



BARÇA  
INNOVATION HUB  
Universitas

COURSE

# STRENGTH TRAINING METHODOLOGY

100% ONLINE • 1 MONTH

Learn from the best  
Enjoy a unique educational experience  
Become part of a global network

[barcainnovationhub.com](https://barcainnovationhub.com)



## AIMED AT

- Professionals of health sciences related to sports.
- Students and graduates of programs and careers related to sports, health and fitness.
- Elite athletes (professional or amateur).

## LEARN TO

- Apply personalisation in team sports nutrition.
- Apply the latest science around on match day preparation.



## Daniel Romero Rodriguez

EXPERT INSTRUCTOR



Physiotherapist. Physical trainer and rehabilitator of competitive high performance athletes. Performance, prevention and post-injury rehabilitation advisor for various professional football players.

## Francesc Cos

EXPERT INSTRUCTOR



Former Head of Strength Training for FC Barcelona's first team football squad (2004-2016). Former Director of the Performance area of Barça Innovation Hub (2016-2018). Currently Director of Performance of the New York City (MSL).



- DELIVERY MODE ONLINE
- DURATION 1 MONTH
- ACADEMIC DEGREE EXECUTIVE EDUCATION
- DELIVERED IN ENGLISH, SPANISH, PORTUGUESE



# SYLLABUS

## **MODULE 1: Contextualization: how can we adapt strength training to team sports?**

Unit 1: Strength and its relationship to the coordination and cognitive requirements of team sports.

Unit 2: Progression in the difficulty of the strength workload in relation to the specificity of the sport.

## **MODULE 2: Strength workload methodology in situation sports.**

Unit 1: Strength training and the need to work with overload.

Unit 2: Integrating strength workload with the other capabilities.

## **MODULE 3: Integrating strength workload into planning and programming of situation sports.**

Unit 1: Strength in the integrated training of long-term regular league class programming. Examples based on football.

Unit 2: Strength in the integrated training of blocks of preparation – competition programming. Examples based on tennis.

## **MODULE 4: Strength in the design of sports specific tasks. Examples based on football.**

Unit 1: Small-sided games (SSG): characteristics for their design and the relationship with the development of sports ability.

Unit 2: SSG in relation to strength workload.

# EXPERIENCE

All your learning experience will take place in an online platform where you will find all the resources you need to study:

## LECTURES

which address the main topics.

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## VIDEOS

that deepen some subjects of the readings.

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## ACTIVITIES

to apply the content addressed in each module.

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## RUBRICS

that will evaluate you in each module.

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## ONLINE EXPERT

In every course, you will have the support and virtual follow-up of a subject-matter expert. This online expert will perform interventions throughout the different modules to ensure your learning, as well as the interaction with the rest of your peers.

In addition, he will be available in the forum and by internal messaging so that you can appeal to him as many times as you need.

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## FORUMS

where you can interact with your colleagues.

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## SELF-ASSESSMENTS

which will help you measure your learning progress.

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# BENEFITS

- **World-class content, designed by experts and sports-industry oriented for an immediate impact.**
- **Round-the-clock access to study material, wherever you want and from any device.**
- **Custom feedback for every individual and teamwork activity.**
- **Spaces of discussion and interaction with industry professionals from all over the world.**
- **Certificate of participation, issued by Barça Innovation Hub - Universitat.**



# BARÇA INNOVATION HUB

**CREATING A NEW GENERATION OF  
SPORTS PROFESSIONALS**