

# Postgraduate Diploma

## Rugby VII

Endorsed by the NBA





## Postgraduate Diploma Rugby VII

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-rugby-vii](http://www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-rugby-vii)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

Rugby VII is presented as a faster and more dynamic modality than Rugby XV. Therefore, players who practice it must be fast, agile and have excellent ball handling skills. But there are many factors that determine success in this variant of Rugby, so with this program the sports professional will be able to deepen in all its keys. Thus, it will cover the principles and rules of the game of this modality, identifying the skills that players must have and the physical preparation to face the game. Also analyzing the mechanisms of injury, this program will be taught 100% online so that students can combine it with their professional activity.



“

*Become an expert in Rugby VII through innovative academic materials and an all-star faculty”*

Teams that can keep possession of the ball and move it quickly across the field are the most likely to score points in Rugby VII. Therefore, skills are required to make accurate and timely passes. Likewise, and despite being a faster variant of Rugby, this modality continues to be a game of strategy. Consequently, it is imperative to adapt quickly to changes in the game and use tactical skills to exploit the weaknesses of the opponents.

Undoubtedly, a program that addresses these and other aspects of Rugby VII will offer great value to sports professionals, which is why TECH has designed the perfect specialization. In this sense, the students will deepen in specific positions on the field, in the launching of the game, in the ability to counterattack or in the analysis of the opponent. In the same way, they will emphasize the Endurance and Strength tests that are performed in this modality.

All this and more will be available to the sports professional through a 100% online Postgraduate Diploma. Thus, this format will not only allow the student to study the program from wherever they wish, but will also allow them to control their own academic time. In this way, the 150 hours of the program will be distributed at the student's convenience so that it does not pose any obstacle when it comes to combining it with personal or work obligations.

This **Postgraduate Diploma in Rugby VII** 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 Rugby VII experts
- The graphic, schematic and eminently practical contents of the book provide sporting 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 for experts, discussion forums on controversial issues and individual reflection work
- Content that is accessible from any fixed or portable device with an Internet connection



*Examines all the implications of physical preparation in Rugby VII for successful match play"*

“

*Put your Rugby VII skills to the test by submitting yourself to case studies that cover a wide variety of situations”*

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.

*Establish advanced counter-attack strategies in the game thanks to this complete specialization.*

*Delves into the importance of the center kick in Rugby VII to start the game with an advantage.*



# 02 Objectives

The main objective of this program is to provide the sports professional with the most advanced and updated knowledge about Rugby VII, in such a way that he/she masters each and every one of its fundamentals. This will allow you not only to practice this sport with guarantees, but also to become an expert on how to play the game, being able to design training methods or advise players.



“

*Achieve the objectives of the program  
and master the most advanced strategies  
against common Rugby VII injuries”*



