

# Professional Master's Degree Professional Tennis

Endorsed by the NBA





## Professional Master's Degree Professional Tennis

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/in/sports-science/professional-master-degree/master-professional-tennis](http://www.techtitute.com/in/sports-science/professional-master-degree/master-professional-tennis)

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# 01

# Introduction

Behind the competitive performance of stars such as Novak Djokovic, Rafael Nadal or Carlos Alcaraz are excellent coaches, in charge of providing them with the keys to success. To reach this level of play, professional tennis players must improve not only the technical and tactical aspects, but also the psychological and nutritional elements that allow them to achieve success. For this reason, TECH has created this degree, which will provide students with the tools to perfect their knowledge in order to prepare top level tennis players. Throughout the course, you will learn about strategies to plan the athlete's physical load or to adapt their diet to their competitive stage, all from your own home thanks to its 100% online format.





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*Through this Professional Master's Degree you will learn the most updated techniques of planning and periodization of the physical training of the season to help the professional tennis player to reach their competitive goals"*

The world of professional tennis has undergone a remarkable tactical, technological and physical evolution over the last few years. Therefore, athletes require training that maximizes their performance on the track and allows them to achieve all their competitive objectives. For this, cutting-edge methods based on the use of Big Data have been developed, which make it possible to analyze statistics and athlete data and adapt the preparation to them.

These innovations, together with others such as the use of video analysis to detect and perfect the mistakes made or the implementation of updated nutritional strategies to prevent injuries, provide excellent benefits to tennis players in order to achieve sporting success. Because of this, coaches who wish to work with ATP and WTA athletes are obliged to incorporate all these advances into their professional methodology.

For this reason TECH has designed this program, through which the student will assimilate the most relevant and updated knowledge in the area of Professional Tennis to enable their sporting growth. Throughout this academic period, you will delve into the planning and periodization of physical training for the season for professional players based on the latest scientific evidence. He will also identify the benefits of the application of video analysis to improve the work of tactics and technique, in addition to acquiring the most avant-garde notions to develop a diet aimed at maximizing the athlete's performance.

Since this Professional Master's Degree is taught through a 100% online methodology, students can develop their own study schedules to achieve effective teaching. It will also have teaching resources available in a wide range of textual and multimedia formats. In this way, you will get a fully resolute learning process adapted to your personal and professional tasks.

This **Professional Master's Degree in Professional Tennis** contains the most complete and up-to-date program on the market. The most important features include:

- ◆ Practical case studies are presented by experts in tennis of elite
- ◆ The graphic, schematic, and practical contents with which they are created, provide 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



*Acquire, through this program, the most effective strategies for using video analysis to improve the tactical and technical development of the professional tennis player"*

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*Access a curriculum designed by professional tennis coaches, who will provide you with the knowledge that will be most applicable to your sporting experiences”*

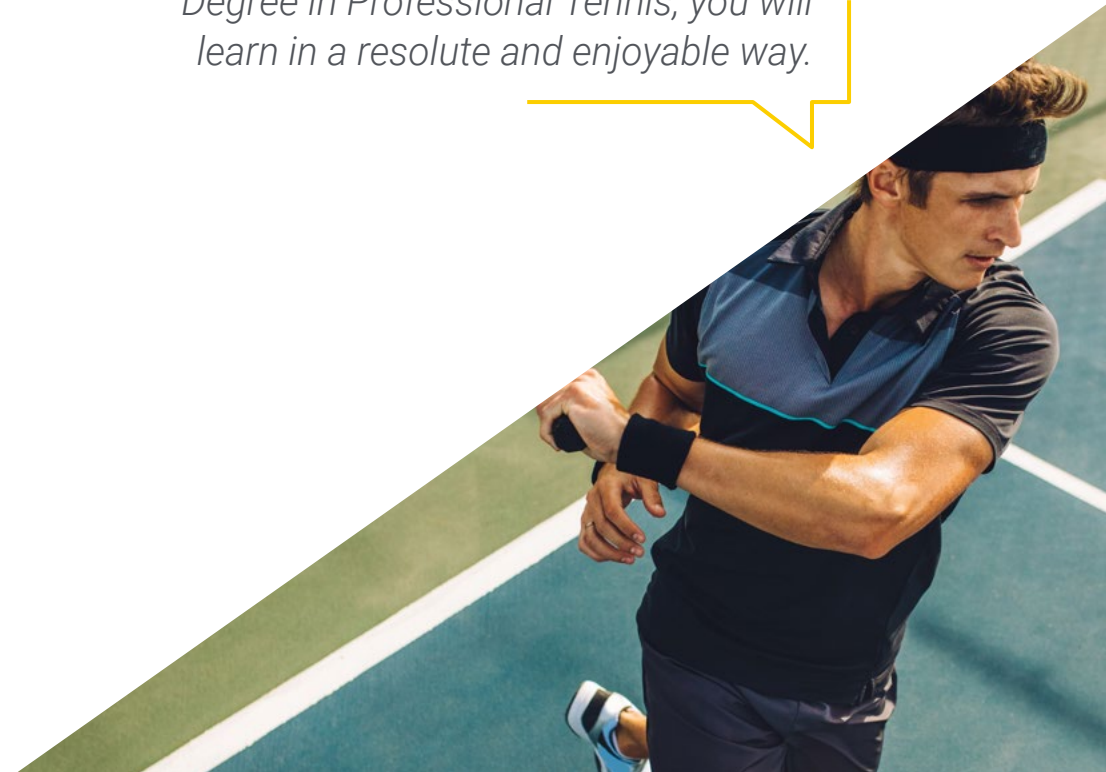
The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

*Expand your psychological capabilities to understand the mind of the high-level athlete and adapt your training to it in order to optimize your results.*

*Thanks to the didactic materials in formats such as video or the interactive summary offered by the Professional Master's Degree in Professional Tennis, you will learn in a resolute and enjoyable way.*



# 02 Objectives

This Professional Master's Degree has been designed with the premise of providing students with the most relevant and updated knowledge in the world of Professional Tennis. During this academic experience, they will be able to detect the most advanced biomechanical aspects to optimize hitting and the technological mechanisms that help enhance the development of the athlete during training. This learning will be preserved by the achievement of the following general and specific objectives.







