

**MASTER'S DEGREE
PROGRAM IN HIGH
PERFORMANCE IN
SPORT**



HIGH PERFORMANCE IN SPORTS



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PRESENTATION

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

Master's Degree in High Performance in Sport

You will learn to manage the team at the highest difficulties in the world of high competition. Learn to manage your game, your wisdom and your knowledge at different stages of the season. Plan, evaluate and develop training programs adapted to competition.

GOALS

- To teach students the management of a team at the highest level with the vicissitudes involved. - Plan, evaluate and develop training programs adapted to the competition and analyze it.
- Tactical knowledge throughout history to be able to apply them in our high performance teams.
- We will learn about positional style, and the different behaviors in the phases of play to understand and give the next step to our team. We will know the intrinsic management of a team and how to act on it.

MAIN INFORMATION

MASTER'S DEGREE ISSUED BY THE UNIVERSIDAD CATÓLICA DE ÁVILA



ONLINE CLASSES

Access to the content 24/7, during 9 months of course, 60 ECTS (1500 teaching hours).



LANGUAGES

Taught in 2 languages: Spanish and English



OFFICIAL TITLE

Approved by the Catholic University of Avila.

- Validity: outside and inside Spain



FINANCIATION

Up to 12 months

UNIDADES: **12**

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 9 ECTS credits based on real cases.

STUDY PLAN

- 1- INTRODUCTION TO SOCCER (3 ects)
- 2- IMPORTANT CONCEPTS OF THE GAME (6 ects)
- 3- KEYS OF A SOCCER TEAM (3 ects)
- 4- FORM AND STYLE OF PLAY (6 ects)
- 5- THE POSITIONAL PLAY (6 ects)
- 6- THE SYSTEM OF PLAY AND ITS IMPORTANCE (6 ects)
- 7- THE DEFENSIVE STYLE AND THE CONDUCT AFTER RECOVERY (6 ects)
- 8- THE MANAGEMENT OF A TEAM (6 ects)
- 9- COMPETENCIES AND KNOWLEDGE OF A COACH (3 ects)
- 10- THE KEYS OF A FOOTBALL COACH (3 ects)
- 11- IMPLEMENTING A PLAYING STYLE WITHIN A CLUB (3 ects)
- 12- FINAL PROJECT OF THE MASTER'S DEGREE (9 ects)

TARGET AUDIENCE

- **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

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

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

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

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

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.

EVALUATION

At the end of the course you will carry out a final project that will include all the areas studied and that will always involve the development of a real case, since from FutbolLab we want our courses at all times to be directed to the real training situation that the coaches find in their teams.

ENROLLMENT PROCESS

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

- Physical trainer of high performance athletes in different sports.
- Analyst of physical-sports performance in both individual and collective sports.
- Technical analyst of different sports modalities.
- Personal trainer of different sports modalities.
- Technical advisor in the optimization of performance in different sports.
- Specialist in strength training and physical conditioning in high performance sports.
- Expert in assessment, optimization and control of high performance athletes.

PROFESSIONAL OPPORTUNITIES

JOB OPPORTUNITIES

Once you acquire the knowledge in our Master in High Performance in Sport, you will be able to enter a fruitful way and with all the necessary knowledge to apply for various jobs. From Futbollab, we appreciate your confidence in our system, so we have developed a very special section. Each of our students will be able to enter our job bank, which is composed 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 skills will be exposed to potential employers. Knowledge is formed with theory and practice! That is why we recommend you to be part of an organization that allows you to develop your skills to the fullest accompanied by your knowledge acquired through our courses, masters or other study options. Enter the labor field with the best studies on the web!

