



**BARÇA
INNOVATION HUB**
Universitas

TRAINING FOR TEAM SPORTS

CERTIFICATE / 100% online / 4 months

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

With the aim of providing an ever-greater spectacle, sports have undergone many changes throughout their history, making them more dynamic and entertaining. These changes were made possible due to new rules and scientific advancements, which have had a powerful effect on training processes and have helped to build athletes that are faster, stronger and more athletic.

The predominance of the physical factor in sports has, as a consequence, given a greater role to physical trainers in the construction of training processes; and the latter cannot ignore the speed and precision required for decision-making during competition. As a result, a physical trainer cannot set out to train his or her players without contemplating the behavioral component of sports.

In this Certificate, you will learn about the different physiological profiles in team sports, as well as how these influence training programs. You will also get to know the latest training methodologies.

Starting with the aspect of strength, you will learn how to prepare effective training programs, choosing the right methods with respect to the needs of your team and your athletes.

We will carry out a process for analyzing and assessing injury risk factors that provide the basis for preventive interventions as well as the injury prevention strategies that have been proven effective.

We will also analyze the needs of team sports, as well as the resources and time frames that we have for generating an adequate proposal that makes use of tests for assessing motor skills and their corresponding measurements.

Paco Seirul-lo Vargas

EXPERT ADVISOR



Head of FC Barcelona's
Methodology area.

FC Barcelona's performance
team.



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

OBJECTIVES

Learn about the aspects involved in the development of a team sports training program.

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

- Create assessment plans, analyzing diverse motor skills and obtaining measurements that can be taken into context in future training processes.
- Develop and analyze strength training programs for team sports.
- Propose efficient prevention strategies based on a process founded on scientific evidence.
- Develop training processes for team sports, applying the proposed methodologies, and basing them on the chosen sport's physical and physiological demands.

COURSES



Strength evaluation in team sports

Speed and agility assessments

SPORTS ASSESSMENT

Endurance assessment in team sports

Integrative reading

Introduction to strength in collective sports.

Our paradigm

STRENGTH TRAINING IN TEAM SPORTS

Periodization and training means.
Session programming

Integrative module

Basic concepts in epidemiology and injury prevention

Muscle injury prevention

INJURY PREVENTION

Prevention of joint injuries

Integrative reading

Periodization, planning and methodologies. Theories and new paradigms

Sports season

TRAINING PROGRAMS AND PHYSIOLOGICAL PROFILES IN TEAM SPORTS

Characterization of team sports with a focus on soccer.
Analysis of physical demand

Integrative module

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**