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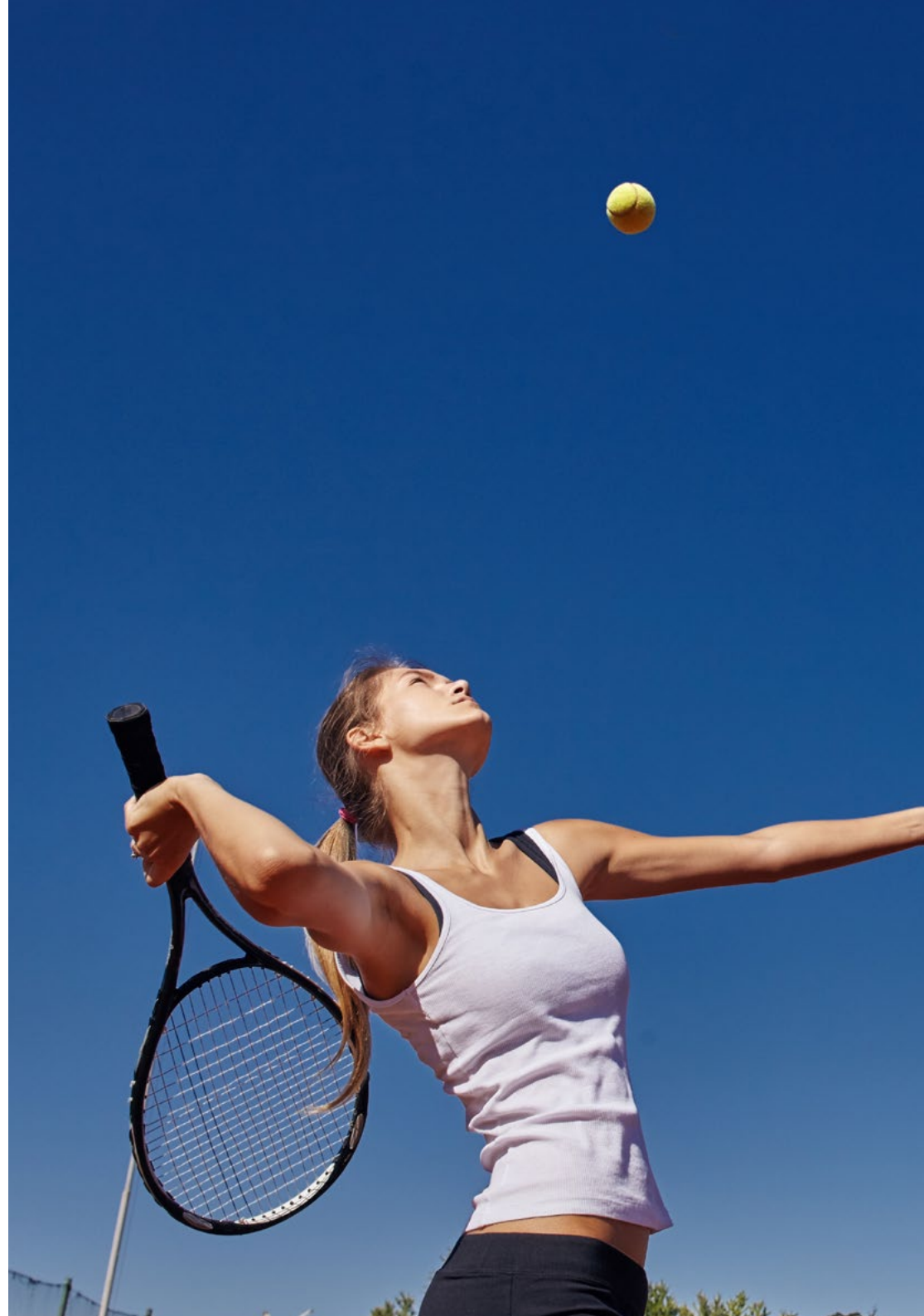
*Significantly increase your technical, psychological and nutritional knowledge to offer the most complete preparation to the most prestigious tennis players”*



## General Objectives

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- ◆ Distinguish the different stages of tennis training and know how to work in each of them
- ◆ Know the tennis regulations and how to apply them
- ◆ Understand the figure of the tennis coach from an ethical and moral point of view, and understand the crucial role played by the mental aspect in tennis players
- ◆ Delve into the physical preparation necessary for a tennis player and injury prevention
- ◆ Raising awareness of the importance of technology in today's tennis and analyzing its evolution





## Specific objectives

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### Module 1. Training at Different Stages, Training, Planning and Periodization

- ◆ Knowing the different stages of tennis in training
- ◆ Know how to work in each of the different stages of the process
- ◆ Distinguish between the type of ball used at each stage
- ◆ Learn the dimensions of the tennis courts at each stage
- ◆ Have basic knowledge of different training systems: *Hand Feeding, Racquet Feeding, coach Volley*, etc

### Module 2. History and Standards

- ◆ Comprehend the rules that make up singles tennis
- ◆ Understand the rules that make up doubles tennis
- ◆ Learn the code of conduct

### Module 3. Technique of Realization of Tennis Strokes

- ◆ Know what the technique is, what it is used for and how to achieve it efficiently
- ◆ Know the basic tennis strokes and how to perform them correctly from a technical point of view
- ◆ Deepen the special tennis strokes and know how to perform them correctly from a technical point of view
- ◆ Learn the different effects that exist in the game of tennis

### Module 4. Biomechanics and Motion

- ◆ Understanding biomechanics
- ◆ Comprehend, through theoretical and practical examples, the biomechanical functioning of strokes
- ◆ Analyze what is efficient in each stroke from a biomechanical point of view
- ◆ Make the student aware of the importance of footwork
- ◆ Learn how to move correctly on the tennis court

### Module 5. Game Pattern, Tactics and Strategy

- ◆ Understand the concept of pattern of play, tactics and strategy and differentiate between each one of them
- ◆ Know the existing game situations
- ◆ Comprehend at a tactical level how to play correctly depending on the position on the court and the ball received
- ◆ Deepening the tactics in the doubles mode
- ◆ Identify the concept of the dominant eye and its importance

### Module 6. Coaching Ethics and Psychology in Tennis

- ◆ Provide the necessary tools for the student to become a positive leader
- ◆ Introduce basic notions about psychology and understand its importance in working with tennis players
- ◆ Assimilate different formulas for mental training
- ◆ Understanding the hemispheres of the brain, their importance and applicability to tennis



### Module 7. Physical Preparation and Injury Prevention

- ◆ To make the student aware of the importance of physical preparation to achieve a better performance of the player
- ◆ Understand and develop the concepts of endurance, strength, coordination and agility, among others
- ◆ Understand the work of elasticity and stretching as a method to prevent injuries

### Module 8. Nutrition, Supplementation and Hydration for Tennis Players

- ◆ Delve into the importance of nutrition in a tennis player
- ◆ Identify the difference between carbohydrates, proteins, fats, vitamins and minerals
- ◆ Know what diet a player should follow during training weeks, depending on the intensity of training, as well as during competition
- ◆ Realize which elements are allowed and which are not allowed in relation to sports supplementation
- ◆ Understand the concept of hydration, its importance for the tennis player and how to practice it correctly

### Module 9. Adapted Tennis and Disability

- ◆ Learn about the origins of adaptive tennis and how it is developed
- ◆ Detect the different types of tennis adapted to the different types of disabilities that exist
- ◆ Analyze the rules of competitions of this nature

### Module 10. Tennis and Video Analysis Technology

- ◆ Delve into the use of technology in tennis, its importance and its evolution
- ◆ Understand how the use of technology and artificial intelligence influences the tennis player
- ◆ Identify the possible use of technology during training
- ◆ Learn what video analysis is and the role it plays in the tennis player
- ◆ Become familiar with the implements that can be used by the tennis player during training







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*Boost, through this degree, your chances to train top level tennis players such as Carlos Alcaraz or Novak Djokovic”*

# 03 Skills

This degree has been developed with the aim of providing students with the necessary skills to effectively prepare top level tennis players, considering their physical, technical and even technological requirements. In just 12 months and with the advice of leading coaches in this discipline, you will gain a set of skills that will enable you to help top athletes achieve their most complex professional challenges.







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*Become a top-level tennis coach thanks to the skills you will acquire during this Professional Master's Degree"*



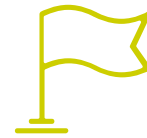
## General Skills

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- ◆ Differentiate between tactics, strategy and pattern of play
- ◆ Mastering the correct technical execution of tennis strokes
- ◆ Understand what biomechanics is, what it is for and what is the point of greatest efficiency in performing movements involving strokes
- ◆ Identify the importance of nutrition and its derivatives in the world of tennis and interpret whether a diet is the most appropriate one
- ◆ Detect the mechanisms to use technology effectively within the current tennis environment







## Specific Skills

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- ◆ Planning a season adapted to each athlete's objectives and competitions
- ◆ Differentiate the different grips that exist
- ◆ Distinguish between technique and biomechanics applied to tennis
- ◆ Identify the tactical objectives of each player in each of the different stages
- ◆ Address players in different ways depending on the situation
- ◆ Working physically to prevent injuries on and off the track



*Obtain, through this degree, the most updated strategies for the development inside the court based on the opponent's characteristics"*

# 04

# Course Management

Thanks to TECH's untiring commitment to provide quality education to its students, excellent professional tennis coaches have been appointed to direct and teach this degree. These experts, who have worked in relevant centers such as the *Rafa Nadal Academy*, are in charge of the elaboration of the didactic contents that the student will have throughout this Professional Master's Degree. Therefore, the knowledge they will adopt will have been previously applied in their work experience.



