



**BARÇA
INNOVATION HUB**
Universitas

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**NEUROBIOLOGY AND
SPORTS PERFORMANCE**

CERTIFICATE / 100% online / 4 months

**LEARN FROM THE BEST | ENJOY A UNIQUE EDUCATIONAL EXPERIENCE |
BECOME PART OF A GLOBAL NETWORK**



The study of human movement from a neuromechanical perspective has not been developed or approached in a systematic way in structured educational programs — neither in the context of physical education nor physiotherapy. Physical education in schools and training systems are not managing to satisfy the demands of motor literacy. This creates the need to study how human movement is related to the nervous system and its different functions.

In this Certificate, we provide you with the tools and knowledge you need to develop athletes with greater motor awareness and better decision-making abilities. In order to do this, we cover all the aspects that involve movement, from perceiving a stimulus, to processing information, to finally making a decision and executing it. Without a doubt, this structured development of this subject matter will constitute a milestone in our pursuit of such an ambitious goal.

Francesc Cos

EXPERT ADVISOR



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).

PROFESSORS

Lic. Mario Di Santo
Professor of Physical Education. Health and neurobiology of control and motor learning.



- **DELIVERY MODE ONLINE**
- **DURATION 4 MONTHS**
- **ACADEMIC DEGREE EXECUTIVE EDUCATION**
- **DELIVERED IN ENGLISH**



OBJECTIVES

Promote an integrative approach in the study and practice of the human movement.

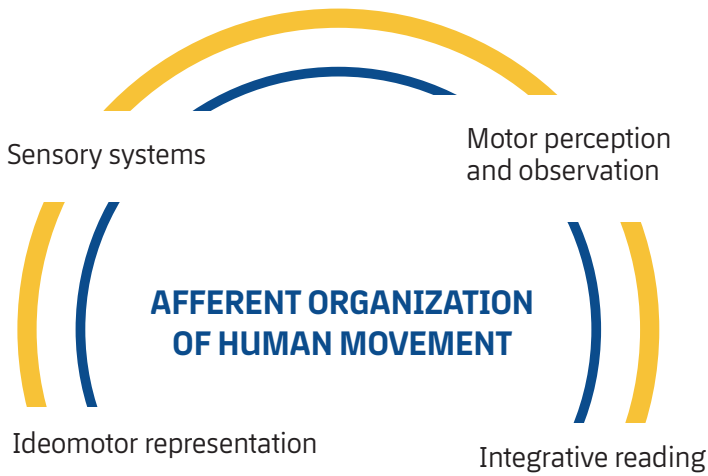
AIMED AT

- Coaches, strength and conditioning coaches, athletes.
- Students and graduates of careers related to sports sciences and physical activity.
- Students and graduates of careers related to health sciences (doctors, nutritionists, etc.).

