

Postgraduate Diploma Rugby XV

Endorsed by the NBA





Postgraduate Diploma Rugby XV

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 8h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-sciences/postgraduate-diploma/postgraduate-diploma-rugby-xv

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01

Introduction

The ability of players to work together as a well-coordinated team has been postulated as one of the keys to success in Rugby XV. Therefore, communication is elementary, in order to ensure that all athletes know what their role is in each moment of the game. That is why a specialization in all aspects of Rugby XV has a great value for sports professionals, so that with this degree they will deepen in the qualities that players must possess or the types of tackling to be performed. They will also delve into the strength requirements of this modality, always on the basis of a 100% online methodology with contents designed by stars of this sport.





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Learn about the main trends in physical preparation in Rugby XV thanks to this University Expert"

When playing XV Rugby at the professional level, players must be proficient in a variety of skills, such as ball handling, tackling, the Ruck or Maul. In addition, the contact between players is one of the basic elements in this modality, so they must have a good physical condition and endurance in order to keep up the pace during 80 demanding minutes of play.

This is all the more reason why a degree that focuses on the specific preparation required by an athlete to play Rugby XV with the highest guarantees will be of great value. This is why TECH Technological University offers sports professionals a specialization of these characteristics, through which they will go through the regulatory provisions of Professional Rugby, as well as the specific positions on the field of play. But we will also focus on the analysis of both the defensive and offensive systems, as well as delving into the tactical phases and the requirements of speed, endurance and strength in this demanding modality.

Undoubtedly, a unique specialization in the market that will boost the student's sporting activity, or will turn him/her into an expert in Rugby XV. To do so, you will enjoy all the flexibilities you can imagine thanks to the online nature of the title. In this way, you will be able to take the course from anywhere and organize the study sessions at your convenience.

This **Postgraduate Diploma in Rugby XV** 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 XV experts
- ♦ The graphic, schematic and practical contents of the program provide Rehabilitation and practical information on those disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used 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



Structure the Rugby XV player's training sessions by designing the most effective exercises"

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Examine the keys to counterattacking in the game to ensure victory"

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.

Undergo demanding case studies in which you will analyze the demands of forward and three-quarter play.

Master in only 150 hours the fundamentals of both the defensive and offensive systems in Rugby XV.



02 Objectives

This University Expert has been designed on the basis of a series of objectives focused on providing students with skills that will allow them to successfully plan a Rugby XV season, analyze the loads of the players or deepen in the main trends of physical preparation. All this will be achieved after a previous tour of the specific rules of the sport and the static and dynamic phases of the game.





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Promote the values of this sport through a comprehensive specialization that will turn you into a Rugby XV expert”



General Objectives

- To know in depth about Rugby XV and VII, as well as the rest of the modalities
- Knowing how to deepen, develop, and a physical and technical
- To 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
- Learning 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



Achieve your objectives thanks to the balanced theoretical-practical design of the degree, benefiting from dynamic academic resources on Rugby XV"





Specific Objectives

Module 1. Rugby Modalities

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

Module 2. Rugby XV. Sport and Regulations

- ◆ In-depth knowledge of the specific regulations
- ◆ Comprehensive knowledge of the positions
- ◆ Differentiate and knowledge the different offensive and defensive systems
- ◆ Study different static and dynamic phases

Module 3. Specific preparation Rugby XV

- ◆ 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
- ◆ Structure Sessions



03

Course Management

The teaching team that TECH Technological University has assembled to teach this degree is the program's greatest asset. And no wonder, since the university has brought together no less than European champions and Olympians who have reached the pinnacle of professional rugby. In addition, these teachers also treasure experience in the design and programming of physical preparation sessions, being specialized in High Performance. No doubt, his excellent and award-winning professional background will clearly play in favor of the students.





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European Champions and Professional Rugby Olympians will be your reference throughout the educational cycle"

Management



Mr. De Juan Roldán, Javier

- ♦ 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. Lliteras Ruiz, Marta

- ♦ Women's Rugby 7's and Men's XV Coach
- ♦ 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 rugby XV and 7's player
- ♦ European Rugby Champion
- ♦ Olympic Diploma Rio de Janeiro
- ♦ Bachelor's Degree in Political Science, Master's Degree in Human Resources Management and Administration
- ♦ Master in Team Management



Professors

Mr. Lino Samaniego, Ángel

- ◆ 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
- ◆ Research Master by the UPM
- ◆ Master's Degree in High Performance Sports by the UPS
- ◆ World Rugby Level II Coach by the Spanish Rugby Federation

Ms. Ribera García, María

- ◆ 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 titles of XV rugby coach 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 Spanish Olympic Committee

04

Structure and Content

The syllabus has been designed thinking in an educational itinerary in which the student will deepen in each and every one of the keys of Rugby XV. In this way, the student will perfect his or her skills in this form of professional rugby by consulting interesting resources such as videos, interactive diagrams, case studies and master classes. Undoubtedly, this will result in a much more natural academic cycle that is positioned for its effectiveness compared to traditional teaching formats.





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Access with your PC or Tablet to an innovative curriculum in which you will learn about the types of referees in this sport or the specific skills of Rugby XV players”

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. Anticorruption
- 1.8. Values
 - 1.8.1. Why defend these values?
 - 1.8.2. Integrity
 - 1.8.3. Third Time

- 1.9. Figure of the referee
 - 1.9.1. Rugby Referee
 - 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 XV. 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. Specific skills per player
 - 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. Strikers
 - 2.3.2. Methods
 - 2.3.3. Three Quarters
- 2.4. Attack
 - 2.4.1. The launch 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. Defense
 - 2.5.1. Tackling in Rugby XV: Introduction and types
 - 2.5.2. Defense from launching points of encounter
 - 2.5.3. Defense from static phases
- 2.6. Static phases
 - 2.6.1. Melee
 - 2.6.2. Touch
 - 2.6.3. Center kick

- 2.7. Maul, ruck and breakdown
 - 2.7.1. Maul
 - 2.7.2. Ruck
 - 2.7.3. Breakdown
- 2.8. Basis of the game system
 - 2.8.1. The launch 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 XV

- 3.1. Rugby XV
 - 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. Melee
 - 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. Lesions
 - 3.8.1. Epidemiology of injuries
 - 3.8.2. Injury mechanisms
 - 3.8.3. Concussions
- 3.9. GPS Technology
 - 3.9.1. Interest
 - 3.9.2. Study variables
 - 3.9.3. Ball in Play and 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



Determine the mechanisms of injury in Rugby XV and its epidemiology through this comprehensive curriculum"

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.





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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.

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



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

This **Postgraduate Diploma in Rugby XV** 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*.

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 XV**

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.



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