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*Those responsible for teaching this degree are coaches and trainers actively working in elite tennis, who will provide you with the most up-to-date knowledge in this field"*



## Management



### D. Ramos Camacho, Alejandro

- ◆ Tennis coach at the Rafa Nadal Academy
- ◆ Coach at the JMO Tennis Academy
- ◆ Coach at Valle de Aridane Tennis Club
- ◆ Graduate in Primary Education
- ◆ National Monitor by the Royal Spanish Federation
- ◆ RPT Level 2

## Professors

### D. Concepción Barquer, Daniel

- ◆ Tennis and paddle tennis instructor and nutritionist
- ◆ Paddle instructor at the JMO Tennis and Paddle School
- ◆ Associate Pharmacist
- ◆ Graduate in Pharmacy from the University of La Laguna
- ◆ Graduate in Nutrition and Dietetics from CEU San Pablo University
- ◆ RPT tennis instructor level 1, 2 and 3
- ◆ Paddle tennis instructor RPP level 1 and 2
- ◆ Course on Nutrition and Supplementation in Sports

### D. Goldie Barrios, Federico

- ◆ Tennis coach at the Rafa Nadal Academy
- ◆ Trainer at the Uruguayan Tennis Association
- ◆ Tennis trainer at the Bigua Club
- ◆ Teacher of group and individual tennis lessons
- ◆ ITF *Play Tennis* AUT/1TF
- ◆ ITF Level I
- ◆ ITF Tennis Psychology





#### **D. Manco, Antonio**

- ◆ Coach at the Rafa Nadal Academy
- ◆ Coach at the Academy *Global Tennis Team*
- ◆ Coach at the Academy *Global Tennis Team*
- ◆ Graduated from Tor Vergata University in Rome
- ◆ Master's Degree in Techniques and from the Tor Vergata University of Rome
- ◆ Italian Tennis Federation Level II Coach
- ◆ Physical Trainer by the Italian Tennis Federation

#### **D. Barreto Mazorra, Eusebio**

- ◆ Tennis coach and physical trainer
- ◆ Tennis coach and physical trainer at the Tafira Tennis Club
- ◆ Tennis coach at La Pardilla Sports Facilities
- ◆ Graduate in Physical Activity and Sport Sciences from ULPGC
- ◆ RPT courses level 1, 2 and 3

#### **D. Zapata, Óscar**

- ◆ Dietician and Tennis Coach
- ◆ Tennis coach at the Rafa Nadal Academy
- ◆ Tennis instructor at Cet Alcalá
- ◆ Degree in Dietetics
- ◆ Master's Degree in Sports Nutrition
- ◆ Master in Personal Trainer

#### **D. Gazivoda, Petar**

- ◆ Technology Manager at the Rafa Nadal Academy
- ◆ Coach at the Catalunya Tennis Academy
- ◆ Tennis coach at the Sanchez-Casal Club
- ◆ Bachelor's Degree in Business Administration and Technology

# 05

## Structure and Content

The curriculum of this degree consists of 10 modules with which the student will learn the ins and outs of the preparation oriented to Professional Tennis, delving into technical, nutritional and psychological aspects. All didactic materials accessible during the duration of this program are available in state-of-the-art media such as the explanatory video, the interactive summary and the self-assessment test. Thanks to this, the student will obtain a 100% online education, completely adapted to their study preferences.





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*Enjoy a degree whose 100% online methodology will enable you to learn the keys to Professional Tennis without having to leave your home"*

## Module 1. Training at Different Stages, Training, Planning and Periodization

- 1.1. General Aspects of Tennis at the Grassroots and their Importance
  - 1.1.1. Introduction to Basic Tennis
  - 1.1.2. Evolution of Grassroots Tennis Training
  - 1.1.3. Conceptualization and Definition of Tennis in Stages
  - 1.1.4. General Objectives for the Promotion of Tennis Work in Stages
- 1.2. General and Specific Objectives of Tennis Training
  - 1.2.1. Tennis Characteristics in Stages
  - 1.2.2. General Objectives of Tennis in Training
  - 1.2.3. Factors Influencing Tennis Initiation
  - 1.2.4. Specific Objectives for Each of the Existing Stages of Training
- 1.3. Stages of Tennis Training and How to Work on Each Stage
  - 1.3.1. Red Stage, Definition and Characteristics
  - 1.3.2. Yellow Stage, Definition and Characteristics
  - 1.3.3. Green Stage, Definition and Characteristics
  - 1.3.4. Coach Effectiveness at Different Stages
- 1.4. Post-training Stages, Concept and Objectives
  - 1.4.1. Precompetition Stage, General Characteristics
  - 1.4.2. Introduction to the Competition Stage, Characteristics and General Objectives
  - 1.4.3. High Performance Stage
  - 1.4.4. Professional Stage
- 1.5. Training Concept, Methodology and its Evolution
  - 1.5.1. Concept of Training and its Evolution Throughout History
  - 1.5.2. Modern Training System What does it consist of?
  - 1.5.3. What is the Methodology?
  - 1.5.4. Methodology Objectives
- 1.6. Tennis Training Systems
  - 1.6.1. Types of Tennis Training by Workload, Frequency, Volume and Intensity
  - 1.6.2. Continuous and Intervallic Training and its Main Characteristics
  - 1.6.3. Specific Training Systems (Buckets, Rallies, Points, etc.) and What Each of Them Consists of
  - 1.6.4. What are the Exercises during Tennis Training, the Procedure to be Carried Out and their Components
  - 1.6.5. Variability in Tennis Training
  - 1.6.6. Individual Training and Group Training, Theoretical and Practical Principles

- 1.7. The Training Session from a Theoretical and Practical Point of View
  - 1.7.1. Parts of the Tennis Session and What Each Part Consists of
  - 1.7.2. Elaboration of the Training Session According to the Objectives
  - 1.7.3. How to Elaborate a Training Session
  - 1.7.4. Theoretical-practical Examples of Training Session Design
- 1.8. Planning Concept, Phases and Models
  - 1.8.1. What is planning and what are the objectives of planning
  - 1.8.2. Elements to Take Into Account When Planning and Setting Objectives: Facilities, Means, Player Characteristics, Competitions, etc
  - 1.8.3. Tips to Follow During Planning
  - 1.8.4. Phases of Planning and How to Develop It
  - 1.8.5. Current Planning Models
- 1.9. What is Periodization? General and Specific Concepts
  - 1.9.1. Concept of Periodization and Tennis Characteristics Related to Periodization
  - 1.9.2. Differences between Periodization and Planning
  - 1.9.3. What Benefits does Periodization Bring to Training and to the Tennis Player?
  - 1.9.4. Periodization Characteristics
- 1.10. Annual Phases of Tennis Players in Training and Competition
  - 1.10.1. The Life of a Tennis Player
  - 1.10.2. The Daily Phase
  - 1.10.3. The Microcycles
  - 1.10.4. The Mesocycles

