



PARTNERS

KISTLER

measure. analyze. innovate.



UCAM
SPANISH • SPORTS
UNIVERSITY

International Business School Barcelona

ESEI



sports

Hamstring Strain Injuries

PREVENT

International Research Network for Injury Prevention of Hamstrings in Soccer

Fytexia

noisefeed



<u>education@scs.academy</u> https://www.scs.academy/





INFORMATION

- o Modality: ONLINE
- o Duration: 75 hours.
- o Teaching modules: 10.
- Multiple-choice test after each module.
- Inscriptions open indefinitely.
- o Standard price: 950€
- o Membership price (15% discount): 807.50€
- Certification requirement: Bachelor in Sport Sciences. *An attendance certificate will be provided to non-graduate students.
- Recertification will be required following SCS regulations.







PROFESSORS

Ángel Aceña

Johor Darul Tazim FC (Performance Department).

UCAM Sports University (Masters Degree Lecturer).

Francisco del Alba

Performance Specialist for Sports Organizations.

o Pedro E. Alcaraz

Full Professor in Sport Sciences.

UCAM Research Center for High Performance Sport.

Performance Specialist for Sports Organizations.

Chris Bishop

London Sport Institute, Middlesex University, London, UK.

Anthony Blazevich

Professor of Biomechanics, Edith Cowan University, Australia.

Paul Bradley

Independent Football Science Consultant, UK.

o João Brito

Portugal Football School, Portuguese Football Federation.

Eduardo Cadore

Exercise Research Laboratory, School of Physical Education, Physiotherapy and Dance, Universidade Federal do Rio Grande do Sul (UFRGS).

o Julio Calleja González

Full Professor at the University of the Basque Country, Vitoria, Spain.

Honorary Professor at Faculty of Kinesiology, Zagreb, Croatia.

Professor at Spanish Olympic Committee, Madrid, Spain.

Ismael Camenforte López

Strength and Conditioning Coach, Bayern Leverkusen.

Miguel Ángel Campos

Strength and Conditioning Coach, Football Academy at the Spanish National Federation.

Jodie Cochrane Wilkie

Physical Activity, Sport and Exercise Research Theme, Faculty of Health, Southern Cross University, QLO, Australia.

Adjunct Researcher, Edith Cowan University, WA, Australia.

o Daniel D. Cohen

Sports Science Center (CCD), Colombian Ministry of Sport (Mindeporte), Bogotá, Colombia.

Masira Research Institute, University of Santander (UDES), Bucaramanga, Colombia.

Performance Specialist for Sports Organizations.







PROFESSORS

Carmen Colomer

Head of Performance, Perth Glory FC.

Francesc Cos

Strength and Conditioning Coach,
Manchester City Football Club.
National Institute of Physical Education of
Catalonia (INEFC), University of

Anne Delextrat

Barcelona.

Oxford Brookes University, UK (Sport and Health Sciences and Social Work department).

Daniel Fernández

Former Assistant Coach and
Performance Analyst. UAE FA and U19
Football Club Barcelona

Tomás T. Freitas

UCAM Research Center for High Performance Sport. UCAM Club de Baloncesto.

Antonio Gómez

Spanish Football Federation.

Spain Youth National Team Fitness

Coach.

Shaun Huyqaerts

Strength & Conditioning Coach, Royal Antwerp Football Club.

Igor Jukić

High Performance Sport Center (Croatian Olympic Committee).

Faculty of Kinesiology, University of Zagreb.

Thue Kvorning

Novo Nordisk, Soeborg, Denmark and Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense, Denmark.

Shaun McLaren

Strength and Conditioning Coach and Sport Scientist.

Newcastle Falcons Rugby Club, United Kingdom; Department of Sport and Exercise Sciences, Durham University, United Kingdom.

Luka Milanovic

Faculty of Kinesiology, University of Zagreb.

Croatian Football Federation.

High Performance Sport Center, Croatian
Olympic Committee.







PROFESSORS

o Fernando Pareja

Centro de Investigación en Rendimiento Físico y Deportivo. Universidad Pablo de Olavide.

o José Manuel Rodríguez Montero

Strength and Conditioning and Rehabilitation in ASPIRE Academy and Qatar National Teams.

Igor Setuain

UPNA Associate Professor.

TDNclinica Director.

Professional Football Injury Consultor.

Luis Suárez Arrones

Head of Performance at FC Lugano (former Fitness Coach at FC Basel, ACF Fiorentina, Tianjin Quanjian, Qatar National Team - Aspire). Professor at Pablo de Olavide University.

Shaune Vial

Edith Cowan University, WA, Australia.

