



# Program. Professional Diploma in Strength and Conditioning for Football



## SYLLABUS

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- ≡ Proposal justification
- ≡ Competencies
- ≡ Skills
- ≡ Target audience
- ≡ Criteria for participation and approval

## TOPICS

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- ≡ Course 1: Basic coaching skills
- ≡ Course 2: The Basics Of Our Style Of Play



**Course 3: What To Train**



**Course 4: How To Train It**



**Course 5: Neuromuscular basis for strength training**



**Course 6: Strength training methodology: its application in the improvement of sports (...)**



**Course 7: Strength and muscle power as a key feature of rehabilitation from sports injuries**



**Course 8: Technology, strength training and muscle power**



**Course 9: Macronutrients and fluid for football**

## Proposal justification

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This program offers the opportunity to expand knowledge in a cross-disciplinary way, as it covers topics such as nutrition, workload, injuries, and strength training, all of which are essential for daily professional practice. At the same time, it provides psychological competencies that a coach must take into account for their own practice.

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# Competencies

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## Generic

Understand the different theoretical movements which underly the new training paradigms.

## Specific

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Create action plans based on an understanding of player complexity.

Optimize the choice of different methodologies which can be applied to the training process, focusing on the formative process of players.

Design strategies that favor a collective training process with regard to our game, focusing on player development.

Improve critical analysis by completing a training program on the different professional roles of sports science and health.

Improve sports performance and injury prevention through a deepened understanding of the methodology to use in strength training and muscle power programs.

Apply the appropriate methodology to the design of the post-injury rehabilitation process in situations where strength development plays a significant role.

Have a broad understanding of the emerging methodologies of strength training in order to explore these with the benefit of a solid scientific foundation.

Understand the role of macronutrients for football performance.

Use the appropriate tools to develop effective leadership in the management of groups and individuals.

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# Skills

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The skills we hope you will develop throughout this course are:

## General skills

1

**Group and collaborative work:** the ability to work with colleagues in order to accomplish shared goals and to achieve the synergy typical of a high performance group.

2

**The capacity of analysis/reflection:** the capacity to methodically examine the different aspects of a certain reality or situation and to carry out an assessment of that situation.

3

**Creativity and innovative, knowledge-based solutions:** the capacity to find alternative solutions to existing problems based on formal knowledge.

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## Target audience

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The program is aimed at strength and conditioning coaches, physiotherapists, and rehabilitation specialists, providing them with the tools and knowledge necessary to enhance their professional practice.

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# Criteria for participation and approval

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## Participation criteria

During the course, the student is expected to:

- Browse the multimedia contents of each of the modules that make up the course.
- Solve the evaluations assigned in each module.
- Carry out the proposed activities, whether group or individual.
- Take the final exam.

## Approval criteria

To pass each course, students are required to complete the activity proposed in the course and pass the final exam.

The student must achieve a final score of 70% or higher. This grade will be the average of the activity and the final exam.

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# Course 1: Basic coaching skills

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- Module 1: Leadership
- Module 2: Communicational Tools
- Module 3: Motivational Climates
- Module 4: Coaches and their Environment

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## Course 2: The Basics Of Our Style Of Play

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- Module 1: The science behind Barça Football
- Module 2: The elements involved
- Module 3: The defining concepts of Barça Football
- Module 4: The game as a process

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## Course 3: What To Train

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- Module 1: Optimizing training
- Module 2: Cognitive elements of the player
- Module 3: Group elements of the team
- Module 4: The phases of play

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## Course 4: How To Train It

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- Module 1: Train-optimize
- Module 2: The training session
- Module 3: Training specific to Barça Football I
- Module 4: Training specific to Barça Football II

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## Course 5: Neuromuscular basis for strength training

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- Module 1: Characteristics of the musculoskeletal system
- Module 2: Muscle action and its relationship to sports
- Module 3: Systemic changes in detraining and immobilization
- Module 4: Assessment of muscular properties in relation to sport

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## Course 6: Strength training methodology: its application in the improvement of sports (...)

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### **(...) performance and post-injury rehabilitation for competition**

- Module 1: Contextualization: how can we adapt strength training to team sports?
- Module 2: Strength workload methodology in situation sports
- Module 3: Integrating strength workload into planning and programming of situation sports
- Module 4: Strength in the design of sports specific tasks. Examples based on football

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## Course 7: Strength and muscle power as a key feature of rehabilitation from sports injuries

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- Module 1: Analysis of injury in sports: injury mechanisms and associated risk factors
- Module 2: Sports injuries and their relationship with the quality of strength
- Module 3: Strength manifestations and muscle power in the post-injury rehabilitation process
- Module 4: New paradigms in strength training: muscle building through vascular occlusion

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## Course 8: Technology, strength training and muscle power

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- Module 1: Technology, equipment and general strength training
- Module 2: Technology, equipment and specific strength training in relation to sports
- Module 3: Technology in strength and muscle power evaluation
- Module 4: Interactive technology and strength training

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## Course 9: Macronutrients and fluid for football

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- Module 1: The role of carbohydrate in the player's diet
- Module 2: The role of protein in a player's diet
- Module 3: The role of fat in a player's diet
- Module 4: Fluid

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