

Postgraduate Diploma Training for Football Players



Postgraduate Diploma Training for Football Players

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

Website: www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-training-football-players

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01

Introduction

The professionalism of soccer has led to the coaching staff having a high level of knowledge of the sport, which goes beyond the development of the game itself. The pre training phase, its planning and even nutrition are areas that must be mastered in order to improve the performance of the players: the soccer players. In this sense, TECH provides a 100% online qualification, which leads students to delve from the first day into the most effective training methodologies, the most current physical preparation work or injury prevention and nutrition necessary throughout the competition. A complete program taught, moreover, by excellent professionals who know perfectly the elite of this discipline.



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"A flexible Postgraduate Diploma that brings together in 600 teaching hours of the most advanced and current knowledge in Football Training"

Apart from the competition philosophy of each club, nowadays a more complete and integral work of the athlete prevails. Therefore, the members of a technical staff, especially coaches and physical trainers must have knowledge that covers many areas such as proper nutrition before or after a match or the type of training to be performed to prevent injuries.

Work that boosts the individual performance of the player and influences the work of Football Training. For this reason, this academic institution has designed this Postgraduate Diploma in a 100% online mode, which leads the graduate to obtain a much more extensive and current vision on the training methods used by elite teams, nutritional planning or the incorporation of new technologies to measure the physical level of their players.

All this, in a program developed by an excellent teaching team made up of specialists in Physiotherapy, Nutrition or technicians who have first-hand knowledge of soccer at the highest level. In this way, the graduate will delve into an exhaustive syllabus complemented by numerous didactic materials. Therefore, you will have at your disposal video summaries of each topic, videos in detail, specialized readings and case studies that you can access comfortably from any electronic device with an Internet connection.

Undoubtedly, a unique opportunity for progression through quality teaching, which does not require attendance at an academic center, nor does it have classes with restrictive schedules. In this way, the student has the freedom to self-manage their study time and reconcile this degree with their daily personal activities.

This **Postgraduate Diploma in Training for Football Players** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Practical cases presented by experts in Soccer and Physical Activity and Sport
- ♦ The graphic, schematic, and practical contents with which they are created, compile scientific and practical information on the 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



"Thanks to this academic option, you will be able to work properly on the strength of your players in order to prevent injuries"

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"With this teaching you will be able to adapt your soccer training to extreme weather conditions"

The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized 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 academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

Thanks to the Relearning method, you will be able to advance naturally through the program and consolidate the key concepts in a simple way.

Do you want to incorporate the latest technologies used to measure the performance of soccer players? Delve into them through this 100% online program.



02 Objectives

The aim of this Postgraduate Diploma is to ensure that, in just 6 months, the professional who decides to progress in the soccer sector, does so with up to date knowledge on the Training of Football Players. To achieve this objective, the graduate will have at their disposal didactic material that offers a theoretical-practical approach with direct application to teams that play in any category, but that want to integrate the most innovative methods.



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"With this qualification you will master the training exercises to work effectively on off-ball actions"



General Objectives

- ◆ Know the origin, the history and evolution of Soccer
- ◆ Delve into the organization of a club and everything that surrounds the sports field
- ◆ Delve into current technical-tactical knowledge
- ◆ Investigate the change of the analysis of soccer with the introduction of new technologies
- ◆ Explain the physical preparation and the readaptation as a fundamental part in today's soccer
- ◆ Highlight the importance of good nutrition for good sport performance
- ◆ Recognize each member of a coaching staff and their functions in a football club
- ◆ Delve into psychology as a fundamental part of a football player's performance





Specific Objectives

Module 1. Training Methodology

- ♦ Master the different exercises to maintain possession
- ♦ Describe the different games within football
- ♦ Classify the different tasks within a training session
- ♦ Design and plan training sessions

Module 2. Physical Preparation in Football

- ♦ Provide specific and specialized training to the students through scientific and practical support on the different contents of Physical Preparation and Injury Rehabilitation
- ♦ Make known the different functions of the professionals in the field and the possibility of multidisciplinary work with the aim of improving the performance of the soccer player
- ♦ Know the analytical and integrated training methods in order to maximize performance and prevent the risk of injury in soccer players.
- ♦ Know the methods of injury rehabilitation with the aim of designing, planning and developing rehabilitation processes in the different most common injuries in soccer
Delve into the regulation and good practices of data protection

Module 3. Football Injuries

- ♦ Know the most common injuries in professional soccer
- ♦ Identify the extrinsic and intrinsic factors that affect injuries
- ♦ Delve into the figure and functions of doctors, physiotherapists and sports rehabilitators

Module 4. Nutrition applied to Football

- ♦ Understand the energy needs and requirements of the athlete, as well as the importance of nutrition for sports performance
- ♦ Distinguish the types of macronutrients and micronutrients and know their relevance in Football
- ♦ Know the nutritional strategies for different situations of the Football players
- ♦ Develop the clinical reasoning required for the planning of nutrition programs adapted to the Football players



"It explores the most advanced physiotherapeutic techniques used for the recovery of injured players"

03

Course Management

Students who take this program have at their disposal an excellent team of professionals who are members of the staff and coaching staff of top-level clubs in the world of Spanish soccer. Undoubtedly, their knowledge in physical, nutritional and training preparation is reflected in a complete syllabus of 600 teaching hours. In addition, thanks to their proximity, alumni will be able to resolve any doubts that may arise regarding the content of this program.





