

Postgraduate Diploma

Prescription, Methodology and Basis for Strength Training

Endorsed by the NBA

A background image showing a person's hands clapping together, creating a cloud of white chalk dust. In the foreground, a kettlebell is visible. The image is split diagonally, with the top-left portion being white and the bottom-right portion being dark.

tech technological
university



Postgraduate Diploma Prescription, Methodology and Basis for Strength Training

Course Modality: Online

Duration: 6 months.

Certificate: TECH - Technological University

18 ECTS Credits

Teaching Hours: 450 hours.

Website: www.techtitute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-prescription-methodology-basis-strength-training

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01

Introduction

With this complete program the student will learn how to program, periodize and plan the different variables of training, its physiological and methodological bases and its structuring. Also the student's ability to apply this knowledge to improve physical performance, fitness, health and related issues.

This training also covers very important topics in strength training, such as terminology, definitions and practical applications, as well as strength training for structural purposes (hypertrophy).





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This 100% online Postgraduate Diploma will allow you to combine your studies with your professional work while increasing your knowledge in this field".

In recent years, strength training has burst with great impetus in the scientific community, covering multiple contexts ranging from sports performance in time and brand sports to situational sports, including the whole range of sports modalities.

This Postgraduate Certificate addresses the vital importance of strength in human performance in all its possible expressions with a unique level of theoretical depth and a level of descent to the practical totally different from what has been seen so far.

The student of this Postgraduate Diploma will have a differentiating training with respect to their professional colleagues, being able to perform in all areas of sport as a specialist in Strength Training.

The teaching team of this Postgraduate Diploma in Prescription, Methodology and Bases for Strength Training has made a careful selection of each of the topics of this training to offer the student a study opportunity as complete as possible and always linked to current events.

Thus, at TECH we have set out to create contents of the highest teaching and educational quality that will turn our students into successful professionals, following the highest quality standards in teaching at an international level. Therefore, we show you this Postgraduate Diploma with a rich content that will help you reach the elite of physical training. In addition, as it is an online Postgraduate Diploma, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their work or personal life with their academic life.

This **Postgraduate Diploma in Prescription, Methodology and Bases for Strength Training** contains the most complete and up-to-date scientific program on the market.

The most important features of the program include:

- ♦ The development of numerous case studies presented by specialists in personal training.
- ♦ The graphic, schematic, and eminently practical contents with which they are created contain information that is indispensable for professional practice.
- ♦ It contains exercises where the self-assessment process can be carried out to improve learning.
- ♦ Algorithm-based interactive learning system for decision-making.
- ♦ Special emphasis on innovative methodologies in personal training.
- ♦ 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.



Immerse yourself in the study of this Postgraduate Diploma of high scientific rigor and improve your skills in strength training for high performance sports"

“

This Postgraduate Diploma is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge as a personal trainer, you will obtain a degree from TECH - Technological University"

