

**PROGRAM EXPERT
PERSONAL TRAINER
SPORT**



EXPERT PERSONAL TRAINER SPORT



INDEX

3 **PRESENTATION**
Definition and objectives

4 **MAIN INFORMATION**
Training units

6 **STUDY PLAN**
Crédits

15 **METHODOLOGY**
Types of targeted work

18 **EVALUATION**
and the enrolment process

22 **PROFESSIONAL OUTCOMES**
Job outcomes

PRESENTATION

If you would like to be part of the staff in charge of further enhancing the technical and logistical capacity of the teams, our

Expert in personal trainer for sport

The Expert Personal Trainer Sport course not only aims to provide you with knowledge in planning, executing and evaluating training plans.

Training plans, it also seeks to achieve maximum motivation to ensure that the practitioners of sport reach the goals set. Objectives set.

OBJECTIVES

1. To be the main reference for professionals in this field.
2. To plan, execute and evaluate.

MAIN INFORMATION

EXPERT'S DEGREE IS ISSUED BY THE AVILA CATHOLIC
UNIVERSITY



ONLINE CLASSES

Access to content 24h/7, for a
9-month course, 40 ECTS (1000
Teaching hours)



OFFICIAL TITLE

Endorsed by the Universidad
Católica de Ávila.
- Validity: outside and inside Spain



LANGUAGES

Available in Spanish
and English



FINANCING

Up to 12 months

TRAINING UNITS: **13**

START AND ENROLLMENT: **IMMEDIATE**

You will have the opportunity to voluntarily carry out your internships in different clubs in Barcelona, including RCD Espanyol or its schools.

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

INFORMATION ABOUT THE TRAINING UNITS

The training units have an average duration of 8 ECTS credits, including the activities specific to that unit, the teaching methodology, the methodology, are accompanied by video demonstrations by the teachers and experts, as well as and experts, as well as complemented with visual presentations, articles of interest articles of interest and interviews with professional technicians, in order to achieve an effective, deep and attractive learning. It also continuous evaluations of activities by the teachers.

Finally, the master will consist of a final project of 8 ECTS credits based on real cases.

STUDY PLAN

Training Unit 1: Concepts of Sport and Health

- 1.1 Current Health and Sport Paradigm
- 1.2 Health maintenance through sport.

Training Unit 2: The new profession of the personal trainer

- 2.1 Introduction
- 2.2 Personal Trainer. Present and future profession.
- 2.3 Areas of knowledge of the Personal Trainer.
- 2.4 Typology of people who demand this service.
- 2.5 Values, mission and vision of a personal trainer.
- 2.6 Communication, marketing and commercial action of a Personal Trainer.

Training Unit 3: Bone system

- 3.1 Morphology and physiology
- 3.2 Skeleton and bone constitution.
- 3.3 Bone system and osteopathic
- 3.4 Joint movement

STUDY PLAN

Training Unit 4: Introduction to philosophy

4.1 Introduction to physiology

4.2 Muscular Tissue in man and woman 4.3 Muscle tissue in man and woman

4.3 Main muscle characteristics

4.4 Muscle and bone. Relationships and improvement.

4.5 Muscle insertions and activity.

4.6 Improvement of strength and tone.

4.7 The work of the muscle

Training Unit 5: Energy and musculature.

5.1 Main characteristics of the energy system

5.2 The importance of ATP.

5.3 Energy. Characteristics

5.4 Alactic anaerobic system.

5.5 Lactic anaerobic system.

5.6 Aerobic system.

STUDY PLAN

Training Unit 6: Metabolism of people

- 6.1 Physical work and its affectation to the metabolism of each person.
- 6.2 Improving metabolism with adaptive training.
- 6.3 Fatigue in sport and the importance in the psychology of the practitioner

Training Unit 7: Nutrition in sports practice

- 7.1 Muscle and energy
- 7.2 The intake of carbohydrates in the training period.
- 7.3 Fat and exercise.
- 7.4 Role of proteins in sports practice.
- 7.5 Vitamins and sport improvement
- 7.6 Minerals and exercise
- 7.7 The importance of water in sports practice.