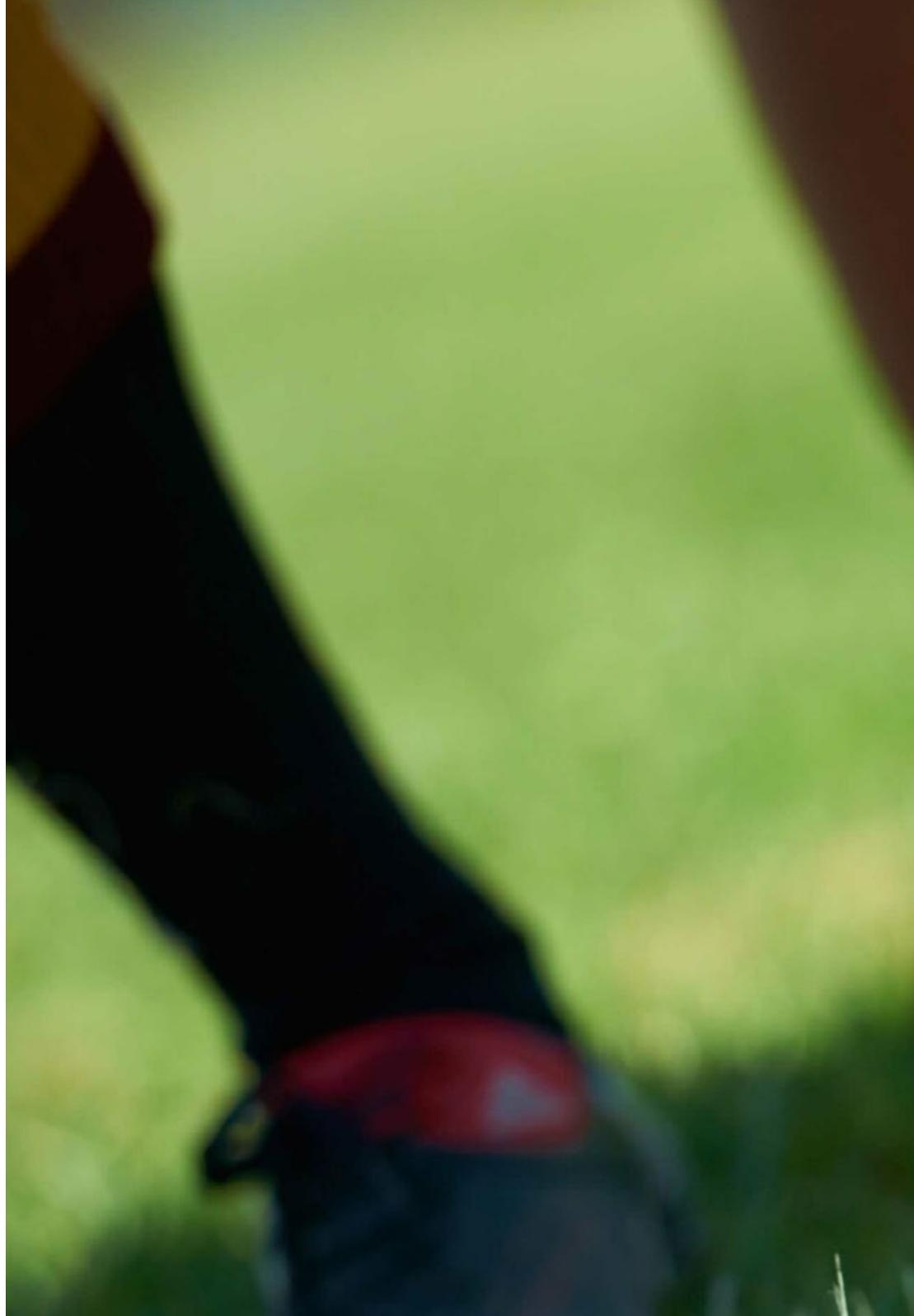
## General Objectives

---

- ♦ Know in depth about Rugby XV and VII, as well as the rest of the modalities
- ♦ Know how to deepen, develop, and a physical and technical
- ♦ Acquire a specialization in Rugby oriented nutrition, according to the modality and position of the player
- ♦ How to manage emotions and apply psychology to the sports field
- ♦ Learn to manage teams and players
- ♦ How to sell Rugby as a consumer product
- ♦ In-depth knowledge of the tools for the player to control his emotions in order to obtain maximum performance



*Examines elementary phases of Professional Rugby such as the Maul or the Ruck to design the best strategies to address them"*





## Specific Objectives

---

### Module 1. Rugby Modalities

- ♦ In-depth knowledge of Rugby's origins
- ♦ Know how to detect the values of sport
- ♦ In-depth learning of the Modalities and General Regulations

### Module 2. Rugby VII: Sport and Regulations

- ♦ In-depth knowledge of the specific regulations
- ♦ Know how to differentiate and know in depth the positions
- ♦ Recognize the different offensive and defensive systems
- ♦ Learning and differentiating between static and dynamic phases

### Module 3. Specific preparation Rugby VII professional

- ♦ Acquire knowledge of seasonal planning
- ♦ Analyze loads according to players
- ♦ To have an in-depth knowledge of the main trends in physical preparation in Rugby
- ♦ Knowing and learning how to structure the sessions

# 03

# Course Management

In its maxim to offer an education with the highest academic standards, TECH has gathered in this program authentic eminences of Professional Rugby. In this sense, European Rugby VII champions, Olympic Postgraduate Diplomates or players who have participated in the Rugby XV and VII World Cup come together in the Postgraduate Diploma to satisfy even the highest expectations of the students. Moreover, this remarkable faculty has also stood out for coaching the highest women's category of Rugby in Spain. In this way, students will learn the keys to Rugby VII from the perspective of both a player and a coach.