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An excellent team of professionals from the elite of Spanish soccer is part of this first class University Postgraduate degree. Enroll now”

Management



Mr. Fernández Fernández, Angel

- ♦ Scout and responsible for the northern zone for the agencia de Representación de Deportistas (PHSport)
- ♦ Futsal and football coach
- ♦ Scout of the Asturias area for agencia de Representación de Deportistas (Vilasports)
- ♦ Sports Director del CD Mosconia
- ♦ Commentator of Real Oviedo in RadioGed
- ♦ Middle Level Sports Technician specializing in Football at the "Escuela Deporte Asturiano". Level 1 and 2



Mr. González Arganda, Sergio

- ♦ Physiotherapist of the Atlético de Madrid Club de Fútbol
- ♦ CEO Físio Domicilio Madrid
- ♦ Teacher in the Master of Physical Preparation and Sports Rehabilitation in Football
- ♦ Lecturer in the University Postdoc in Clinical Pilates
- ♦ Teacher in the Master's Degree in Biomechanics and Sports Physiotherapy
- ♦ Master in Osteopathy of the Locomotor System by the Escuela de Osteopatía de Madrid
- ♦ Postdoc in Pilates and Rehabilitation by the Real Federación Española de Gimnasia
- ♦ Master's Degree in Biomechanics Applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ♦ Graduate in Physiotherapy from the Pontifical University of Comillas



Professors

Mr. Magro Frías, Sergio

- ♦ Scouting PHsport Agency
- ♦ Physical trainer of UB Conquense, Manchego Ciudad Real, Real Ávila
- ♦ Superior Sports Technician in Football Level III
- ♦ Master in Physical Preparation and Football Rehabilitation by the Universidad Católica de Murcia
- ♦ Degree in Sports Science

Ms. Fernández Lorenzo, Silvia

- ♦ Nutritionist and Dietician in Avilés Industrial
- ♦ Former Professional Soccer Player
- ♦ Graduate in Human Nutrition and Dietetics from the Universidad Europea Miguel de Cervantes
- ♦ Expert in Nutrition in Digestive Pathology by CEAN Group
- ♦ Member of: Asociación de Dietistas-Nutricionistas del Fútbol Español

Mr. Rodríguez Rodríguez, Alejandro

- ♦ Secondary Education Teacher
- ♦ Industrial Engineer at Urbaser
- ♦ Coach of CD Mosconia
- ♦ Technician of Real Oviedo's youth categories
- ♦ Director of the U.D Pájara Playas de Jandía's affiliate chain
- ♦ Coach of the U16 Asturian national Football team
- ♦ Degree in Industrial Engineering
- ♦ Master's Degree in Occupational Risk Prevention
- ♦ Master's Degree in Teacher Training

04

Structure and Content

Thanks to the Relearning methodology, based on the continuous repetition of key content, students will be able to obtain a much more solid learning experience and reduce the number of hours of study. In this way, the graduate is before a degree where They can effectively delve into the most current Football training methodology, the physical preparation of the player and advances in nutritional strategies and injury recovery. All this, in addition, with multimedia content accessible 24 hours a day, from any electronic device with an Internet connection.





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"A study plan that will lead you to delve over 6 months into the training methodology of modern football"

Module 1. Training Methodology

- 1.1. The Training System
 - 1.1.1. Theoretical Foundation
 - 1.1.2. The Game as a sum of Structures
 - 1.1.3. Planning, designing and Execution
 - 1.1.4. Assessment and Control of Training
- 1.2. System elements of Training
 - 1.2.1. Essentials of the collective game
 - 1.2.2. The player as the center of the process
 - 1.2.3. Methodological tendencies
 - 1.2.4. Psychological Aspects
- 1.3. Classification of the different tasks
 - 1.3.1. How do we classify the different tasks
 - 1.3.2. Offensive tasks
 - 1.3.3. Defensive tasks
 - 1.3.4. Mixed tasks
- 1.4. Circuits and analytical tasks
 - 1.4.1. What is it for?
 - 1.4.2. Types
 - 1.4.3. Actions off-ball as a protagonist
 - 1.4.4. Actions with ball
- 1.5. Exercises to maintain possession
 - 1.5.1. What are they, and what types exist?
 - 1.5.2. Possession without structure
 - 1.5.3. Possession with substructures
 - 1.5.4. pressure in the game Moments off ball
- 1.6. Conditioned games
 - 1.6.1. Conditioned games without an end
 - 1.6.2. Conditioned games with an end
 - 1.6.3. Competing Macrostructures
 - 1.6.4. Games of possession Vs. Games of Progression

