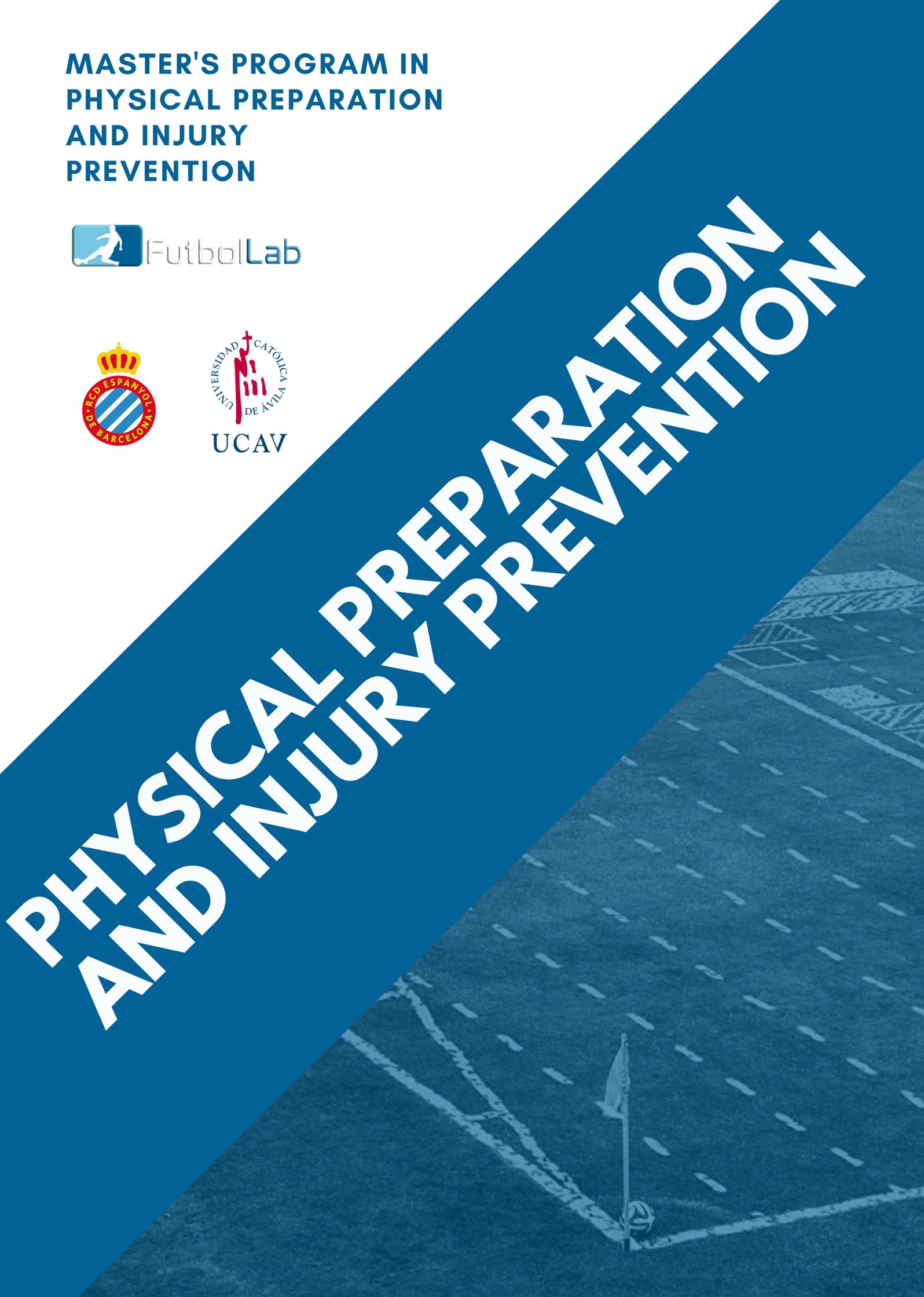


**MASTER'S PROGRAM IN  
PHYSICAL PREPARATION  
AND INJURY  
PREVENTION**



**PHYSICAL PREPARATION  
AND INJURY PREVENTION**



# INDEX

**3** INTRODUCTION  
Definition & Objectives

**4** MAIN INFORMATION  
Units

**6** STUDY PLAN  
Credits

**11** METHOD  
Types of directed work

**14** EVALUATION  
Enrollment process

**17** PROFESSIONAL OPPORTUNITIES  
Employment opportunities



FutbolLab

# PRESENTATION

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Our **Master in Physical Preparation and Injury Prevention** is one of the best in the market, and has a series of objectives that aim to balance, enhance and deepen the knowledge in specific aspects of football.

Currently, the sport is one of the most requested areas and resorted to by many people, in fact, 70% of Spaniards practice some kind of sport. Thus, it has become a great area to work as a professional, either from the point of view of a coach or player.

Soccer has a wide labor, space in Spain and only the best can be part of it. For this reason, if you decide to enter this world, you must be trained with solid knowledge that complements your professional profile, in order to be selected.

From its breadth also emanates a great competition, as more and more people are interested in this field.