“

*World stars of professional rugby come together in this program to give you all the keys that will make you excel in Rugby VII"*

## Management



### Mr. Javier De Juan Roldán

- ♦ Professional rugby player of the Spanish national team VII
- ♦ Two-time European Rugby VII champion
- ♦ Professional player of Independiente Rugby Club
- ♦ Professional Rugby Science player
- ♦ Coach at Ciencias Rugby Club and Independiente Rugby Club schools



### Ms. Marta Lliteras Ruiz

- ♦ Coach of Rugby, female 7's and male XV
- ♦ Coach of the General Command of the Balearic Army, female 7's and male XV
- ♦ Co-founder of All&Go
- ♦ Coordinator of the Association for Women in the Professional Field
- ♦ International player of Rugby XV and 7's
- ♦ European Rugby Champion
- ♦ Olympic Diploma Rio de Janeiro
- ♦ Degree in Political Science, Master's Degree in Human Resources Management and Management
- ♦ Master's Degree in Team Management



## Professors

### Ms. María Ribera García

- ◆ Head coach of San Scrum of the Women's Honor Division
- ◆ Technical trainer at the Spanish Olympic Committee
- ◆ Tatami Rugby Club Coach
- ◆ International player with the Spanish women's national team in XV and VII categories
- ◆ Olympic player in Rio de Janeiro
- ◆ Bachelor of Science in Physical Activity and Sports Science
- ◆ N1, N2 and N3 rugby XV and N1 and N2 of VII, head coach of San Scrum of the women's division of honor, coach of the Tatami rugby club and technical trainer in the English Olympic Committee

### Mr. Ángel Lino Samaniego

- ◆ Responsible for the physical preparation of at Club de Rugby Complutense Cisneros
- ◆ Responsible for the physical preparation of the women's project at Club de Rugby Complutense Cisneros
- ◆ Physical trainer at Blagnac Rugby
- ◆ Physical trainer at Complutense Cisneros Rugby Club
- ◆ Professor of Collective Rugby Sports and Biomechanics at the Alfonso X el Sabio University
- ◆ Bachelor of Science in Physical Activity and Sport Sciences at the UPS
- ◆ Master's Degree by the UPM
- ◆ Master's Degree in High Performance in Sports by UPS
- ◆ World Rugby Level II Coach by the Spanish Rugby Federation

# 04

## Structure and Content

The syllabus has been designed to condense all the key features of the game, rules and specific preparation of Rugby VII in only 150 hours of academic coursework. During this educational cycle, you will benefit from the most updated and comprehensive vision of this form of Professional Rugby, quickly internalizing the concepts thanks to the Relearning methodology. This method consists of reiterating ideas based on dynamic resources, such as case studies, videos, interactive summaries or self-assessment exercises, which has earned it international recognition.





“

*The most comprehensive and up-to-date overview of the fundamentals of Rugby VII can be found in this syllabus”*

## Module 1. Rugby Modalities

- 1.1. Rugby
  - 1.1.1. Rugby
  - 1.1.2. Origins
  - 1.1.3. World Rugby
- 1.2. Rugby XV
  - 1.2.1. Beginners
  - 1.2.2. Rugby XV
  - 1.2.3. Rugby XV in Spain
- 1.3. Rugby VII and Rugby XIII
  - 1.3.1. Beginners
  - 1.3.2. Rugby VII
  - 1.3.3. Rugby VII
- 1.4. Other varieties of Rugby
  - 1.4.1. Inclusive and prison rugby
  - 1.4.2. Rugby tag and Touch
  - 1.4.3. Other varieties
- 1.5. General regulations
  - 1.5.1. Introduction
  - 1.5.2. Principles of the game
  - 1.5.3. Regulations
- 1.6. Anti-Doping
  - 1.6.1. Keep Rugby Clean
  - 1.6.2. Nutrition and supplements
  - 1.6.3. Medication
- 1.7. Anti-gambling
  - 1.7.1. Antidoping Keep Rugby Onside
  - 1.7.2. Discipline
  - 1.7.3. Discipline
- 1.8. Values
  - 1.8.1. Why defend these values?
  - 1.8.2. Integrity
  - 1.8.3. Third Half

- 1.9. Figure of the referee
  - 1.9.1. Referee in Rugby
  - 1.9.2. Referee gestures
  - 1.9.3. Types of referees
- 1.10. Major championships
  - 1.10.1. Rugby XV
  - 1.10.2. Rugby VII
  - 1.10.3. Rugby XIII

