



**BARÇA**  
**INNOVATION HUB**  
Universitas

**COURSE**

# **TOOLS AND VARIABLES FOR MONITORING TRAINING LOADS**

**100% ONLINE • 1 MONTH**

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

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



## AIMED AT

- Coaches
- Rehabilitation specialists
- Physiotherapists, all modalities
- Physical Trainers / Technical staff
- Specialists in team sports training with non-university education
- Professionals, athletes and persons working with athletes and sports teams
- Sports doctors

## LEARN TO

- Manage the different tools and variables for monitoring training.

## David Casamichana Gómez

EXPERT INSTRUCTOR



Doctor in Physical Activity and Sports Science. Physical trainer in soccer. University Professor and Researcher.



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

# SYLLABUS

## **MODULE 1: Introduction to the Monitoring of Training Loads**

Learn the essential concepts related to training monitoring.

## **MODULE 2: The Planning, Intervention, and Evaluation Cycle in the Training Process**

Become familiar with the processes of programming, intervention and evaluation in order to carry out the training process in an appropriate manner.

## **MODULE 3: Internal Load Monitoring Tools and Their Variables**

Get to know the internal load monitoring tools and their variables for applying to specific situations.

## **MODULE 4: External Load Monitoring Tools and Their Variables**

Get to know the external load monitoring tools and their variables for applying to specific situations.

# 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 - Universitas.**





# BARÇA INNOVATION HUB

**CREATING A NEW GENERATION OF  
SPORTS PROFESSIONALS**