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## GOALS

- Specialization in general and specific knowledge of football.
- Tactical periodization of Professor Paco Seirul-lo at FC Barcelona.
- To know the bases and measures to take into account in football.
- Explore the knowledge, tools, means to be used in a match.
- To learn training techniques, which are currently in trend.
- To be able to determine harmful behaviors that can cause injuries (Prevention).



# MAIN INFORMATION

MASTER'S DEGREE ISSUED BY THE UNIVERSIDAD CATÓLICA DE ÁVILA



## ONLINE LESSONS

Access to the content 24/7,  
during 7 months of course,  
60 ECTS (1,500 teaching hours).



## OFFICIAL TITLE

Approved by the Catholic University of  
Avila.  
- Validity: outside and inside Spain



## LANGUAGES

Taught in 2 languages:  
Spanish and English



## FINANCIATION

One-time payment or in installments of 3, 6  
or 12 months.

**COST: €5.130**

START AND ENROLLMENT: **IMMEDIATE**

This degree has the same validity outside and inside Spain, since it is a curricular title of studies, and covered by the Organic Law of Universities. No specific homologation or accreditation is required, since the Universities have the capacity to issue their own degrees, as stated in article 2.g) of the Organic Law of Universities 6/2001.



# INFORMATION ON TRAINING UNITS

The training units have an average duration of 6 ECTS credits, including the activities of that unit, the teaching methodology is accompanied by demonstrative videos by teachers and experts, as well as complemented by visual presentations, articles of interest and interviews with professional technicians, to achieve an effective, deep and attractive learning.

It also includes continuous evaluations of activities by the professors.

Finally, the master's degree includes a final project of 5 ECTS credits based on real cases.



# STUDY PLAN

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## **Introduction. Philosophy of training, competition and the human being (3 ECTS credits).**

- I. Evolution of training methodologies along the last decades.
  - II. New trends in football training.
  - III. Tactical Periodization. Brief ideas.
  - IV. Systemic training methodology "New Model".
  - V. What is the state of form? New concept of fitness.
  - VI. Does physical preparation exist?
2. Description of the environment (3 ECTS credits)
- I. General description.
    - a. Description of the club.
    - b. History.
    - c. Club structure.
    - d. Club facilities.
    - e. Equipment available.
    - f. Possibilities of cooperation for different analyses.
    - g. Technical equipment.
    - h. Staff (players' curriculum vitae).
    - i. Individual performance profile of the players (explanation of the Seirul.lo structures).
    - j. Group performance profile of the players.
    - k. Collective performance profile of the players.
  - II. Formulation of objectives. SWOT-CAME technique.

# STUDY PLAN

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## **3. Endurance training in team sports (6 ECTS credits)**

- I. Introduction.
- II. Current situation of endurance training.
- III. Proposal of endurance training in team sports.
- IV. General aerobic endurance training.
- V. Aerobic efficiency training.
- VI. Aerobic capacity training.
- VII. Power training.
- VIII. Resistance recovery training.
- IX. Summary of general resistance training.
- X. Specific resistance training.
- XI. Resistance training in technique.
- XII. Endurance training in technique: medium intensity.
- XIII. Endurance training in technique: maximum intensity.
- XIV. Endurance training in technique: supramaximal intensity.
- XV. Endurance training as decision making.
- XVI. Game endurance training

## **4. Strength training in team sports (9 ECTS credits)**

- I. Concept of strength.
- II. "Everything is strength". Strength as a basic physical capacity.
- III. Strength training for performance improvement.

# STUDY PLAN

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## **5. Speed training in team sports (3 ECTS credits)**

- I. Speed in football.
- II. New way of understanding speed. Optimal speed?

## **6. Planning and Periodization (6 ECTS credits)**

- I. Calendar of competitions.
- II. Planning, periodization, sports training, etc.
- III. The load.
- IV. General adaptation syndrome.
- V. Training and load control.
- VI. Planning model - periodization.
- VII. The preseason.
- VIII. The season.
- IX. Fatigue.
- X. Recovery methods.
- XI. Training mismanagement.
  - a. Overtraining and its types.
  - b. Tapering and its applicability in soccer teams.

## **7. Invisible training (3 ECTS credits)**

- I. Nutrition.
- II. Hydration.
- III. Sleeping hours

# STUDY PLAN

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## **8. Weekly structure (6 ECTS credits)**

- I. Introduction.
- II. The game model in the training process.
- III. The pattern morphocycle or design of weekly training cycles.
- IV. Microstructures: Seirul.lo.

## **9. The training session (6 ECTS credits)**

- I. The organization.
- II. The role of the physical trainer or "football players trainer".
- III. The training time.
- IV. Warming up.
- V. The main part.
- VI. The return to calm.
- VII. The review of the session.
- VIII. Strategies to follow on the training day.

## **10. Final evaluation. Final project. (12 ECTS credits)**

# TARGET AUDIENCE

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- **Technicians who have experience in soccer.**
- **Coaches who are graduates.**
- **Graduates or graduates in Physical Activity and Sports Sciences.**

Each of the program's lines of action are aimed at capturing and developing talent and aptitude in football.