- 1.7. Combined actions
 - 1.7.1. Types of evolutions Purpose
 - 1.7.2. Passing wheel Technical characteristics
 - 1.7.3. Technical characteristics with momentum and substructure
 - 1.7.4. Collective automations
- 1.8. Playful games
 - 1.8.1. What do we understand by playful games in Football
 - 1.8.2. Maintenance
 - 1.8.3. Playful wheels
 - 1.8.4. Played tasks
- 1.9. Matches
 - 1.9.1. Conditioned matches
 - 1.9.2. Modified matches
 - 1.9.3. Competitive roles Simulations
 - 1.9.4. Reduced games
- 1.10. Performance markers
 - 1.10.1. What Are Performance Markers?
 - 1.10.2. What are they used for?
 - 1.10.3. Types of Markers
 - 1.10.4. Technology at the front of measure

Module 2. Physical Preparation in Football

- 2.1. Physical preparation and sport performance
 - 2.1.1. Physical preparation, physical condition and sports training
 - 2.1.2. Differences between general physical preparation and specific physical preparation in soccer
 - 2.1.3. Basic physical capacities determinants in Soccer
 - 2.1.4. Moments of the season in which to work on the determinant physical capacities in Football
- 2.2. The basic physical capacities in soccer. Training methods
 - 2.2.1. Strength and its most important types in soccer
 - 2.2.2. Resistance and its most important types in soccer
 - 2.2.3. Speed and its most important types in soccer
 - 2.2.4. Flexibility in Soccer

- 2.3. The annual sport planning in Football
 - 2.3.1. Mesocycle, Macrocycle, Microcycle and Session
 - 2.3.2. Preseason
 - 2.3.3. The Season
 - 2.3.4. The competition week and its different types
 - 2.4. The structure of a training session in relation to physical preparation
 - 2.4.1. The training session and its parts
 - 2.4.2. The warm-up and its different types
 - 2.4.3. The main part of the session
 - 2.4.4. The final part of the session or return to calmness
 - 2.5. Methodologies of training of the physical preparation in Football
 - 2.5.1. Analytical physical preparation
 - 2.5.2. Integrated physical preparation
 - 2.5.3. The structured microcycle
 - 2.5.4. Tactical Periodization
 - 2.6. Strength training in Football player
 - 2.6.1. The importance of Strength Training in the performance and Prevention of Injuries
 - 2.6.2. Strength Training Types
 - 2.6.3. When we use strength training
 - 2.6.4. Education of Microcycle Strength Training
 - 2.7. Internal and Loads External Training Load methods
 - 2.7.1. Internal and External Training Load Control
 - 2.7.2. Internal and The Load External Training quantifying the Load Shape
 - 2.7.3. The different types of load depending on the microcycle and the session
 - 2.7.4. Conclusions at the end of the training
 - 2.8. Physical Preparation in extreme climatic environments
 - 2.8.1. The training of the soccer player in Altitude
 - 2.8.2. The training of the soccer player in desert Climates
 - 2.8.3. The training of the soccer player in Cold climates
 - 2.8.4. The training of the soccer player in humid climates
 - 2.9. Non-Competitive Periods
 - 2.9.1. Transitional period between seasons
 - 2.9.2. Period of non-competition with National Teams
 - 2.9.3. Period of non-competition because of long National competition
 - 2.9.4. Period of non-competition for health reasons
 - 2.10. The use of GPS systems in the planning and development of training tasks
 - 2.10.1. What Is a GPS System? How does it work and what parameters can be obtained?
 - 2.10.2. What variables are used to classify different training tasks?
 - 2.10.3. How do we plan tasks and microcycles based on GPS variables?
 - 2.10.4. The individual profile of the Football player based on the Game Model and physical demands
- ### Module 3. Football Injuries
- 3.1. Sports Injuries
 - 3.1.1. Concept of injury vs. sports injury
 - 3.1.2. When is a Football player injured?
 - 3.1.3. Who dictates that a Football player is injured?
 - 3.1.4. Medical Release, Sporting Release and Competitive Release
 - 3.2. Types of injuries and Treatments
 - 3.2.1. Muscular injuries
 - 3.2.2. Complications of Ligament Injuries
 - 3.2.3. Tendon injuries
 - 3.2.4. Joint and bone injuries
 - 3.3. The medical staff and its objectives with an injured Football player
 - 3.3.1. The doctor
 - 3.3.2. Physiotherapists
 - 3.3.3. Sports Rehabilitator
 - 3.3.4. The physical trainer and coach
 - 3.4. The most frequent injuries in Football
 - 3.4.1. Injuries in the ischiosural area
 - 3.4.2. Sprains and the most affected areas
 - 3.4.3. Knee injuries and their types
 - 3.4.4. Quadriceps injuries