Training Unit 8: Plan of nutrition in sport

- 8.1 Importance of a nutrition plan in training.
- 8.2 Level of caloric intake in the training session.
- 8.3 Carbohydrate intake.
- 8.4 Fat intake
- 8.5 Protein intake

STUDY PLAN

Training Unit 9. Training and its planning

9.1 Introduction to training

9.2 Different trends in training and adaptation of the body to the effort.
to effort.

9.3 Important variables in training.

9.4 Planning and evaluation of training.

9.5 Warm-up as an element of special importance.

9.6 Post-training as improvement and therapy.

9.7 Relaxation and breathing techniques

9.8 Flexibility work adapted to the person practicing.

9.9 Aerobic work.

9.10 Muscle training by age.

9.11 Strength training at each stage of health and age.

9.12 Post Training.

9.13 Passive Training.

9.14 Training evaluation and planning for next level improvement.

STUDY PLAN

Training Unit 10: Sports Injury and Illness in Sports Training.

SPORTS PRACTICE

- 10.1 The sports injury and the practice of the sport.
- 10.2 The recovery of the injured.
- 10.3 Prevention in sport
- 10.4 Treatment and improvement of the sports injury.
- 10.5 Main sports injuries.
- 10.6 Post-injury considerations. Recovery and nutrition
- 10.7 Main injury risk situations in sport.
- 10.8 Injury prevention
- 10.9 Injury recovery.
- 10.10 Sport practice in articular diseases.
- 10.11 Sports practice in diseases of vital organs.
- 10.12 Sport practice in age-related injuries.

STUDY PLAN

Training Unit 11: First Aid

- 11.1 First aid. Application techniques.
- 11.2 Assistance to the sick or injured.
- 11.3 Resuscitation techniques. Basic CPR
- 11.4 Shock State and its reactions. Treatment
- 11.5 Treatment of wounds and hemorrhages.
- 11.6 Burns.
- 11.7 Treatment of Fractures and contusions.
- 11.8 Ingestion of toxic products.
- 11.9 The sun as a health problem.
- 11.10 Inconveniences of malpractice in first aid.

STUDY PLAN

Training Unit 12: Setting up a personal trainer business.

- 12.1 Business possibilities as a Personal Trainer.
- 12.2 The economic planning of the activity.
- 12.3 Products to offer and cost.
- 12.4 Feasibility of the business.
- 12.5 Profit and loss account.
- 12.6 Balance sheet
- 12.7 Product marketing.
- 12.8 Marketing and public relations of a personal trainer.
- 12.9 Social networks as a vital element
- 12.10 Advertising on social networks
- 12.11 Advertising in the main search engines (Google, Yahoo).
- 12.12 Business alliances.
- 12.13 Content planning of the Personal Trainer's web site.
- 12.14 Business profitability and staff recruitment.
- 12.15 Legal security. Labor, fiscal and personal

Training Unit 13: FINAL COURSE PROJECT.

PLAN DE ESTUDIO

Training Unit 13: FINAL COURSE PROJECT

In this formative unit, the student is expected to develop a last project that frames everything that has been worked on within a business creation

situation of creating a business so that he/she can develop his/her idea for the and to consider the needs and all the sections to be taken into account to carry out a profitable activity.

To take into account to carry out a profitable activity. The student will be able to the teaching team, and they will develop the idea, always under continuous tutoring.

- 1- Idea of the project
- 2 - Planning and realization of the project
- 3- Economic development of the project
- 4- Feasibility of the project.
- 5- Presentation of the project.

TARGET AUDIENCE

- Technicians who have experience in football.
- Coaches who are graduates.
- Graduates or Graduates in the Sciences of Physical Activity and Sport.
- Physical Activity and Sport Sciences.

Each of the lines of action of the program are aimed at capture and develop talent and aptitude in football.

METHODOLOGY

CLASSROOM | LEARNING COMMUNITY

ACTIVITIES OF INDUCED DISCOVERY

Activities where 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.