## Module 2. History and Standards

- 2.1. Historical Evolution of Tennis and its Regulations
  - 2.1.1. What is Tennis, Where was it Invented and its Evolution Throughout History
  - 2.1.2. Tennis Chronology
  - 2.1.3. The Way of Counting, Origin and Evolution and Other Normative Aspects
  - 2.1.4. Tennis Tournaments, History and Tennis at the Olympic Level
- 2.2. The Tennis Court, Different Surfaces and their Classification
  - 2.2.1. Tennis Court Evolution
  - 2.2.2. Track Measurements and General and Specific Aspects
  - 2.2.3. The Different Existing Surfaces, General and Specific Concepts
  - 2.2.4. Division of Tennis Courts According to Surface Speed



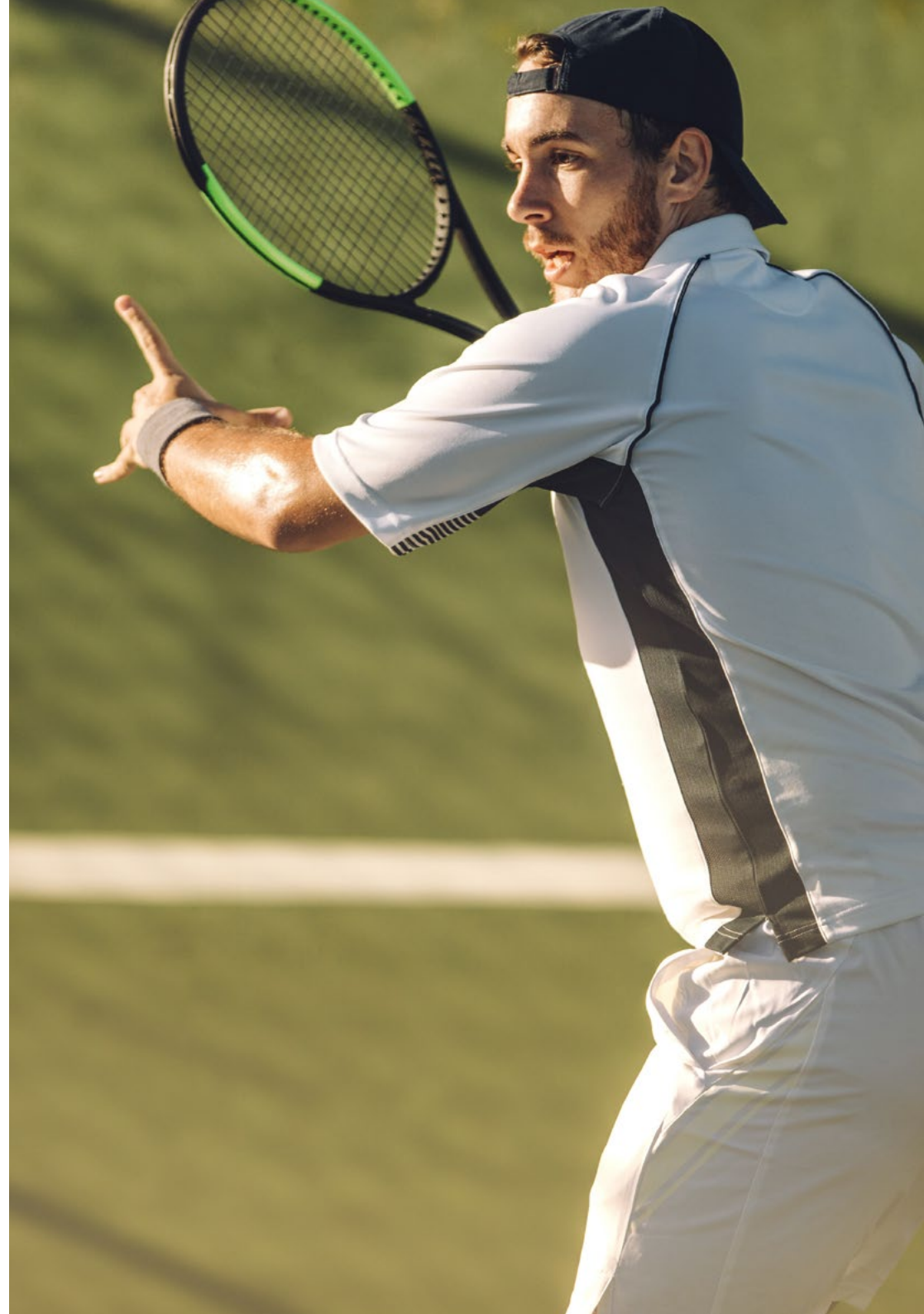
- 2.3. Racket, Ball and Permanent Fixtures
  - 2.3.1. The Tennis Racket, the Ball and its Historical Chronology
  - 2.3.2. Regulatory Aspects Regarding Tennis Rackets and Balls
  - 2.3.3. What is a Permanent Fixture and its Regulatory Aspects
  - 2.3.4. The Ball Touches the Line or the Ball Touches the Permanent Fixture
- 2.4. Service and Return
  - 2.4.1. Server and Subtract or Selection
  - 2.4.2. Side and Serve Selection
  - 2.4.3. Side Changes, Regulations and Peculiarities
  - 2.4.4. Service Failures *Let* and Repetition of Serve
  - 2.4.5. A Return is Good
- 2.5. Side Changes, Punctuation and their Alternative Systems
  - 2.5.1. Track Side Changes and its Regulations
  - 2.5.2. Scoring System in the Game, Set and Matches
  - 2.5.3. Alternative Scoring Systems
  - 2.5.4. A Player Loses the Point
- 2.6. Code of Conduct
  - 2.6.1. What is the Code of Conduct and What is its Purpose?
  - 2.6.2. Benefits of the Code of Conduct and its Evolution
  - 2.6.3. General Aspects of the Code of Conduct
  - 2.6.4. Specific Aspects of the Code of Conduct
- 2.7. Competition Systems and their Alternatives and Regulations
  - 2.7.1. What Competition Systems Exist
  - 2.7.2. Regulations of the Different Existing Competitions
  - 2.7.3. Modern Types of Competition and their Benefits
  - 2.7.4. Competition in Training Stages and its Regulations
- 2.8. Referees on the Court, Importance and their Function
  - 2.8.1. Referee's Role on the Court
  - 2.8.2. Player Instructions
  - 2.8.3. Arbitration Systems Hawk Eye and its Peculiarities
  - 2.8.4. Principle of Continuous Play
  - 2.8.5. Player Discomfort
  - 2.8.6. Correction of Errors

- 2.9. Doubles Game and its Regulations
  - 2.9.1. General Aspects of Doubles Play
  - 2.9.2. Scoring in the Doubles Game and Existing Options
  - 2.9.3. Service and Rest in Doubles Play
  - 2.9.4. Doubles Competitions
- 2.10. Professional Tennis Tournaments, Circuits and Regulations
  - 2.10.1. Evolution of Professional Tournaments, Circuits and their Regulations up to the Present Time
  - 2.10.2. Existing Tennis Tournaments and their Regulations
  - 2.10.3. ATP and WTA Circuit and Aspects Regulated by Regulations
  - 2.10.4. Different Prizes in Tennis Tournaments and Aspects Governed by the Regulations

### Module 3. Technique of Realization of Tennis Strokes

- 3.1. What is the Technique? General and Specific Aspects
  - 3.1.1. What is Technique and the Importance of the Correct Execution of Tennis Strokes
  - 3.1.2. Benefits of Correct Technique
  - 3.1.3. The Stroke Cycle, General Aspects
  - 3.1.4. Talent
- 3.2. Evolution and Modern Use of the Technique
  - 3.2.1. Traditional View of the Technique
  - 3.2.2. Evolution of Technique Throughout the History of Tennis
  - 3.2.3. Current the use of the Technique. Modern Vision
  - 3.2.4. Improved Technique Based on Training
- 3.3. Handgrips, Use, Explanation and Identification
  - 3.3.1. Types of Grips and Explanation
  - 3.3.2. How to Identify Different Grips and their Correction
  - 3.3.3. Use of Grips in Different Game Situations
  - 3.3.4. Handles in Service