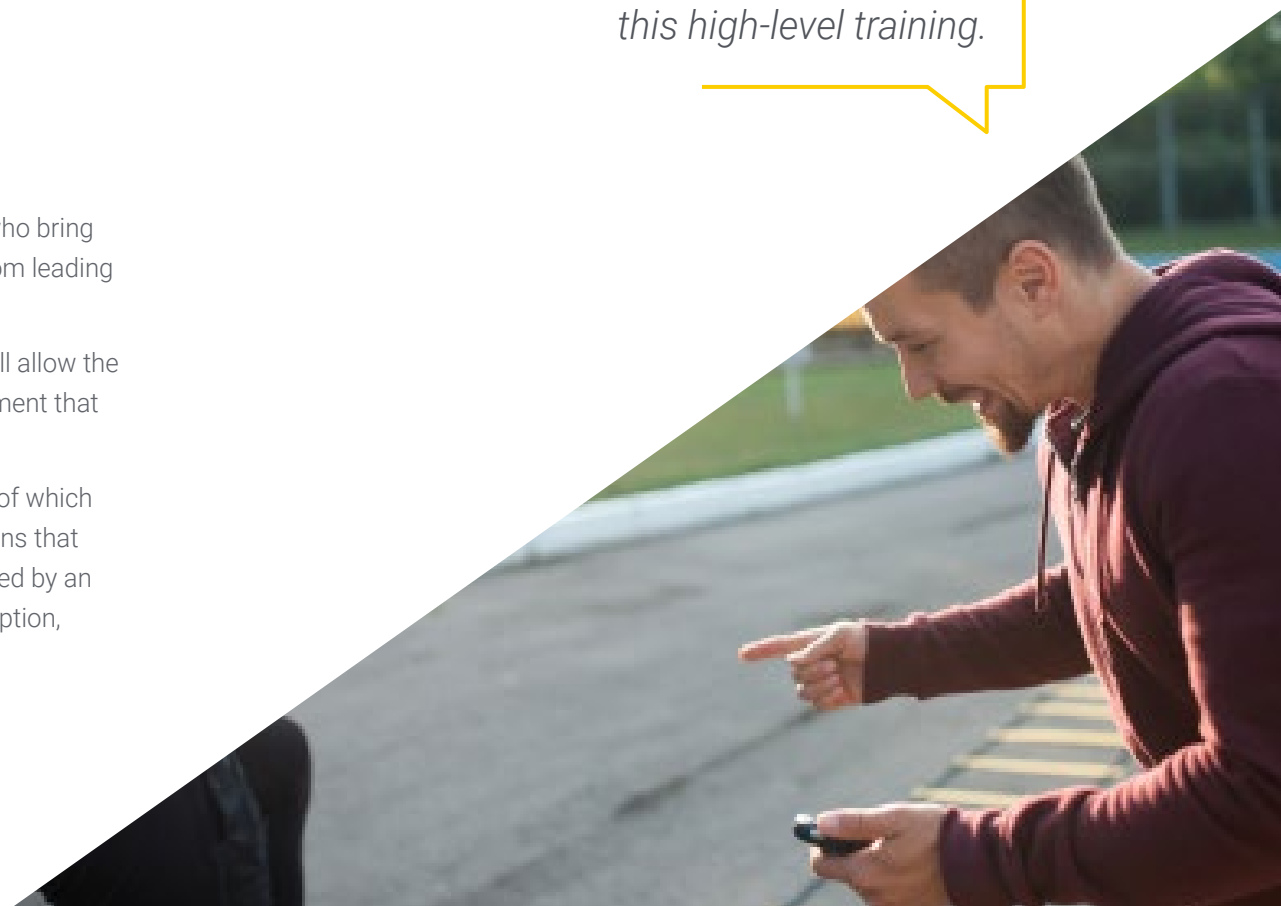
The teaching staff includes professionals from the field of sports science, who bring their experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train 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 arise during the course of the expert. For this, the professional will be assisted by an innovative interactive video system created by recognized experts in Prescription, Methodology and Bases for Strength Training and with great experience.

Specialize and stand out in a sector with high demand for professionals.

Increase your knowledge in the Prescription, Methodology and Basis for Strength Training with this high-level training.



02 Objectives

The main objective of this program is the development of theoretical and practical learning, so that the sports science professional can master in a practical and rigorous way the Prescription, Methodology and Basis for Strength Training.



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Our goal is to achieve academic excellence and help you achieve professional success. Don't hesitate any longer and join us”



General Objectives

- ♦ Delve into the knowledge based on the most current scientific evidence with full applicability in the practical field of strength training.
- ♦ Master all the most advanced methods of strength training.
- ♦ Apply with certainty the most current training methods to improve sports performance regarding strength.
- ♦ Effectively master strength training for performance enhancement in time and mark sports as well as situational sports.
- ♦ Master the principles governing Exercise Physiology, as well as Biochemistry
- ♦ Delve into the principles that govern the Theory of Complex Dynamic Systems as they relate to strength training.
- ♦ Successfully integrate strength training for the improvement of Motor Skills immersed in sport.
- ♦ Successfully master all the knowledge acquired in the different modules in real practice.



The sports field requires trained professionals and we give you the keys to position yourself among the professional elite"





Specific Objectives

- ♦ Specialize and interpret the key aspects of strength training
- ♦ In-depth knowledge of the different components of the load
- ♦ Delve into key aspects of load planning, periodization and monitoring.
- ♦ Gain in-depth knowledge of the different session set-up schemes.
- ♦ Manage the most common prescribing, monitoring and adjustment models.
- ♦ Gain in-depth knowledge of the different methodological proposals of strength training and their applicability to the field of practice.
- ♦ Select the most appropriate methods for specific needs.
- ♦ Recognize and safely apply the different methods proposed in the literature
- ♦ Master the theoretical terms as far as Strength Training is concerned.
- ♦ Master the theoretical terms as far as Power Training is concerned.
- ♦ Master the methodological aspects of training for hypertrophic purposes.
- ♦ Master the Physiological aspects of training for hypertrophic purposes.

03

Course Management

Our teachers, made up of experts in personal training, are well known in the profession and are professionals with years of teaching experience who have come together to help you boost your career. For this reason, they have developed this Postgraduate Diploma with recent updates on the subject that will allow you to train and increase your skills in this sector.





