



**BARÇA
INNOVATION HUB**
Universitas

COURSE

**A BEST PRACTICE
APPROACH TO WORKLOAD
MONITORING**

100% ONLINE • 1 MONTH

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

AIMED AT

- Physical trainers
- Personal trainers
- Students in programs related to sports science
- Sports physiotherapists
- Sports physicians

LEARN TO

- Manage workload in team sports as an injury prevention method.

Tim Gabbett

EXPERT INSTRUCTOR



High Performance Consultant. 20 years experience working as an applied sport scientist with athletes and coaches from a wide range of sports.



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

SYLLABUS

MODULE 1: Why do injuries

Learn how workloads affect injury rates.

MODULE 2: Fitness-fatigue model

Become familiar with the fitness-fatigue model.

MODULE 3: Acute:chronic workload ratio and injury

Learn how acute:chronic workload ratio can be used to prevent the incensement of injury likelihood.

MODULE 4: Recent controversies, and practical applications of the data

Acquire knowledge about latest controversies in using acute:chronic workload ratio and how to efficiently use monitoring data.

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.

VIDEOS

that deepen some subjects of the readings.

ACTIVITIES

to apply the content addressed in each module.

RUBRICS

that will evaluate you in each module.

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.

FORUMS

where you can interact with your colleagues.

SELF-ASSESSMENTS

which will help you measure your learning progress.



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 - Universitas.**



BARÇA INNOVATION HUB

**CREATING A NEW GENERATION OF
SPORTS PROFESSIONALS**