- 3.4. Production of Blows with Effect, Use and Explanation and Variability
  - 3.4.1. Different Effects in the Serve, How to Execute Them and Their Use
  - 3.4.2. Speed and Effect
  - 3.4.3. Lift Effect in Groundstrokes and their Use
  - 3.4.4. Slice Cut Effect in Different Game Situations, How to Execute it and its Use
  - 3.4.5. Flat Effect, How to Execute it and its Use in Different Game Situations
- 3.5. Service and Return Technology
  - 3.5.1. Position Before Service and Handle
  - 3.5.2. Ball Launching and Recommendations
  - 3.5.3. Preparation, First Racket Movement and Shoulder Loading
  - 3.5.4. Use of Legs in Service
  - 3.5.5. Upper Body Use and Rotations
  - 3.5.6. Impact Point and Termination
- 3.6. The Return
  - 3.6.1. Handle for Return
  - 3.6.2. Waiting Position in the Return
  - 3.6.3. Types of Returns
  - 3.6.4. Technical Aspects when Making the Rest (Forehand and Backhand)
- 3.7. Forehand Technique
  - 3.7.1. Right Hand Grips and Preparation
  - 3.7.2. Leg Movement in Preparation for the Forehand Stroke
  - 3.7.3. Rotation and Backward Movement of the Racket
  - 3.7.4. Rotation of Hips and Shoulders and Racket Forward to Impact
  - 3.7.5. Impact and Completion of the Forehand Stroke
- 3.8. Backhand Stroke Technique
  - 3.8.1. One-handed Backhand and Two-handed Backhand Grips and preparation
  - 3.8.2. Movement of the Legs in Preparation for the Backhand Stroke
  - 3.8.3. Rotation and Backward Movement of the Racket
  - 3.8.4. Rotation of Hips and Shoulders and Racket Forward to Impact
  - 3.8.5. Impact and Termination Depending on Whether One-handed or Two-handed Backhand



- 3.9. Technique of the Blows in the Net
  - 3.9.1. Handle and Standby Position
  - 3.9.2. Leg Movements Prior to the Forehand and Backhand Volleys
  - 3.9.3. Rotation of the Shoulders During Preparation
  - 3.9.4. Impact and Movement of the Lower Body When Going to the Ball
  - 3.9.5. Topping, Preparation, Impact and Termination
- 3.10. Special Strikes and their Technique
  - 3.10.1. The Drop and Counter-Drop
  - 3.10.2. The Balloon
  - 3.10.3. The Passing Shot
  - 3.10.4. Other Special Blows

## Module 4. Biomechanics and Motion

- 4.1. What is Biomechanics and its Evolution
  - 4.1.1. Definition and Introduction to Biomechanics
  - 4.1.2. Evolution Concept of Biomechanics Throughout History
  - 4.1.3. What is Biomechanics for and What are its Objectives
  - 4.1.4. Benefits of Biomechanics and Main Components
  - 4.1.5. Traditional Vision of Teaching Tennis Strokes and Modern Vision
- 4.2. The Correct Performance of the Technique and its Benefits
  - 4.2.1. Definition of Optimal Technique
  - 4.2.2. Components of the Technique
  - 4.2.3. Benefits of the Optimal Technique
  - 4.2.4. Execution of the Optimal Technique
- 4.3. Variability as a Fundamental Part of the Performance of the Strokes
  - 4.3.1. Variability Concept
  - 4.3.2. Mechanical Variability in Stroke Performance
  - 4.3.3. Mechanical Variability in Stroke Development
  - 4.3.4. Mechanical Variability in Tissue Loading
- 4.4. Principles of Biomechanics in Tennis. BIOMECH
  - 4.4.1. Balance
  - 4.4.2. Inertia
  - 4.4.3. Opposition of Forces
  - 4.4.4. *Momentum*
  - 4.4.5. Elastic Energy
  - 4.4.6. Coordination Chain
- 4.5. Coordination Chain
  - 4.5.1. Definition
  - 4.5.2. Coordination and Movement Chains
  - 4.5.3. How to Generate Power in Strokes
  - 4.5.4. Problems in the Coordination Chains
- 4.6. The Phases of the Stroke in Tennis
  - 4.6.1. Preparation and Backward Movement of the Racket
  - 4.6.2. Forward Movement of the Racket
  - 4.6.3. Impact
  - 4.6.4. Accompaniment and Termination
- 4.7. General Biomechanical Aspects of Groundstrokes
  - 4.7.1. Biomechanics of the Forehand Stroke. Part I
  - 4.7.2. Biomechanics of the Forehand Stroke. Part II
  - 4.7.3. Biomechanics of the Two-handed Backhand Stroke
  - 4.7.4. Biomechanics of the One-handed Backhand Stroke
- 4.8. General Biomechanical Aspects in Service and Return
  - 4.8.1. Biomechanics of the Service in Tennis Part I
  - 4.8.2. Biomechanics of the Service in Tennis Part II
  - 4.8.3. Biomechanics of the Return in Tennis
  - 4.8.4. Biomechanics of the Backhand in Tennis
- 4.9. General Biomechanical Aspects of Groundstrokes
  - 4.9.1. Biomechanics of the Forehand Volley
  - 4.9.2. Biomechanics of the Forehand Volley
  - 4.9.3. Approach Biomechanics
  - 4.9.4. Biomechanics of Backtacking

- 4.10. Movement, Displacements and Footwork
  - 4.10.1. What are Displacements in Tennis
  - 4.10.2. Phases of Movement in Tennis
  - 4.10.3. Importance of Footwork
  - 4.10.4. How to Work on Footwork in Tennis

## Module 5. Game Pattern, Tactics and Strategy

- 5.1. General Concepts and Differentiation
  - 5.1.1. General Concepts of Game Pattern
  - 5.1.2. General Tactical Concepts
  - 5.1.3. General Strategy Concepts
  - 5.1.4. Differentiation Between Pattern of Play, Tactics and Strategy
- 5.2. Strategies and Positive Vision in Singles Play
  - 5.2.1. Strategy Definition
  - 5.2.2. Tennis Strategy
  - 5.2.3. Strategic Concepts to Consider When Planning a Match
  - 5.2.4. Most Used Strategies in Tennis
- 5.3. What is a Game Pattern? Player Classification and Identity
  - 5.3.1. Game Pattern Definition
  - 5.3.2. Types of Patterns or Styles of Play
  - 5.3.3. Player Identity
  - 5.3.4. Profile of the Opposing Player, How to Identify Them and How to Carry out Tactics and Strategy Depending on Them
- 5.4. Conceptualization of Tactics and General Features
  - 5.4.1. Definition of Tactics and Importance
  - 5.4.2. Evolution of Tactical Throughout the History of Tennis
  - 5.4.3. Tactical Principles
  - 5.4.4. Professional Tactics
- 5.5. Game Situations, Tennis Moves and Their Types
  - 5.5.1. What is a Gambling Situation
  - 5.5.2. Existing Game Situations
  - 5.5.3. Definition of Tennis Moves
  - 5.5.4. Types of Moves
- 5.6. General and Specific Tactical Considerations of the Baseline Game
  - 5.6.1. Introduction to the Background Game
  - 5.6.2. Zones of the Court in the Baseline Game and How to Play from Each One of Them
  - 5.6.3. Targets from Each Area of the Track
  - 5.6.4. Tips for Playing with Correct Tactics in the Background Game
- 5.7. General and Specific Tactical Considerations for Net Play
  - 5.7.1. Introduction to the Network Game
  - 5.7.2. The First Four Strokes and the Approach to the Grid
  - 5.7.3. Covering the Passing Shot
  - 5.7.4. Where to Play the Volley?
- 5.8. General and Specific Tactical Service and Return Considerations
  - 5.8.1. General Tactical Aspects of the Service
  - 5.8.2. Tactical Intent with the Service
  - 5.8.3. Service Areas
  - 5.8.4. General Tactical Aspects of the Return
- 5.9. Tactics and Strategy in the Doubles Modality
  - 5.9.1. The Doubles Game and its Tactical Evolution
  - 5.9.2. Modern View of Doubles Tactics
  - 5.9.3. Doubles Game Situations
  - 5.9.4. Types of Moves in Doubles Play
- 5.10. Laterality, General Aspects and Tactical Applicability
  - 5.10.1. What is Laterality, Concept and Meaning
  - 5.10.2. Homogeneous and Heterogeneous Laterality
  - 5.10.3. Importance in Tennis and Identification of Laterality Type
  - 5.10.4. Use of Tactics According to One's Own and the Opponent's Laterality