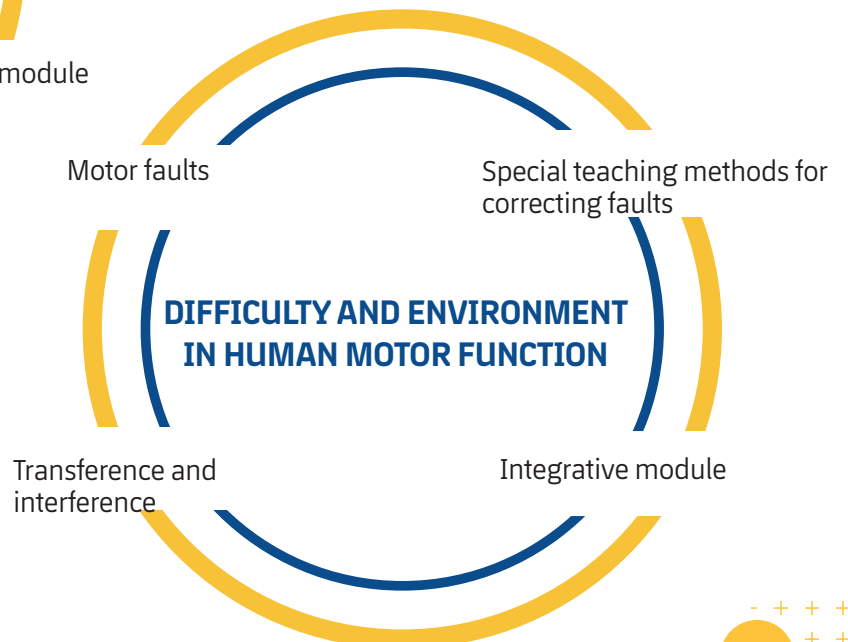
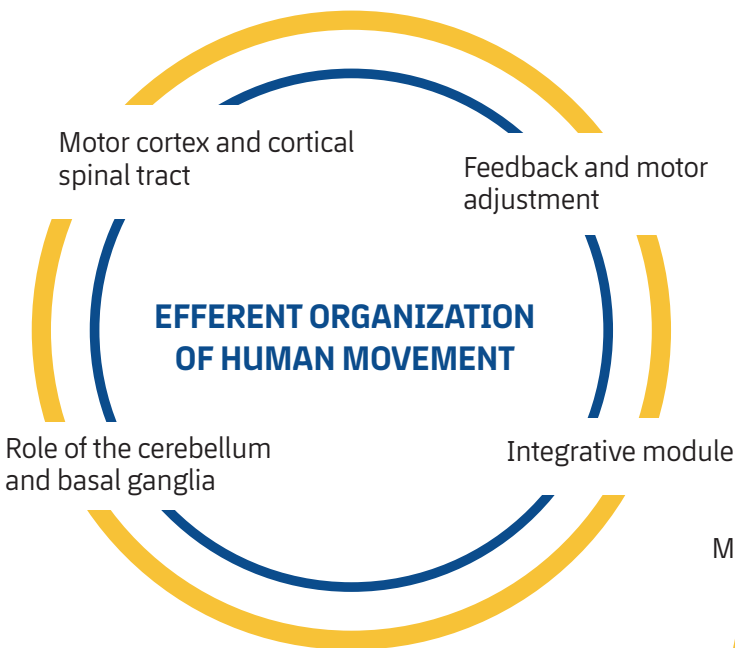
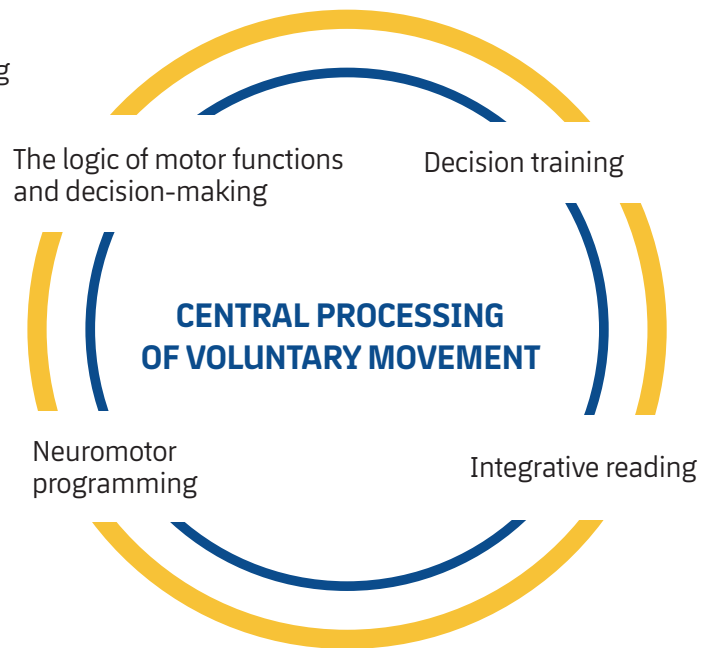
LEARN TO

- Identify the areas that participate in sensorimotor perception as well as how they influence it.
- Determine how the central nervous system influences human movement as well as how we can shape the ability to make decisions for movement.
- Identify the areas involved in the control and adjustment of movements, as well as how they are involved.
- Identify motor failures and determine how to prevent and correct them.

COURSES



The Certificate is composed of four one-month courses. This Certificate is completed sequentially (the course is enabled and each course is completed over a month).



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 for each course, issued by Barça Innovation Hub - Universitas. If you pass each of the courses that make up the program, and complete and pass the comprehensive final exam, you will also receive a verified certificate of completion for the entire program, with confirmation of identity, issued by Barça Innovation Hub - Universitas.**



BARÇA INNOVATION HUB

**CREATING A NEW GENERATION OF
SPORTS PROFESSIONALS**