## Module 2. Rugby VII: Sport and Regulations

- 2.1. Specific regulations
  - 2.1.1. Principles of the game
  - 2.1.2. Principles of the laws
  - 2.1.3. The Rules of Games
- 2.2. Player-specific skills
  - 2.2.1. Development of specific conditional capacities
  - 2.2.2. Development of coordination skills
  - 2.2.3. Improved decision making process
- 2.3. Specific positions
  - 2.3.1. Forwards
  - 2.3.2. Scrum-Half
  - 2.3.3. Three Quarters
- 2.4. Attack
  - 2.4.1. The start of the game
  - 2.4.2. The game at the meeting points
  - 2.4.3. Counter-attack in the game and permanent reorganization
- 2.5. Defence
  - 2.5.1. Tackling in Rugby VII: Introduction and types
  - 2.5.2. Defense from launching points of encounter
  - 2.5.3. Defense from static phases

- 2.6. Static and dynamic phases
  - 2.6.1. Mele and touch
  - 2.6.2. Maul
  - 2.6.3. Ruck
- 2.7. Center kick-off
  - 2.7.1. Importance of the center kick in Rugby VII
  - 2.7.2. Center kicks in favor
  - 2.7.3. Center kicks against
- 2.8. Basis of the game system
  - 2.8.1. The start of the game
  - 2.8.2. The game at the meeting points
  - 2.8.3. Counter-attack in the game and permanent reorganization
- 2.9. Session Structure
  - 2.9.1. Player initiation period
  - 2.9.2. General exercises
  - 2.9.3. The training session
- 2.10. Rival analysis
  - 2.10.1. Offensive system analysis
  - 2.10.2. Defensive system analysis
  - 2.10.3. Static phase analysis

### Module 3. Specific preparation Rugby VII professional

- 3.1. Rugby VII
  - 3.1.1. Nature of the sport
  - 3.1.2. Playing demands on strikers
  - 3.1.3. Three-quarter play demands
- 3.2. Strength
  - 3.2.1. Requirements and principles based on sport
  - 3.2.2. Strength - hypertrophy
  - 3.2.3. Power
- 3.3. Speed
  - 3.3.1. Requirements and principles based on sport
  - 3.3.2. Acceleration
  - 3.3.3. Speed

- 3.4. Resistance
  - 3.4.1. Requirements and principles based on sport
  - 3.4.2. Running displacement resistance
  - 3.4.3. Resistance to high intensity actions
- 3.5. Test
  - 3.5.1. Interest
  - 3.5.2. Endurance Test (e.g. 1200m Shuttle Test or Bronco Test)
  - 3.5.3. Strength Test
- 3.6. Static phases
  - 3.6.1. Mele
  - 3.6.2. Touch
  - 3.6.3. Implications for physical preparation
- 3.7. Contact
  - 3.7.1. Requirements and principles based on sport
  - 3.7.2. Influence on training
  - 3.7.3. Implications for physical preparation
- 3.8. Injuries
  - 3.8.1. Epidemiology of injuries
  - 3.8.2. Injury mechanisms
  - 3.8.3. Concussions
- 3.9. GPS Technology
  - 3.9.1. Study variables
  - 3.9.2. Ball in Play y Worst Case Scenario
- 3.10. Role of FP for Rugby Performance
  - 3.10.1. Monitoring
  - 3.10.2. How to plan
  - 3.10.3. How to program

# 05 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.





“

*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.*



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

### A learning method that is different and innovative

This 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 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.