## Module 6. Coaching Ethics and Psychology in Tennis

- 6.1. Code of Ethics of a Tennis Coach
  - 6.1.1. Introduction and Definition of the Code of Ethics
  - 6.1.2. Obligations and Requirements of the Tennis Coach
  - 6.1.3. Loyalty and Corruption
  - 6.1.4. Competition Integrity
  - 6.1.5. Offer and Application
  - 6.1.6. Regulations and Sanctioning Processes
- 6.2. The Tennis Coach and Their Role
  - 6.2.1. Who is a Tennis Coach and What is Tennis Coaching
  - 6.2.2. Trainer's Identity
  - 6.2.3. Trainer's Objectives
  - 6.2.4. The Trainer's Role and Philosophy
- 6.3. Importance of the Psychology in Tennis
  - 6.3.1. Psychology in Sports and its Main Characteristics
  - 6.3.2. The Role of the Psychology in Tennis
  - 6.3.3. Psychological Benefits of Tennis
  - 6.3.4. Other Psychological Aspects of Tennis
- 6.4. Concentration and Control of Emotions and Thoughts
  - 6.4.1. What do we Understand as Concentration?
  - 6.4.2. Factors that Influence Concentration, Concentration Problems in Tennis and How to Work on Them
  - 6.4.3. Factors Influencing Emotions in Tennis and Guidelines for their Improvement
  - 6.4.4. Thoughts and their Relationship to Confidence and Self-esteem Among Other Factors
- 6.5. What is Mental Training and How Useful is it
  - 6.5.1. Definition of Mental Training
  - 6.5.2. Benefits of Mental Training and the Use of Psychology in the Tennis Player
  - 6.5.3. Preliminary Aspects to Consider When Performing Mental Training
  - 6.5.4. Establishment of Objectives at the Psychological Level of the Tennis Player
- 6.6. Mental Training Techniques for a Tennis Player Part I
  - 6.6.1. Concentration Control Techniques
  - 6.6.2. Cognitive Training and Attention Control
  - 6.6.3. Autodiscourse
  - 6.6.4. Visualization
  - 6.6.5. Routines
- 6.7. Mental Training Techniques for a Tennis Player Part II
  - 6.7.1. The Mental Training Program
  - 6.7.2. How the Psychological Training of the Tennis Player Should be Organized
  - 6.7.3. Stages of the Mental Training Program for Tennis Players
  - 6.7.4. Mental Training Professionals
- 6.8. The Competition and the Mental Side of the Tennis Player
  - 6.8.1. Phases that a Tennis Player Goes Through During their Career on the Psychological Level
  - 6.8.2. Momentum
  - 6.8.3. Psychology and its Importance in Dealing with Bad Stages of Life
  - 6.8.4. Psychology and its Importance in Dealing with Injuries
- 6.9. Practical Exercises to Work on the Mental Aspect of the Game of Tennis
  - 6.9.1. Psychology and Game Situations
  - 6.9.2. The Mental Aspect of Service and Return
  - 6.9.3. The Mental Aspect in the Background Game
  - 6.9.4. The Mental Aspect in the Net Game
  - 6.9.5. The Mental Aspect in Different Match Situations
- 6.10. Parents and Tennis Psychological Aspects
  - 6.10.1. The Coach-Parent-Player Relationship
  - 6.10.2. Roles of the Tennis Player's Parent and the Positive Vision of the Tennis Player
  - 6.10.3. Parent-Coach Errors
  - 6.10.4. Tips for Tennis Player's Parents

## Module 7. Physical Preparation and Injury Prevention

- 7.1. Physical Preparation in Tennis and its Importance
  - 7.1.1. Introduction to Tennis Physical Training
  - 7.1.2. Evolution of Physical Training Throughout History
  - 7.1.3. Importance of Physical Preparation in Tennis
  - 7.1.4. Tennis Benefits of Physical Fitness Training
- 7.2. Physiological Aspects of the Tennis Player and How to Assess Them
  - 7.2.1. What is Physiology and What Does it Do
  - 7.2.2. Physiological Factors Influencing Tennis
  - 7.2.3. Physiological Profile of the Tennis Player
  - 7.2.4. The Physical Development of the Tennis Player and its Evolution in the Different Stages of the Game
- 7.3. Phases of Physical Training
  - 7.3.1. Introduction to Physical Preparation
  - 7.3.2. Parts of the Training
  - 7.3.3. Preparation and Pre-competition Phases
  - 7.3.4. Physical Training During and After the Competition
- 7.4. The Tennis Player and the Main Physical Skills
  - 7.4.1. Resistance, Concept and General Characteristics
  - 7.4.2. Strength, Concept and General Characteristics; the Power Increase in the Tennis Player
  - 7.4.3. Coordination in the Tennis Player
  - 7.4.4. Flexibility in the Tennis Player
  - 7.4.5. Speed and Agility in the Tennis Player
- 7.5. Professional Tennis and Physical Preparation
  - 7.5.1. Importance of Physical Preparation Before and During Tournaments
  - 7.5.2. The Planning and Periodization of Physical Training During the Season in Professional Players
  - 7.5.3. Physical Training During and Between Competitions
  - 7.5.4. Physical Preparation Depending on the Type of Player and the Type of Tournament to be Prepared for

- 7.6. Physical Preparation in Female Tennis
  - 7.6.1. Introduction and Evolution of Physical Preparation in Tennis Female
  - 7.6.2. Specific Characteristics of Physical Training in Women
  - 7.6.3. Adaptations and Differences with Physical Training in Women's Tennis
  - 7.6.4. Other Aspects to be Considered
- 7.7. Injury Prevention, Concept and Importance
  - 7.7.1. Introduction to Injury Prevention Work, its Importance and Benefits
  - 7.7.2. Importance of the Trainer in Injury Prevention
  - 7.7.3. Most Common Types of Injuries in Tennis Players
  - 7.7.4. Causes of Injuries in Tennis Players
- 7.8. Treatment of Injuries and Ways to Prevent
  - 7.8.1. Rehabilitation
  - 7.8.2. Development of a Rehabilitation Plan
  - 7.8.3. Exercises for Prevention and Tips on How to Carry Them out
  - 7.8.4. Injury Prevention Advice for Tennis Players
- 7.9. Tennis Player's Recovery
  - 7.9.1. Introduction and Importance of Recovery in Tennis Players
  - 7.9.2. Recovery Paths in Tennis Players: Control
  - 7.9.3. Recovery Paths in Tennis Players: Management
  - 7.9.4. Recovery in the Different Conditions that Tennis Players Go Through
- 7.10. Physical Preparation for Wheelchair Tennis Players
  - 7.10.1. Introduction to Physical Preparation for Wheelchair Tennis
  - 7.10.2. Specifications to the Training of the Chair Tennis Player
  - 7.10.3. Aspects to Consider for the Physical Preparation of the Wheelchair Tennis Player
  - 7.10.4. Injury Prevention in Wheelchair Tennis Players

