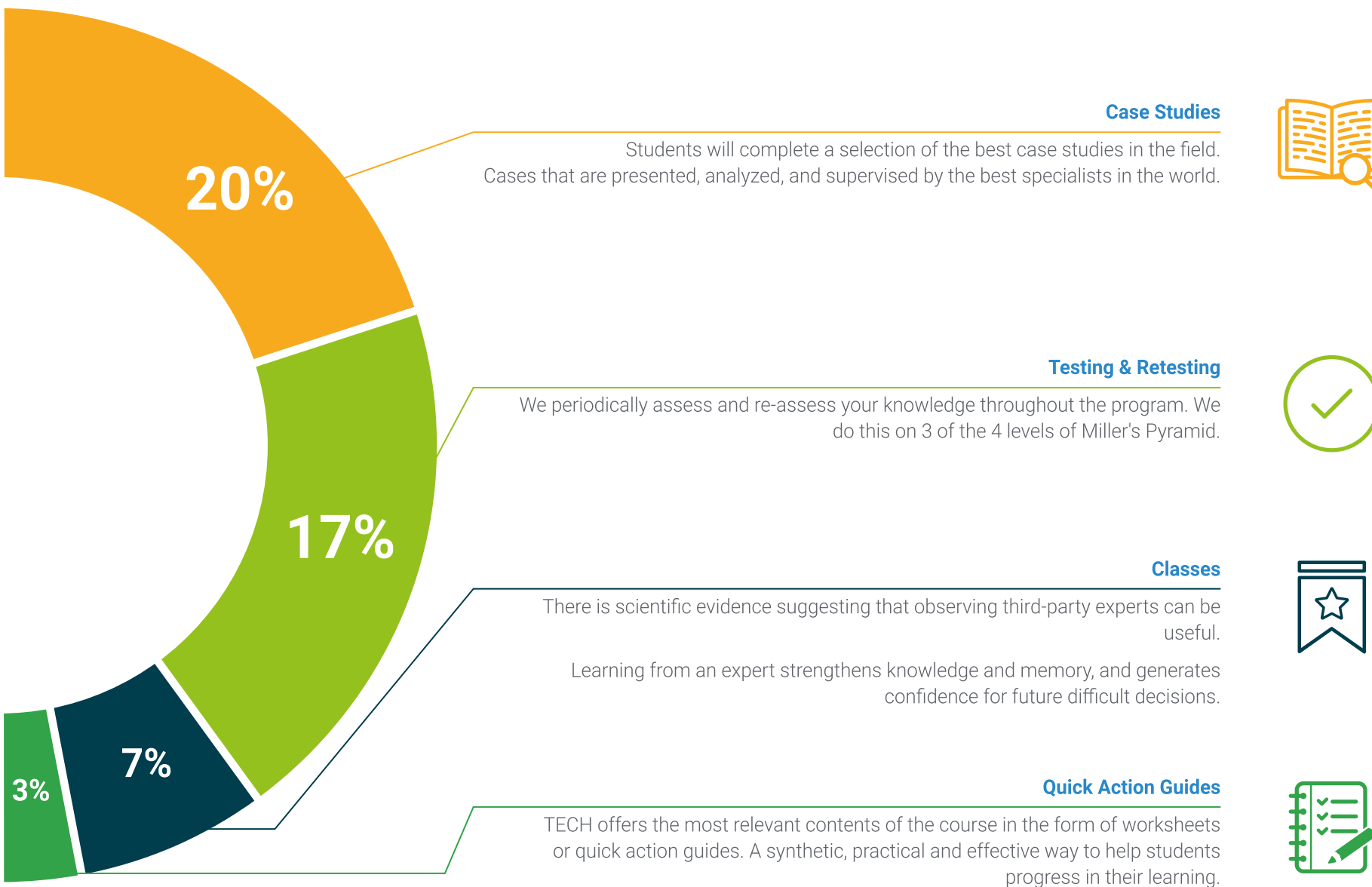
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





06 Certificate

This Postgraduate Diploma in Physical Preparation and Injury Rehabilitation in Tennis guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Postgraduate Diploma 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 diploma for the **Postgraduate Diploma in Physical Preparation and Injury Rehabilitation in 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.

Title: **Postgraduate Diploma in Physical Preparation and Injury Rehabilitation in Tennis**

Modality: **online**

Duration: **6 months**

Accreditation: **24 ECTS**





Postgraduate Diploma
Physical Preparation
and Injury Rehabilitation
in Tennis

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

Postgraduate Diploma

Physical Preparation and Injury Rehabilitation in Tennis

Endorsed by the NBA