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*Learn from the best professionals
and become a successful
professional yourself”*

Management



Rubina, Dardo

- ♦ CEO of Test and Training
- ♦ EDM Physical Training Coordinator
- ♦ Physical trainer of the EDM First Team
- ♦ Master's Degree in ARD COE
- ♦ EXOS CERTIFICATION
- ♦ Specialist in Strength Training for the Prevention of Injuries, Functional and Physical-Sports Rehabilitation
- ♦ Specialist in Strength Training Applied to Physical and Sports Performance
- ♦ Specialist in Applied Biomechanics and Functional Evaluation.
- ♦ Certification in Weight Management and Physical Performance Technologies
- ♦ Postgraduate course in Physical Activity in Populations with Pathologies
- ♦ Postgraduate diploma in Injury Prevention and Rehabilitation.
- ♦ Functional Assessment and Corrective Exercise Certificate.
- ♦ Certificate in Functional Neurology.
- ♦ Diploma in Advanced Studies (DEA) University of Castilla la Mancha
- ♦ PhD Candidate in ARD

Professors

Carbone, Leandro

- ♦ Degree in Physical Education
- ♦ Specialist in exercise physiology
- ♦ Msc Strength and Conditioning
- ♦ CSCS–NASCA, CISSN–ISSN
- ♦ Currently at Club The Strongest
- ♦ Collaborator with olympic athletes.

Masse, Juan

- ♦ Degree in Physical Education
- ♦ Director of the Athlos study group
- ♦ Physical trainer for several professional soccer teams in South America, experienced teacher.