APPLICATION ACTIVITIES PRACTICE

It includes problem-solving, project development and similar and similar activities that allow the conceptual, procedural and attitudinal aspects, procedural and attitudinal worked on in other parts of the subjects

ACTIVITIES AND COLLABORATION

Activities in which you will discuss and will discuss and argue about different topics related to the subjects of each subjects of each subject and that will serve to guide the guide the process of induced discovery.

PRESENTATIONS OF WORK AND EXERCISES

Includes the attendance in person or virtually to small group sessions, dedicated to specific topics of each subject.

METHODOLOGY

CLASSROOM | STUDENT-TUTOR INTERACTION

TUTORIALS

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

PRESENTATIONS OF ASSIGNMENTS AND EXERCISES

It includes the individual elaboration and, if necessary, virtual defense of the requested works and exercises and exercises requested, according to the defense procedures established in the teaching guides.

EVALUATION ACTIVITIES

More information in the section "**Evaluation**".

METHODOLOGY

STUDENT'S AUTONOMOUS WORK

INDIVIDUAL INDEPENDENT WORK ACTIVITIES

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

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

PRACTICAL APPLICATION ACTIVITIES

Includes **individual work** in the resolution of problems, elaboration of projects and similar activities projects and similar activities that allow the application of conceptual, procedural and attitudinal 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 fields of study with a critical view that allows an approach to research.

They include, by way of example, book reviews or critiques of articles and research project

EVALUATION

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

Continuous evaluation

- The 60% of the final grade is obtained through the activities that will be during the course, which will be evaluated in "continuous evaluation", the realization by the student of these activities will be subject to a verifying. The student's completion of these activities will be subject to a verifying verification by the teachers.
- The remaining 40% of the final grade will be obtained from the Final Work to be done at the end of the course.

The final project will include all the areas studied and will always involve the development of a case study.

always involve the development of a real case, since from FutbolLab we want our courses **FutbolLab** we want our courses at all times to be directed to the real training situation that the coaches find in their teams.

EVALUATION

VIRTUAL CLASSROOM

The course is taught entirely in online mode. It will be carried out through our **virtual campus**, which can be accessed from the official Futbollab website (www.futbollab.com).

From there you will be able to access the syllabus, explanatory presentations, videos, demonstrative videos, analysis of the teachers, assignments that are sent to you and corrected by the teachers.

TUTORS

The professors offer continuous tutoring, establishing telephone and/or videoconferencing by telephone and/or videoconference, explaining any doubts that may arise.

They guide your learning progress 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, etc. are part of your experts are part of your evolution in the course, so you will do periodic exercises that the exercises that are corrected by the teacher to give you a clearer idea of the topic you are working on.

EVALUATION

At the end of the course you will carry out a final project that will encompass all the areas studied and that 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.

REGISTRATION

To enroll you just 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 for this program.

Remind you that in this course you can go at your own pace and and take the course according to your availability, as long as you do not exceed the most 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 will have to ask for authorization from the admissions department to extend the time.

If you get a positive answer, the new agreed time will be automatically extended.

If you have any doubts about how to register on the web page, we have ready a video to help you.

<https://youtu.be/ZqyV1xkJvQw>

PROFESSIONAL OUTCOMES

With the Expert in Personal Sports Trainer you will be able to work in:

- Personal trainer of élite athletes.
- Specific trainer in sports clubs.
- Sports performance analyst in clubs, federations, academies.

PROFESSIONAL OUTCOMES

JOB OUTCOMES

Once you acquire the knowledge in Personal Trainer Expert Sport, you will be able to enter a fruitful way and with all the knowledge necessary to apply for various jobs. From Futbollab, we appreciate your trust in our system, so we have ready a very special section.

Each of our students will be able to enter in our job bank, which is made up of multiple institutions or clubs that are looking for professionals in the world of soccer to be part of their team. In this way, your your skills will be exposed to potential employers.

Knowledge is formed with theory and practice! That is why we that you become part of an organization that allows you to develop your skills to the fullest your skills to the fullest accompanied by your knowledge acquired through our courses through our courses, masters or other study options, enter the labor field with the best the labor field with the best studies on the web!