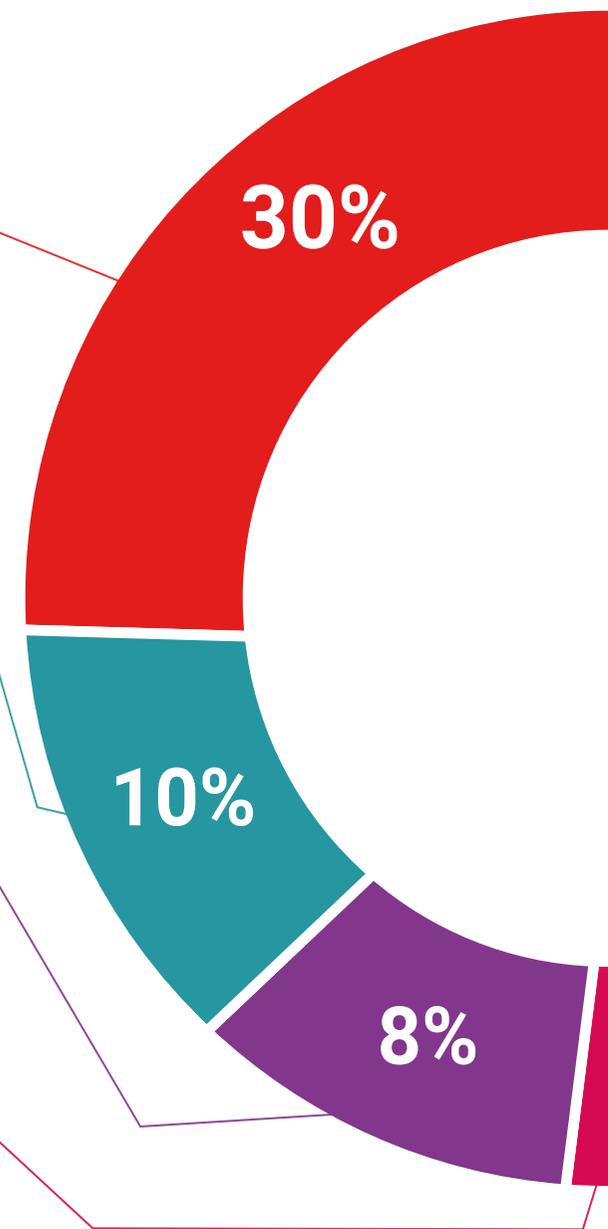
#### Practising Skills and Abilities

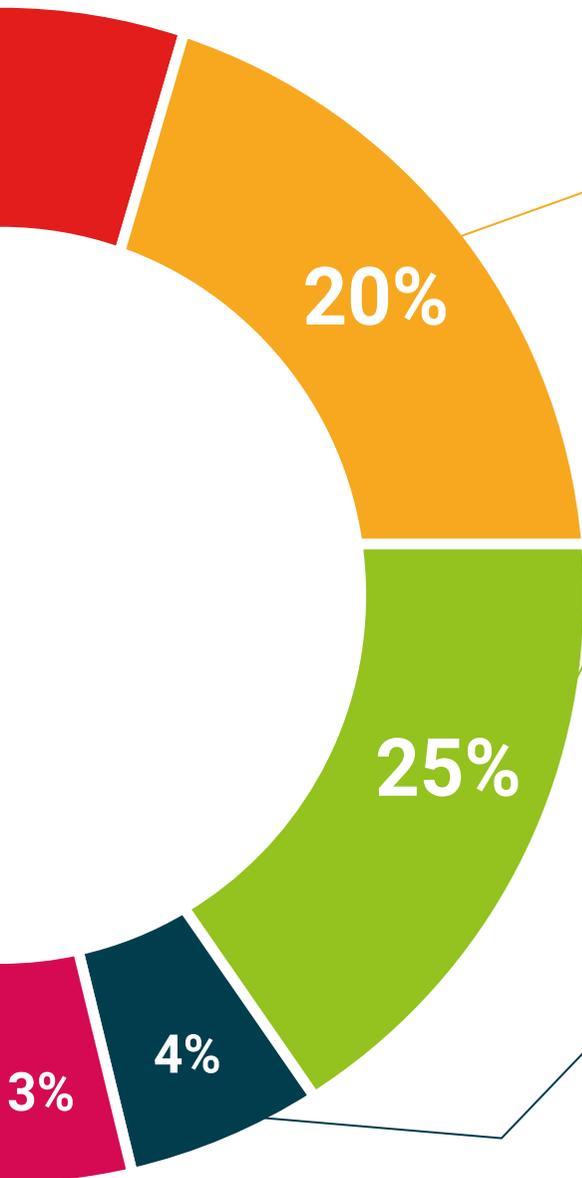
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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 Rugby VII guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





“

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

This **Postgraduate Diploma in Rugby VII** contains the most complete and up-to-date scientific 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\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Rugby VII**

Official N° of Hours **450 h.**

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.

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



## Postgraduate Diploma Rugby VII

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma Rugby VII

Endorsed by the NBA