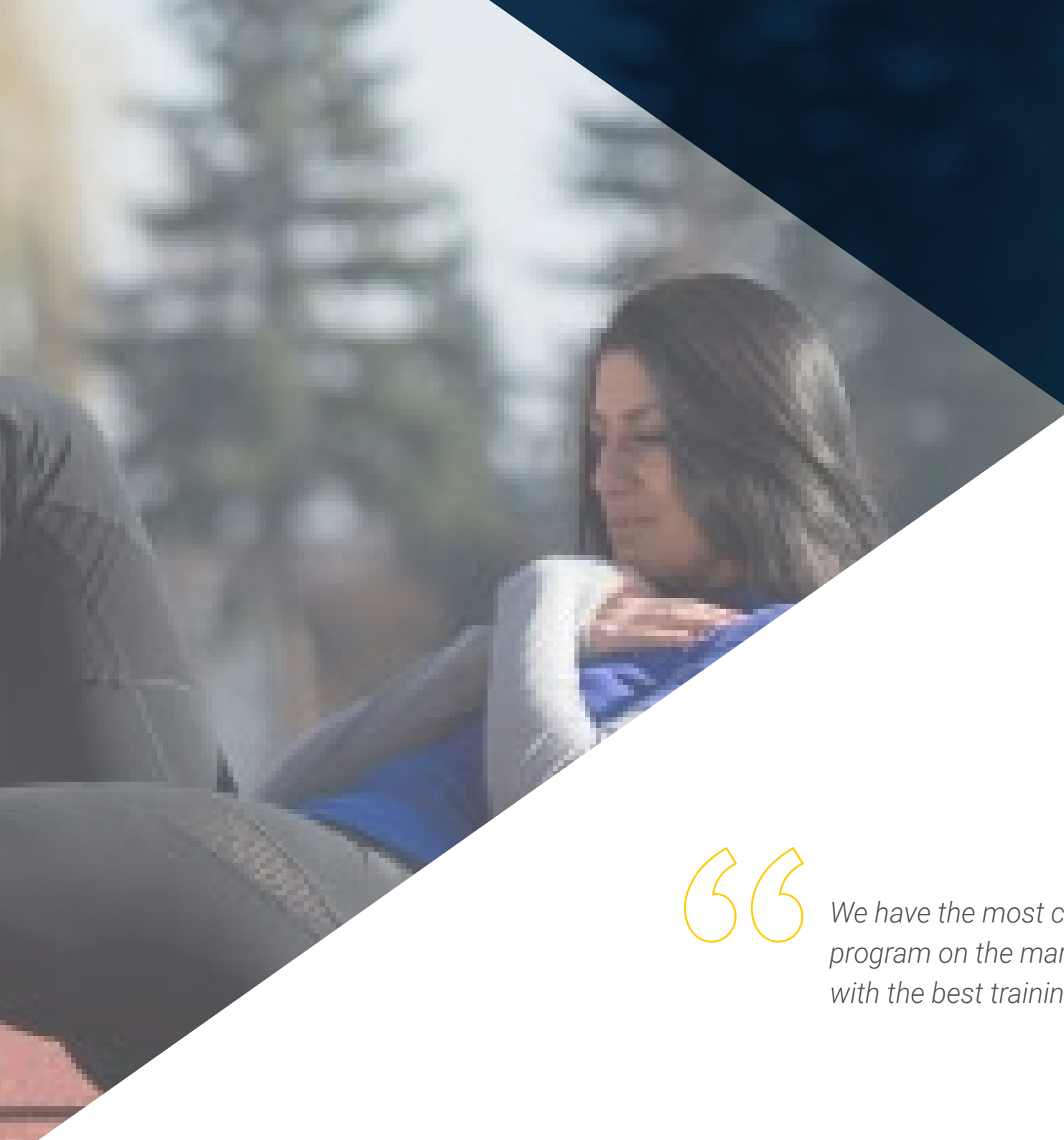


04

Structure and Content

The content structure has been designed by a team of professionals knowledgeable about the implications of training in daily practice, aware of the relevance of the current relevance of quality specialization in the field of personal training; and committed to quality teaching through new educational technologies.





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We have the most complete and updated scientific program on the market. We want to provide you with the best training”

Module 1. Prescription and Programming of Strength Training

- 1.1. Introduction and Definition of Concepts
 - 1.1.1. General concepts
 - 1.1.1.1. Planning, Periodization, Prescription
 - 1.1.1.2. Qualities, Methods, Objectives
 - 1.1.1.3. Complexity, Risk and Uncertainty
 - 1.1.1.4. Complementary Peers
- 1.2. Exercises
 - 1.2.1. General vs Specific
 - 1.2.2. Simple vs Complex
 - 1.2.3. Thrust vs Ballistic
 - 1.2.4. Kinetics and Kinematics
 - 1.2.5. Basic Patterns
 - 1.2.6. Order, Emphasis, Importance
- 1.3. Programming Variables
 - 1.3.1. Intensity
 - 1.3.2. Effort
 - 1.3.3. Intension
 - 1.3.4. Volume
 - 1.3.5. Density
 - 1.3.6. Weight
 - 1.3.7. Dose
- 1.4. Periodization Structures
 - 1.4.1. Microcycle
 - 1.4.2. Mesocycle
 - 1.4.3. Macrocycle
 - 1.4.4. Olympic Cycles
- 1.5. Session Structures
 - 1.5.1. Hemispheres
 - 1.5.2. Entries
 - 1.5.3. Weider
 - 1.5.4. Patterns
 - 1.5.5. Muscle



- 1.6. Prescription
 - 1.6.1. Load-Effort Tables
 - 1.6.2. Based on %
 - 1.6.3. Based on Subjective Variables
 - 1.6.4. Based on Speed (VBT)
 - 1.6.5. Others.
- 1.7. Prediction and Monitoring
 - 1.7.1. Speed-Based Training
 - 1.7.2. Areas of Repetition
 - 1.7.3. Load Areas
 - 1.7.4. Time and Reps
- 1.8. Plan
 - 1.8.1. Series– Repetition Schemes
 - 1.8.1.1. Plateau
 - 1.8.1.2. Step
 - 1.8.1.3. Waves
 - 1.8.1.4. Steps
 - 1.8.1.5. Pyramids
 - 1.8.1.6. Light-Heavy
 - 1.8.1.7. Cluster
 - 1.8.1.8. Rest-Pause
 - 1.8.2. Vertical Planning
 - 1.8.3. Horizontal Planning
 - 1.8.4. Classifications and Models
 - 1.8.4.1. Constant
 - 1.8.4.2. Lineal
 - 1.8.4.3. Reverse Linear
 - 1.8.4.4. Blocks
 - 1.8.4.5. Accumulation
 - 1.8.4.6. Undulating
 - 1.8.4.7. Reverse Undulating
 - 1.8.4.8. Volume-Intensity

- 1.9. Adaptation
 - 1.9.1. Dose-Response Model
 - 1.9.2. Robust-Optimal
 - 1.9.3. Fitness-Fatigue
 - 1.9.4. Micro Doses
- 1.10. Assessments and Adjustments
 - 1.10.1. Self-Regulated Load
 - 1.10.2. Adjustments Based on VBT
 - 1.10.3. Based on RIR and RPE
 - 1.10.4. Based on Percentages
 - 1.10.5. Negative Pathway