## Module 8. Nutrition, Supplementation and Hydration for Tennis Players

- 8.1. Nutrition, General Considerations and Importance in Tennis
  - 8.1.1. Introduction to the Concept of Nutrition in the Tennis Player
  - 8.1.2. General Nutrition Aspects
  - 8.1.3. Historical Evolution of the Concept of Nutrition as it Relates to Tennis
  - 8.1.4. Importance of Nutrition in the Tennis Player

- 8.2. Types of Nutrients and their Benefits and Contributions
  - 8.2.1. What are Nutrients?
  - 8.2.2. Essential Nutrients and their Definition
  - 8.2.3. Functions Performed by Nutrients in our Body
  - 8.2.4. Where Are These Nutrients Found?
- 8.3. Tennis Player Diet
  - 8.3.1. What Are the Nutritional Needs of Tennis Players?
  - 8.3.2. Tennis Characteristics and Corresponding Needs
  - 8.3.3. What Makes Up a Tennis Player's Diet
  - 8.3.4. What Should a Tennis Player Not Eat?
- 8.4. Elaboration of the Tennis Player's Diet Modern Techniques for the Tennis Player's Diet
  - 8.4.1. How to Elaborate the Tennis Player's Diet
  - 8.4.2. Examples of Diet in Professional Tennis Players
  - 8.4.3. Carbohydrate Overload 3 Days Before the Game
  - 8.4.4. The "Waiting Ration"
- 8.5. Nutrition of the Tennis Player in Training and Competition
  - 8.5.1. What Should a Tennis Player Eat During Training?
  - 8.5.2. Tennis Player's Pre-match Nutrition
  - 8.5.3. Tennis Player's Nutrition During the Tennis Match
  - 8.5.4. Tennis Player's Post-match Nutrition
  - 8.5.5. Feeding of the Tennis Player with a Heavy Match Load or During a Trip
- 8.6. Hydration in Tennis
  - 8.6.1. Hydration Concept
  - 8.6.2. Importance of Hydration in Tennis
  - 8.6.3. Thermoregulation
  - 8.6.4. Problems of Dehydration in Tennis
  - 8.6.5. Types of Beverages
- 8.7. Hydration in Training and Competition
  - 8.7.1. Practical Hydration Strategies
  - 8.7.2. Hydration Needs in Training
  - 8.7.3. Pre-competition Hydration Needs
  - 8.7.4. Hydration Needs During Competition
  - 8.7.5. Post-competition Hydration Requirements

- 8.8. What is Supplementation and What are its Benefits
  - 8.8.1. Introduction to Supplementation
  - 8.8.2. Health Effects of Sports Supplementation
  - 8.8.3. Benefits of Sports Supplementation
  - 8.8.4. Are Sports Supplements Safe?
- 8.9. Types of Supplementation for Tennis Players
  - 8.9.1. The best Supplements for Tennis Players
  - 8.9.2. Amino Acid Supplements
  - 8.9.3. Antioxidant Supplements
  - 8.9.4. Supplements During Training and Matches
- 8.10. Doping in Tennis, Cases and Prohibitions
  - 8.10.1. Doping Definition
  - 8.10.2. Doping Controls
  - 8.10.3. Substances Considered Doping
  - 8.10.4. Doping Cases in Tennis Throughout History

## Module 9. Adapted Tennis and Disability

- 9.1. Tennis as an Inclusive Sport and its Historical Progression
  - 9.1.1. Sport for the Disabled and its Inclusiveness
  - 9.1.2. Adapted Sports
  - 9.1.3. Tennis as an Inclusive Sport
  - 9.1.4. Current Vision of Sports for the Disabled
- 9.2. What is Disability and How Does it Relate to Tennis
  - 9.2.1. Concept of Disability and its Relation to Tennis Throughout History
  - 9.2.2. Tennis and Disability Throughout History
  - 9.2.3. Tennis Benefits for People with Disabilities
  - 9.2.4. Current Status of Tennis and Disability
- 9.3. Tennis and Disability from a Coach's Perspective
  - 9.3.1. Introduction
  - 9.3.2. Ethics for Trainers of People with Disabilities
  - 9.3.3. Training for People with Sensory Disabilities
  - 9.3.4. Training for People with Physical Disabilities

- 9.4. Concept of Physical Disability and General Considerations
  - 9.4.1. Concept of Physical Disability
  - 9.4.2. Different Types of Physical Disabilities
  - 9.4.3. Tennis and Physical Disability
  - 9.4.4. Adaptations to Tennis for People with Physical Disabilities
- 9.5. Chair Tennis, its Evolution and Characteristics
  - 9.5.1. Introduction
  - 9.5.2. Historical Evolution of Chair Tennis
  - 9.5.3. Main Characteristics of Chair Tennis
  - 9.5.4. Wheelchair Tennis Mission Statement
- 9.6. The Competition and Other Characteristics of Chair Tennis
  - 9.6.1. The Relationship Between Sport, Disability and its Benefits
  - 9.6.2. Types of Wheelchair Tennis Competitions
  - 9.6.3. Chair Tennis as an Olympic Sport
  - 9.6.4. Organizations that Support Chair Tennis
- 9.7. Wheelchair Tennis Rules and Regulations
  - 9.7.1. Wheelchair Tennis Rules
  - 9.7.2. Admission Rules
  - 9.7.3. The Wheelchair
  - 9.7.4. Scoring and General Rules
- 9.8. Tennis and Sensory Impairment
  - 9.8.1. Definition of Sensory Disability
  - 9.8.2. Mission Statement for Tennis and Sensory Impairment
  - 9.8.3. Benefits for People Who Practice it
  - 9.8.4. Tennis for the Hearing Impaired
  - 9.8.5. Tennis for the Visually Impaired
- 9.9. Tennis and Intellectual Disability I
  - 9.9.1. Introduction
  - 9.9.2. Types of Intellectual Disability
  - 9.9.3. Evolution of Tennis and Intellectual Disability
  - 9.9.4. Benefits of Tennis for People with Intellectual Disabilities

- 9.10. Tennis and Intellectual Disability II
  - 9.10.1. Tournaments and Types of Competitions for Adapted Tennis
  - 9.10.2. Equipment Necessary for Tennis Adapted to Intellectual Disabilities
  - 9.10.3. Tennis Training for People with Intellectual Disabilities
  - 9.10.4. The Role of the Coach and the Family in Tennis for People with Intellectual Disabilities

## Module 10. Tennis and Video Analysis Technology

- 10.1. The Evolution of Technology, General Considerations Applicable to Tennis
  - 10.1.1. The Importance of Technology in Sports Today
  - 10.1.2. The Evolution of Technology in Tennis Throughout History
  - 10.1.3. Types of Technologies Applicable in Tennis
  - 10.1.4. Technological Methodology
- 10.2. The Importance of Technology and Innovation in Tennis and its Benefits
  - 10.2.1. Technology, its Applicability to Tennis and its Importance
  - 10.2.2. Objectives of the Implementation of New Technologies in Tennis
  - 10.2.3. Benefits of Using Technology in Tennis
  - 10.2.4. R+D+I in the Tennis Industry
- 10.3. Technology on the Tennis Court
  - 10.3.1. The Evolution of Tennis Court Throughout History
  - 10.3.2. Current Tennis Courts and Their Technology
  - 10.3.3. Tennis Court Advertising
  - 10.3.4. Technology in Tennis Materials
- 10.4. Hawk Eye and Other Arbitration Systems
  - 10.4.1. What is the Hawk Eye?
  - 10.4.2. How is the Falcon Eye Used?
  - 10.4.3. Benefits of the Use of the Falcon Eye in Competition
  - 10.4.4. When Do I Have the Right to Use the Falcon Eye?
  - 10.4.5. Other Arbitration Systems