- 3.5. Why does a Football player get injured? The most frequent causes
 - 3.5.1. Intrinsic factors of the Football player
 - 3.5.2. Extrinsic factors of the Football player
 - 3.5.3. Other factors:
 - 3.5.4. Incidence of injury
- 3.6. Recurrences of injuries and their possible causes.
 - 3.6.1. What is a recurrence?
 - 3.6.2. Can a recurrence be avoided?
 - 3.6.3. What are the most frequent causes of recurrence?
 - 3.6.4. How do we know if it is well now?
- 3.7. Physical-sport Rehabilitation and its phases for an injured Football player
 - 3.7.1. Phases
 - 3.7.2. Functional Sport Recovery
 - 3.7.3. Recovery Physical Rehabilitation
 - 3.7.4. Sport Retraining
- 3.8. Effort Retraining
 - 3.8.1. What is stress retraining?
 - 3.8.2. How do we control stress retraining?
 - 3.8.3. What parameters or tests do we take into account to evaluate the player's fitness?
 - 3.8.4. The feelings of the player are important
- 3.9. Reincorporation to the performance of an injured Football player
 - 3.9.1. Aspects to take into account in the reincorporation of the player to the group
 - 3.9.2. First Steps
 - 3.9.3. Reincorporation into the group
 - 3.9.4. Example of planning for the return to competition
- 3.10. Injury prevention in a Football player
 - 3.10.1. Prevention of the Most Frequent Injuries
 - 3.10.2. on the importance of Strength in the Prevention of injuries.
 - 3.10.3. When and how do we carry out an injury prevention protocol?
 - 3.10.4. The work of the player outside the team in injury prevention

Module 4. Nutrition applied to Football

- 4.1. Energy requirements and body composition
 - 4.1.1 Energy balance
 - 4.1.2. Energy expenditure in training and matches
 - 4.1.3. Body composition of the Football player
 - 4.1.4. Assessment of Body Composition
- 4.2. Macronutrients and micronutrients
 - 4.2.1. Carbohydrates
 - 4.2.2. Protein
 - 4.2.3. Fats
 - 4.2.4. Vitamins and minerals
- 4.3. Fats
 - 4.3.1. Water Balance
 - 4.3.2. Fluid intake and strategies
 - 4.3.3. Hydration and fluid loss
 - 4.3.4. Hydration in training and matches
- 4.4. Nutrition in the competition period
 - 4.4.1. Daily nutrition of the Football player
 - 4.4.2. Hydration in training and matches
 - 4.4.3. Training demands
 - 4.4.4. Nutritional planning
- 4.5. Pre-match nutrition
 - 4.5.1. Macronutrients and fluids
 - 4.5.2. Pre-match meal
 - 4.5.3. Timing
 - 4.5.4. Ergogenic Aids
- 4.6. Post-match nutrition
 - 4.6.1. Macronutrients and fluids
 - 4.6.2. Post-match meal
 - 4.6.3. Timing
 - 4.6.4. Ergogenic Aids



- 4.7. Nutrition in the injured player
 - 4.7.1. Macronutrients and micronutrients important
 - 4.7.2. Energy Demand
 - 4.7.3. Supplementation and Ergogenic Aids
 - 4.7.4. Nutritional planning
- 4.8. Nutrition in the Vacations period
 - 4.8.1. Macronutrient Distribution
 - 4.8.2. Micronutrients and Ergogenic Aids
 - 4.8.3. Energy Demand
 - 4.8.4. Nutritional planning
- 4.9. Supplementation and Ergogenic Aids
 - 4.9.1. Classification and safety
 - 4.9.2. Sports foods and supplements
 - 4.9.3. Instant effect ergogenic aids
 - 4.9.4. Chronic effect ergogenic aids
- 4.10. Special Situations
 - 4.10.1. Considerations in women's Football
 - 4.10.2. Young players
 - 4.10.3. Football and heat
 - 4.10.4. Nutritional planning for travel



"Apply the best nutritional strategies for your players to apply the day before the Football game"

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.



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 Training for Football Players guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 Training for Football Players** contains the most complete and up-to-date 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 Training for Football Players:**

Official N° of Hours: **600 h.**



*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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Postgraduate Diploma

Training for Football Players