Module 2. Methodology of Strength Training

- 2.1. Methods of Training From Powerlifting
 - 2.1.2. Functional Isometrics
 - 2.1.3. Forced Repetitions
 - 2.1.4. Eccentrics in Competition Exercises
 - 2.1.5. Main Characteristics of the Most Commonly Used Methods in Powerlifting
- 2.2. Methods of Training from Weightlifting
 - 2.2.1. Bulgarian Method
 - 2.2.2. Russian Method
 - 2.2.3. Origin of the Popular Methodologies in the School of Olympic Lifting.
 - 2.2.4. Differences Between the Bulgarian and Russian Concepts
- 2.3. Zatsiorsky Methods
 - 2.3.1. Maximum Effort Method (ME)
 - 2.3.2. Repeated Effort Method (RE)
 - 2.3.3. Dynamic Effort Method (DE)
 - 2.3.4. Load Components and Main Features of the Zatsiorsky Methods
 - 2.3.5. Interpretation and Differences of Mechanical Variables (Force, Power and Speed) Revealed Between ME, RE and DE and Their Internal Response (PSE)
- 2.4. Pyramidal Methods
 - 2.4.1. Classic Ascending

- 2.4.2. Classic Descending
- 2.4.3. Double
- 2.4.4. Skewed Pyramid
- 2.4.5. Truncated Pyramid
- 2.4.6. Flat or Stable Pyramid
- 2.4.7. Load Components (Volume and Intensity) of the Different Proposals of the Pyramidal Method.
- 2.5. Training Methods From Bodybuilding
 - 2.5.1. Superseries
 - 2.5.2. Triseries
 - 2.5.3. Compound Series
 - 2.5.4. Giant Series
 - 2.5.5. Congestive Series
 - 2.5.6. Wave-Like Loading
 - 2.5.7. ACT (Anti-Catabolic Training)
 - 2.5.8. Bulk
 - 2.5.9. Cluster
 - 2.5.10.
 - 2.5.11. Heavy Duty
 - 2.5.12. Ladder
 - 2.5.13. Characteristics and Load Components of the Different Methodological Proposals of Training Systems Coming From Bodybuilding
- 2.6. Methods from Sports Training
 - 2.6.1. Plyometry
 - 2.6.2. Circuit Training
 - 2.6.3. Cluster Training
 - 2.6.4. Contrast
 - 2.6.5. Main Characteristics of Strength Training Methods Derived from Sports Training.
- 2.7. Methods from Unconventional Training and Crossfit
 - 2.7.1. EMOM (Every Minute on the Minute)
 - 2.7.2. Tabata