- 10.5. The Tennis Racket, its Evolution and the Implementation of Technology in It
  - 10.5.1. Existing Racket Types
  - 10.5.2. Evolution of the Tennis Racket Throughout History
  - 10.5.3. Tennis Racket Depending on the Player's Style
  - 10.5.4. New Technologies in Tennis Rackets
- 10.6. Strings, Evolution and Types Depending on Playing Style
  - 10.6.1. Importance of Strings for Tennis Players
  - 10.6.2. The Evolution of Stringing Throughout History
  - 10.6.3. Types of Strings and Classification
  - 10.6.4. Tension and Types of Strings Depending on the Tennis Player's Playing Style
- 10.7. What is Video Analysis and its Benefits for Tennis Players?
  - 10.7.1. Video Analysis Concept
  - 10.7.2. Objectives of Video Analysis in Tennis Players
  - 10.7.3. Benefits for Players and Coaches in the Use of Video Analysis
  - 10.7.4. Video Analysis and Tactics
- 10.8. Clothing, the Tennis Ball and its Evolution and Implementation of Technology
  - 10.8.1. Evolution of Tennis Apparel Throughout History
  - 10.8.2. Types of Shoes Depending on the Tennis Court Surface
  - 10.8.3. Evolution of the Tennis Ball Throughout History
  - 10.8.4. Types of Tennis Ball and their Classification Depending on Speed
- 10.9. Practical Examples in the Use of Technology and Video Analysis in Technical Work
  - 10.9.1. Analysis and Improvement of the Bottom Blows by Means of Videoanalysis
  - 10.9.2. Analysis and Service Improvement Through Video Analysis
  - 10.9.3. Analysis and Improvement of Volleys Through Video Analysis
  - 10.9.4. Other Technical Aspects Through Video Analysis
- 10.10. Practical Examples in the Use of Technology and Video Analysis in Tactical Work
  - 10.10.1. Video Analysis and Ball Height Improvement Exercises to Correct it
  - 10.10.2. Video analysis and Depth Enhancement Exercises to Correct it
  - 10.10.3. Video Analysis and Ball Directions Exercises to Improve it
  - 10.10.4. Video Analysis and Improvement of Service Areas Exercises to Improve it

06

# 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.



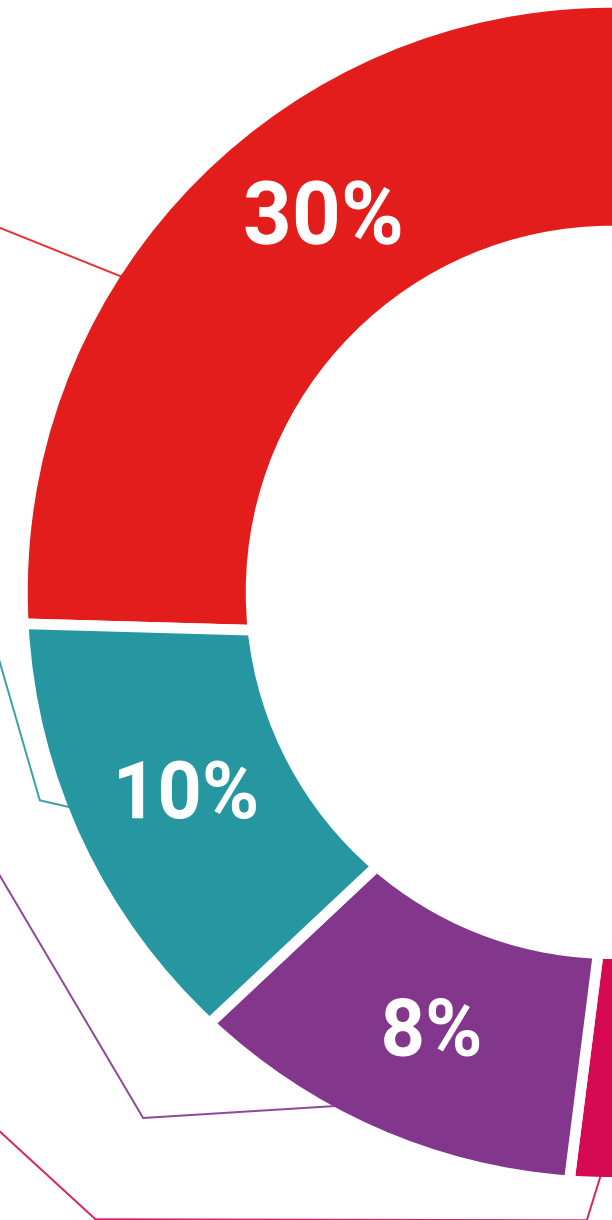
#### Practising Skills and Abilities

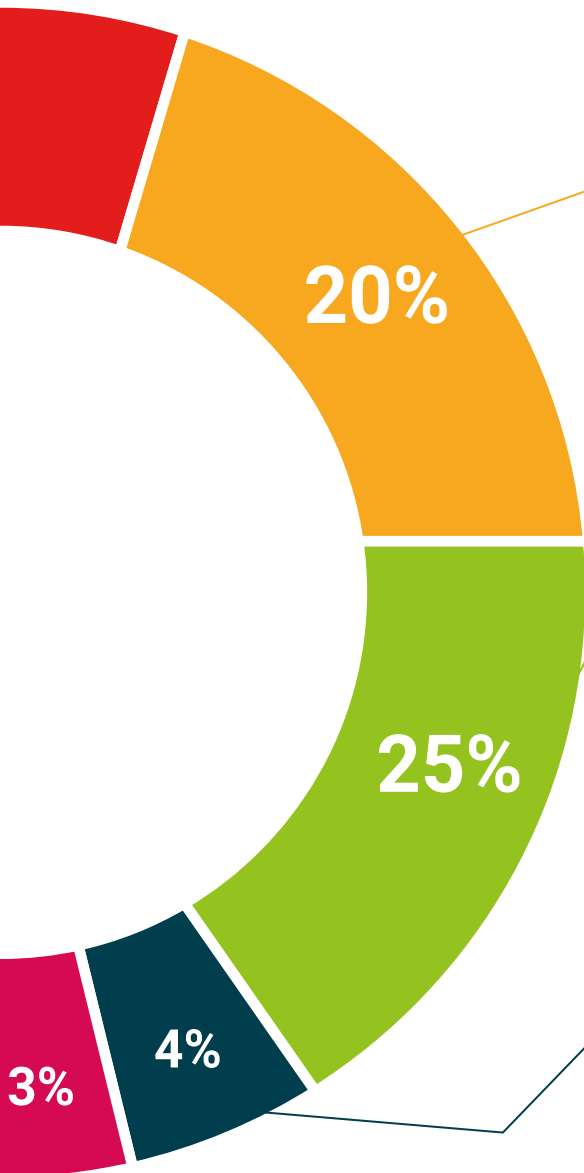
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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.



07

# Certificate

The Professional Master's Degree in Professional Tennis guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree 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 **Professional Master's Degree in Professional Tennis** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Professional Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Professional Master's Degree in Professional Tennis**

Official N° of Hours: **1,500 h.**

**Endorsed by the NBA**



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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

online training

virtual classroom

**tech** technological  
university

## Professional Master's Degree

### Professional Tennis

- › Modality: online
- › Duration: 12 months
- › Certificate: TECH Technological University
- › Dedication: 16h/week
- › Schedule: at your own pace
- › Exams: online

# Professional Master's Degree Professional Tennis

Endorsed by the NBA



**tech** technological  
university