# METHOD

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## VIRTUAL CLASSROOM | LEARNING COMMUNITY

### DISCOVERY-INDUCED ACTIVITIES

The activities in which the student will be able to carry out a contextualized learning by working, in the Virtual Classroom and in a collaborative way, a real or simulated situation that will allow him/her to make a **first approach to the different topics of study.**

### PRACTICAL APPLICATION ACTIVITIES

Includes problem-solving, project development and similar activities that allow the **application of the conceptual, procedural and attitudinal aspects worked on in other parts of the courses.**

### INTERACTION AND COLLABORATION ACTIVITIES

The activities in which different topics related to the subjects of each subject will be discussed and argued, and which will serve to **guide the process of induced discovery.**

### PRESENTATIONS AND EXERCISES

It includes the joint elaboration in the Virtual Classroom and, if applicable, the virtual defense of the assignments and exercises requested in accordance with the defense procedures established in the **teaching guides.**

### SEMINARS

Includes face-to-face or virtual attendance to small group sessions, dedicated to specific topics of each subject.



# METHOD

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## VIRTUAL CLASSROOM : STUDENT-TUTOR INTERACTION

### TUTORIES

They allow direct **interaction between teacher and student** for the resolution of doubts and individualized advice on different aspects of the subjects.

### PRESENTATIONS AND EXERCISES

It includes the individual preparation and, if necessary, virtual defense of the requested papers and exercises, in accordance with the defense procedures established in the teaching guides.

### EVALUATION ACTIVITIES

More information can be found in the "Evaluation" section on page 13 of this Master's program.



# METHOD

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## AUTONOMOUS WORK OF THE STUDENT

### INDIVIDUAL WORK ACTIVITIES

Individual work of the materials used in the subjects, although supported by the resolution of doubts and construction of knowledge through a forum enabled for these purposes.

This activity will be **the basis for the development of debates, problem-solving, etc.**

### PRACTICAL APPLICATION ACTIVITIES

It includes **personal** work in problem-solving, project development and similar activities that allow the **application of the conceptual, procedural and attitudinal aspects worked** in the other parts of the course.

### CRITICAL READING, ANALYSIS AND RESEARCH

These are activities in which the student approaches the different fields of study with a critical eye that allows an approach to research. **Examples include book reviews or critiques of articles and research projects.**

# EVALUATION

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The student chooses the following evaluation system, according to his or her personal situation and training needs:

## **Continuous evaluation + TFM**

60% of the final grade is due through the activities which should be done through the course and that will be assessed in "continuous evaluation"; the student's completion of these activities will be subject to a verification by the professors.

The remaining 40% of the last grade will be obtained from the Master's Final Project (TFM) to be carried out at the end of the course.

The FINAL project will include all the areas studied and will always involve the development of a real case, since from **FutbolLab** we want our courses to be directed to the real training situation that coaches find in their teams.



# EVALUATION

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## VIRTUAL CLASSROOM

The course is taught entirely in online mode. They will be conducted through our virtual campus that is accessed from **the official website of FutbolLab** (**www.futbolLab.com**).

From there you will be able to use the syllabus, explanatory presentations, demonstrative videos, analysis of the teachers, assignments that the teachers will send and correct.

## TUTORS

The teachers offer **continuous tutoring**, establishing telephone and/or videoconference tutorials explaining any doubts that may arise. They will guide your training evolution throughout the course, depending on your profile and level of dedication or study schedule.

As we have indicated, **the syllabus, videos, articles, interviews with experts are part of your evolution in the course, so you will do periodic exercises that are corrected by the teacher** to give you a clearer idea of the subject being worked on.



# ENROLLMENT PROCESS

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To enroll you only have to click on the **Enroll** tab, from there you will be asked to enter your personal data necessary for the academic record and in the last part of the process you will be able to choose the payment format of this program.

Remember that in this course you can go at your own pace and complete it according to your availability, as long as you do not exceed the greatest time to complete it, which in the case of the master's degree is **2 and a half years**. However, if you still need more time, you must ask authorization from the admissions department to extend the time. If you get a positive response, the new time will be automatically extended.



# PROFESSIONAL OPPORTUNITIES

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- Physical trainer of football teams of all ages and competitive levels.
- Coordinator of the physical preparation/teaching methodology of the lower categories of clubs and football schools.
- Rehab of injured players of all ages and competitive levels.
- Director or coordinator of physical preparation for professional clubs.
- Director or coordinator of physical preparation of football schools.



# PROFESSIONAL OPPORTUNITIES

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## JOB OPPORTUNITIES

Upon completion of your degree, **you will be included in a large database so that you can apply for a Master's Degree in Physical Preparation and Injury Prevention.**

Our prestigious platform has national and international reach, and is constantly visited by a variety of soccer clubs in search of trained professionals, offering excellent salaries.

With your enrollment, you are already on your way to becoming part of the most select soccer team in the world. Not only will we provide you with the academic tools, but we will also introduce you to the most demanded and best paid labor field in the sport.

**Don't think twice and start your career towards success.**





FutbolLab