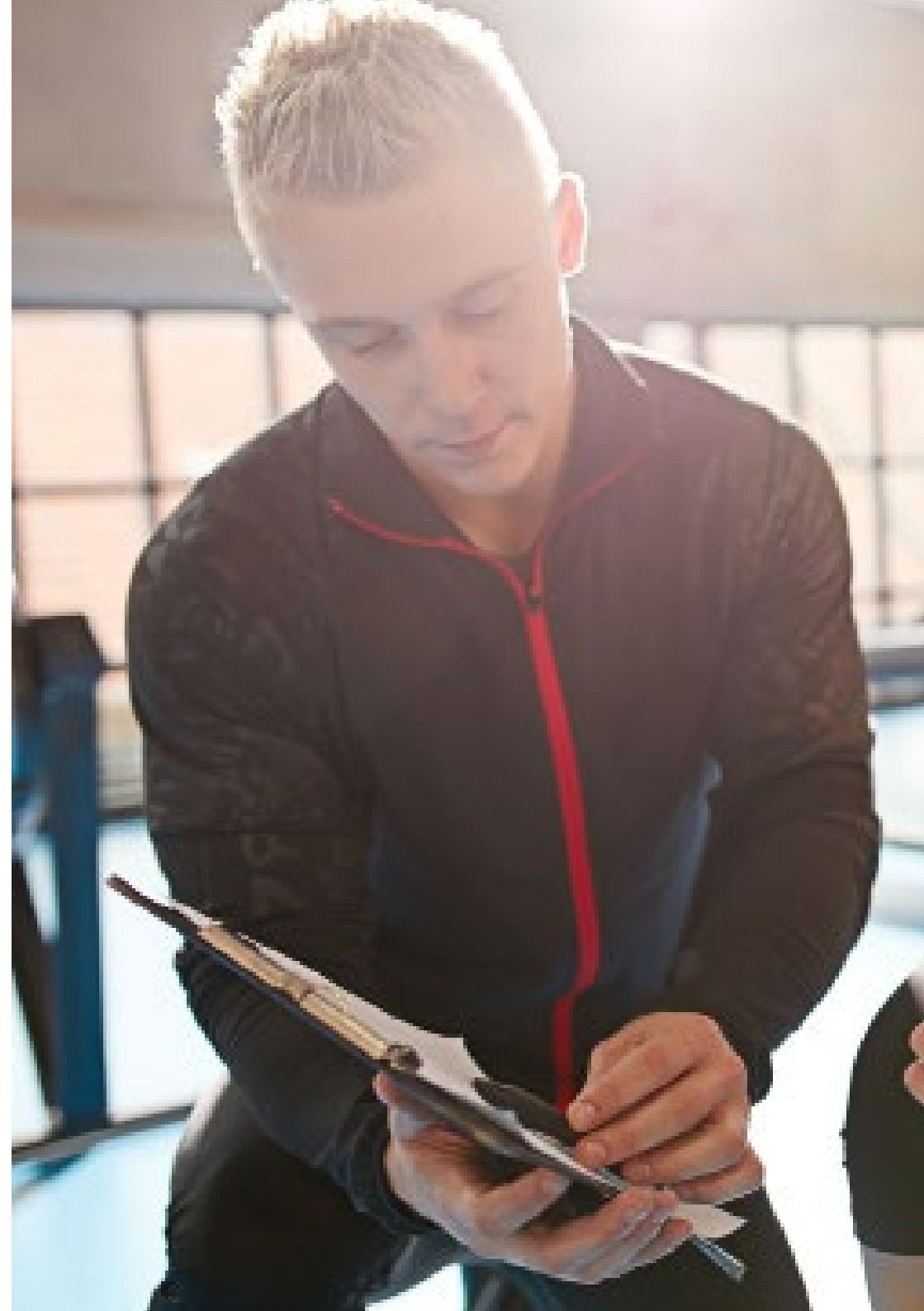
- 2.7.3. AMRAP (As Many Reps as Possible)
- 2.7.4. For Time
- 2.7.5. Main Characteristics of Strength Training Methods Derived from Crossfit Training
- 2.8. Speed-Based Training (VBT)
 - 2.8.1. Theoretical Foundation
 - 2.8.2. Practical Considerations
 - 2.8.3. Own Data
- 2.9. The Isometric Method
 - 2.9.1. Concepts and Physiological Fundamentals of Isometric Stresses
 - 2.9.2. Proposal of Yuri Verkoshansky
- 2.10. Repeat Power Ability (RPA) Method of Alex Natera
 - 2.10.1. Theoretical Foundation
 - 2.10.2. Practical Applications
 - 2.10.3. Published Data vs Own Data
- 2.11. Training Method Proposed by Frans Bosch
 - 2.11.1. Theoretical Foundation
 - 2.11.2. Practical Applications
 - 2.11.3. Published Data vs Own Data
- 2.12. Cal Dietz and Matt Van Dyke's Three-Phase Methodology
 - 2.12.1. Theoretical Foundation
 - 2.13.2. Practical Applications
- 2.13. New Trends in Quasi-Isometric Eccentric Training
 - 2.13.1. Neurophysiological Rationale and Analysis of Mechanical Responses Using Position Transducers and Force Platforms for Each Strength Training Approach.

Module 3. Theory of Strength Training and Bases for Structural Training

- 3.1. Strength, its Conceptualization and Terminology
 - 3.1.1. Strength from a Mechanical Point of View

