



**BARÇA
INNOVATION HUB**
Universitas

CERTIFICATE

WORKLOAD AND INJURY IN TEAM SPORTS

100% ONLINE • 4 MONTHS

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CityUniversity
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Starting from the premise that it is impossible to manage what one cannot measure, everyone involved in constructing team sports processes needs to be able to put values on the physical and physiological demands put on players, both in competition and in training. For this reason, controlling, monitoring and managing workload has been one of the biggest areas of interest for coaches and physical trainers, starting in the second half of the 20th century up until the current day.

Technology has played a fundamental role in this regard, with data collection becoming an increasingly simple and effective task. Since GPS devices, accelerometers and other devices were introduced, coaches and physical trainers have had the ability to measure and evaluate an ever-increasing number of training variables in their ongoing pursuit of two main goals: optimizing performance and preventing injuries.

In this context, Tim Gabbett is a specialist with a long career in the field. Currently he works training coaching teams in the most important leagues in the world, in team sports such as football, rugby and basketball. Tim's ability to incorporate training load variables in both individual and team contexts has seen this author become a leading expert on this subject matter.

Load values and data should not be used or analyzed in isolation but rather in function of variables such as individual characteristics, the moment of the season, the team's position in the competition, etc. In this certificate, you will obtain the necessary tools and skills to develop a load management methodology in order to reduce injury incidence for your athletes

Tim Gabbett

EXPERT INSTRUCTOR



High Performance Consultant. 20 years experience working as an applied sport scientist with athletes and coaches from a wide range of sports.



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

OBJECTIVES

Develop the capacity to efficiently manage load monitoring data with the objective of preventing soft tissue injuries.

AIMED AT

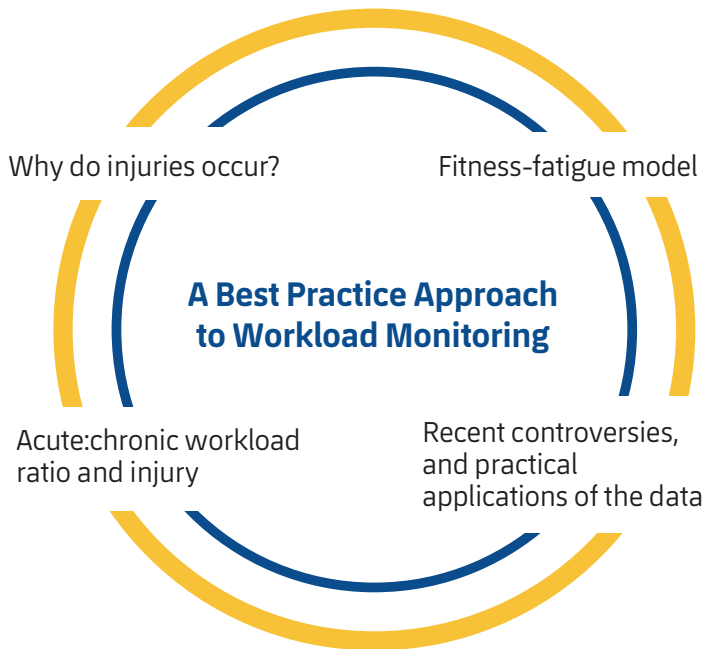
- Physical trainers
- Personal trainers
- Students in programs related to sports science
- Sports physiotherapists
- Sports physicians

LEARN TO

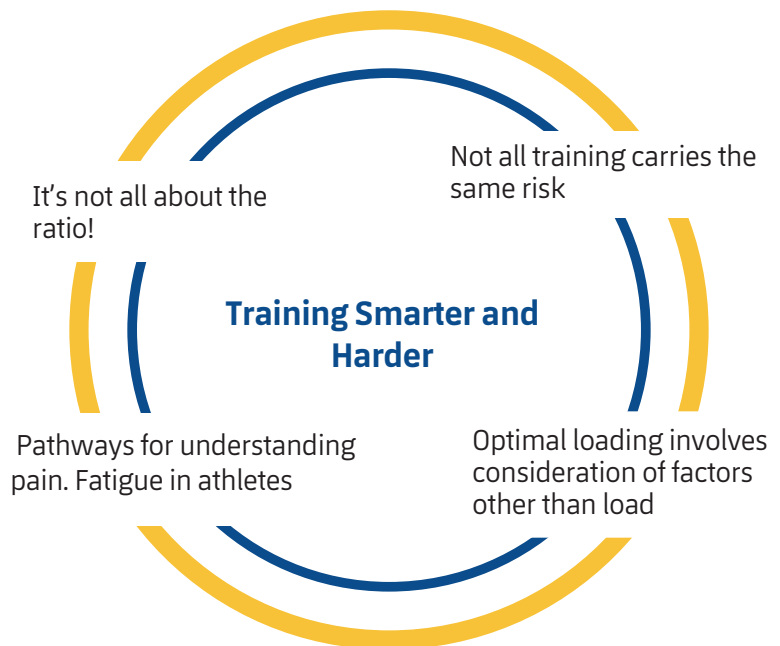
- Analyze workload monitoring data to orientate the training process towards preventing injuries and consequently successfully optimize sports performance



COURSES



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.**





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**CREATING A NEW GENERATION OF
SPORTS PROFESSIONALS**

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