- 3.1.2. Strength from a Physiology Point of View
- 3.1.3. Concept Strength Deficit
- 3.1.4. Concept of Applied Strength
- 3.1.5. Concept of Useful Strength
- 3.1.6. Terminology of Strength Training
 - 3.1.6.1. Maximum Strength
 - 3.1.6.2. Explosive Strength
 - 3.1.6.3. ElasticExplosive Strength
 - 3.1.6.4. Reflective Elastic Explosive Strength
 - 3.1.6.5. Ballistic Strength
 - 3.1.6.6. Rapid Force
 - 3.1.6.7. Explosive Power
 - 3.1.6.8. Speed Strength
 - 3.1.6.9. Resistance Training
- 3.2. Concepts Connected to Power 1
 - 3.2.1. Definition of Power
 - 3.2.1.1. Conceptual Aspects of Power
 - 3.2.1.2. The Importance of Power in a Context of Sport Performance
 - 3.2.1.3. Clarification of Power Terminology
 - 3.2.2. Factors Contributing to Peak Power Development
 - 3.2.3. Structural Aspects Conditioning Power Production
 - 3.2.3.1. Muscle Hypertrophy
 - 3.2.3.2. Muscle Structure
 - 3.2.3.3. Ratio of Fast and Slow Fibers in a Cross Section
 - 3.2.3.4. Muscle Length and its Effect on Muscle Contraction
 - 3.2.3.5. Quantity and Characteristics of Elastic Components
 - 3.2.4. Neural Aspects Conditioning Power Production
 - 3.2.4.1. Action Potential
 - 3.2.4.2. Speed of Motor Unit Recruitment
 - 3.2.4.3. Muscle Coordination
 - 3.2.4.4. Intermuscular Coordination
- 3.2.4.5. Prior Muscle Status (PAP)
- 3.2.4.6. Neuromuscular Reflex Mechanisms and Their Incidence
- 3.3. Concepts Connected to Power 2
 - 3.3.1. Theoretical Aspects for Understanding the Force-Time Curve
 - 3.3.1.1. Strength Impulse
 - 3.3.1.2. Phases of the Force-Time Curve
 - 3.3.1.3. Acceleration Phases of the Force– Time Curve
 - 3.3.1.4. Maximum Acceleration Area of the Force– Time Curve
 - 3.3.1.5. Slowing Phase of the Force– Time Curve
 - 3.3.2. Theoretical Aspects for Understanding Power Curves
 - 3.3.2.1. Power-Time Curve
 - 3.3.2.2. Power-Displacement Curve
 - 3.3.2.3. Optimal Workload for Maximum Power Development
- 3.4. Relating Concepts of Strength and their Connection to Sports Performance
 - 3.4.1. Objective of Strength Training
 - 3.4.2. Relationship of Power to the Training Cycle or Phase.
 - 3.4.3. Connection of Maximum Force and Power
 - 3.4.4. Connection Between Power and the Improvement of Athletic Performance
 - 3.4.5. Connection Between Strength and Sports Performance
 - 3.4.6. Relation between Strength and Speed
 - 3.4.7. Connection Between Strength and Jump
 - 3.4.8. Conneciton Between Strength and Changes in Direction
 - 3.4.9. Connection Between Strength and Other Aspects of Athletic Performance
 - 3.4.9.1. Maximum Strength and its Effects on Training
- 3.5. Neuromuscular System (Hypertrophic Training)*
 - 3.5.1. Structure and Function
 - 3.5.2. Motor Unit
 - 3.5.3. Sliding Theory
 - 3.5.4. Types of Fiber

- 3.5.5. Types of Contraction
- 3.6. Neuromuscular System Responses and Adaptations (Hypertrophic Training)
 - 3.6.1. Nerve Impulse Adaptations
 - 3.6.2. Muscle Activation Adaptations
 - 3.6.3. Motor unit Synchronization Adaptations
 - 3.6.4. Antagonist Coactivation Adaptations
 - 3.6.5. Adaptations in Doublets
 - 3.6.6. Muscle Preactivation
 - 3.6.7. Muscle Stiffness
 - 3.6.8. Reflexes
 - 3.6.9. Internal Models of Motor Engrams
 - 3.6.10. Muscle Tone
 - 3.6.11. Action Potential Speed
- 3.7. Hypertrophy
 - 3.7.1. Introduction
 - 3.7.1.1. Parallel and Serial Hypertrophy
 - 3.7.1.2. Sarcoplasmic Hypertrophy
 - 3.7.2. Satellite Cells
 - 3.7.3. Hyperplasia
- 3.8. Mechanisms that Induce Hypertrophy*
 - 3.8.1. Mechanism that Induces Hypertrophy: Mechanical Stress
 - 3.8.2. Mechanism that Induces Hypertrophy: Metabolic Stress
 - 3.8.3. Mechanism that Induces Hypertrophy: Muscle Damage
- 3.9. Variables for Hypertrophy Training Programming*
 - 3.9.1. Volume
 - 3.9.2. Intensity
 - 3.9.3. Frequency (F)
 - 3.9.4. Weight
 - 3.9.5. Density





- 3.9.6. Selecting Exercises
- 3.9.7. Order in the Execution of Exercises
- 3.9.8. Type of Muscle Action
- 3.9.9. Duration of Rest Intervals
- 3.9.10. Duration of Repetitions
- 3.9.11. Range of Movement
- 3.10. Main Factors Affecting Hypertrophic Development at the Highest Level
 - 3.10.1. Genetics
 - 3.10.2. Age
 - 3.10.3. Sex
 - 3.10.4. Training Status

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A unique, key, and decisive training experience to boost your professional development”

05

Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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 Re-learning, 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".

At TECH we use the Case Method

Our program offers you a revolutionary approach to developing your skills and knowledge. Our goal is to strengthen your skills in a changing, competitive, and highly demanding environment.

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With TECH you can 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.



A learning method that is different and innovative.

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



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

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

The case method is the most widely used learning system by 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.

In a given situation, what would you do? This is the question that you are presented with in the case method, an action-oriented learning method. Throughout the course, you will be presented with multiple real cases. You will have to combine all your knowledge, and research, argue, and defend your ideas and decisions.

Re-Learning 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: Re-learning.

In 2019 we obtained the best learning results of all Spanish-language 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 Re-learning.

Our University is the only one in Spanish-speaking countries licensed to incorporate 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 Spanish online university indicators.



In our program, learning is not a linear process, but rather a spiral (we 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.

Re-learning 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 to success.

Based on the latest evidence in neuroscience, not only do we know how to organize information, ideas, images, memories, but we also know that the place and context where we have learned something is crucial for us to be able to remember it and store it in the hippocampus, and 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.



In this program you will have access to the best educational material, prepared with you 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.

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.



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 our future difficult decisions.



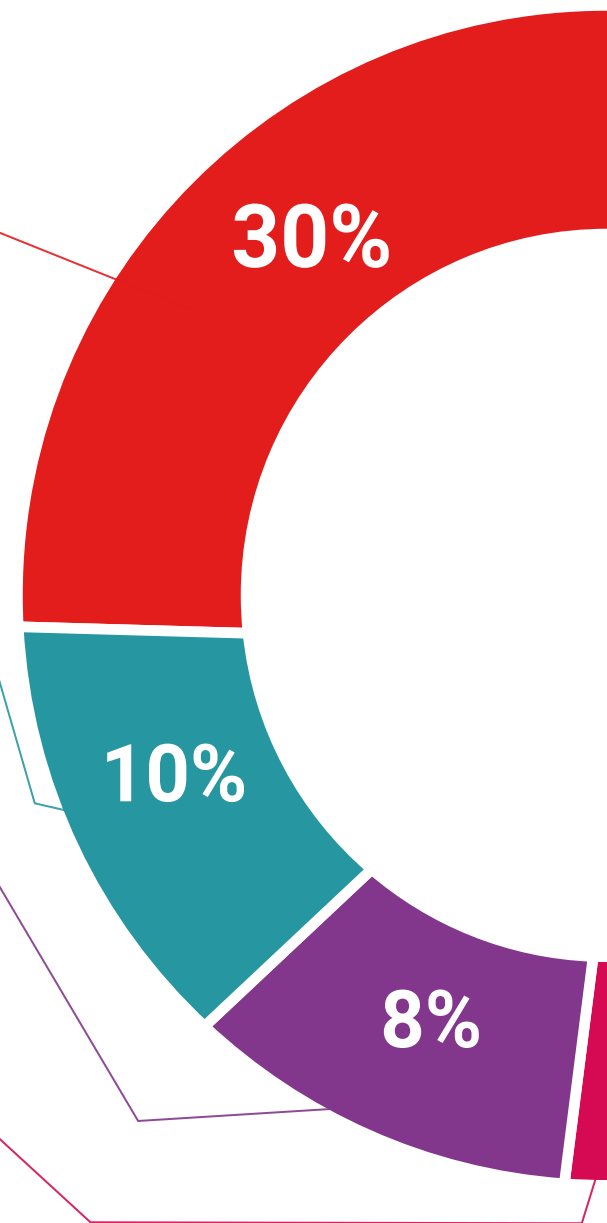
Practising Skills and Abilities

You will carry out activities to develop specific skills and abilities in each subject area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization we live in.



Additional Reading

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





Case Studies

You 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 senior management specialists in Latin America.



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 unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



Testing & Re-testing

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



06

Certificate

This Postgraduate Diploma in Prescription, Methodology and Basis for Strength Training guarantees you, in addition to the most rigorous and up-to-date specialization, access to a Postgraduate Diploma issued by **TECH - Technological University**.





“

Successfully complete this training and receive your university degree without travel or laborious paperwork”.

This **Postgraduate Diploma in Prescription, Methodology and Basis for Strength Training** contains the most complete and up-to-date scientific program on the market. After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH - Technological University** via tracked delivery.

This degree contributes to the academic development of the professional and adds a high university curricular value to their training. It is 100% valid in all competitive examinations, labour exchanges and professional career evaluation committees.

Title: **Postgraduate Diploma in Prescription, Methodology and Basis for Strength Training**

ECTS: 18

Official N° of Hours: **450 hours.**

Endorsed by the NBA



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

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



Postgraduate Diploma
Prescription,
Methodology and
Basis
for Strength Training

Course Modality: Online

Duration: 6 months.

Certificate: TECH - Technological University

18 ECTS Credits

Teaching Hours: 450 hours.

Postgraduate Diploma

Prescription, Methodology and Basis for Strength Training

Endorsed by the NBA



tech technological
university