Irina Zelenkova

Zaragoza University







Thue Kvorning (DEN)

Team Sports Physiology:

Concepts of Intermittency,

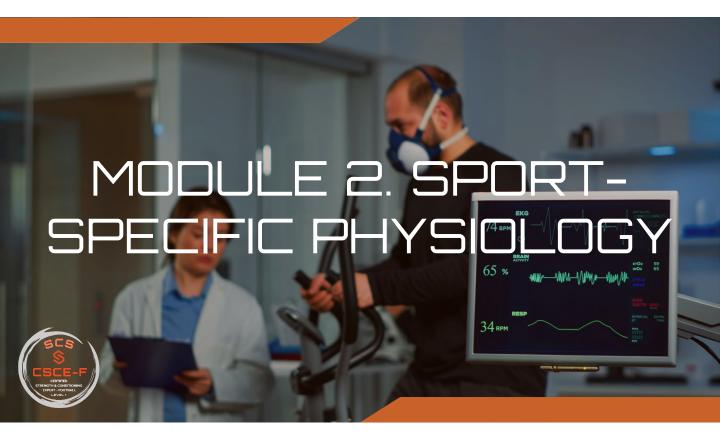
Recovery, Density, Internal load.



Julio Calleja González (ESP)

- Recovery Strategies.
- Physiological Basis of Travel
 Fatigue and Cool-down in
 Training and Competition.







João Brito (POR)

Recovery in Football (Soccer): Mechanisms of Post-match Fatigue and Recovery Dynamics.



Paul Bradley (UK)

- Factors Influencing Match
 Performance.
- (R)Evolution in Match
 Performance: Detailing Style and
 Substance.



MODULE 3. TRAINING STRATEGIES FOR INJURY PREVENTION AND RETURN TO COMPETITION FOR TEAM SPORTS



Igor Setuain (ESP)

 Epidemiology, Etiology and Diagnosis of Injuries.



Daniel D. Cohen (UK)

 Evaluation of the Recovery Process and Return to Sport.

MODULE 3. TRAINING STRATEGIES FOR INJURY PREVENTION AND RETURN TO COMPETITION FOR TEAM SPORTS



José Manuel Rodríguez Montero (ESP)

- Alternative Training.
- Consequences of Injury and Detraining.
- Rehabilitation and Return to Practice Strategies.



Francisco de Alba (ESP)

- Specific Injury Risk Reduction
 Strategies.
- Initial Treatment and S&C Role during RTP.





Anthony Blazevich (AUS)

- o Shot (kicking) Biomechanics.
- o Jumping Biomechanics.
- o Sprinting Biomechanics.



Jodie Cochrane Wilkie and Shayne Vial (AUS)

Injury Biomechanical Mechanisms in Football.



Tomás T. Freitas (POR)

Change of Direction and Agility Biomechanics.





Pedro E. Alcaraz (ESP)

- Strength Development in Football (Neural vs. Hypertrophic Methods).
- Circuit Training and Resisted Methods.



Eduardo Cadore (BRA)
Power Training in Football.







Fernando Pareja (ESP)

- Strength Training Methodology in Football
- Sprint Training Methodology in Football.



Luka Milanovic (CRO)

Endurance Training in Football (Intermittent Training; Small-Sided Games; Continuous Variable Training)



Anthony Blazevich (AUS)

Joint Mobility Training in Football.







Francesc Cos (ESP)

Coadjuvant Training: Understanding the Strategies and Mechanisms for Structural Adaptations.



Antonio Gómez (ESP)

- o The Microcycle.
- o Football-specific Tasks.





Ismael Camenforte (ESP)
Specific Training Load
Monitoring in Football.



Luis Suárez Arrones (ESP) The Mesocycle.



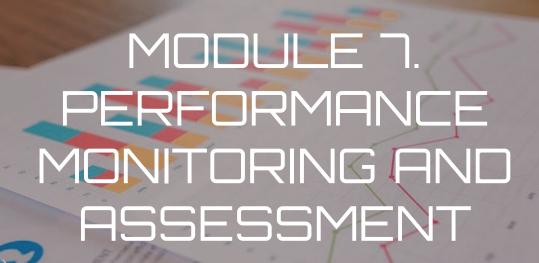


Miguel Ángel Campos (ESP) The Training Session.



Daniel Fernández (ESP)
Tactical Periodization, Pattern
Morphocycle.







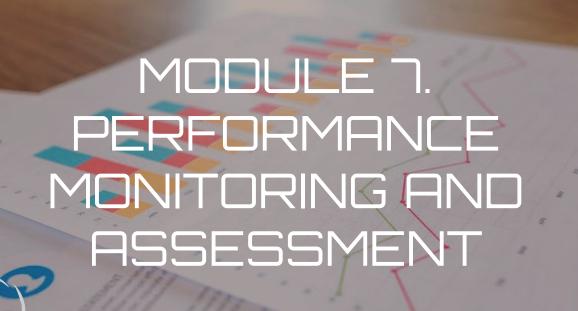
Chris Bishop (UK)

Physical Performance Assessment: Field- and Laboratory-based Methods and Tests.



Shaun McLaren (UK)

- o Training Load.
- Control and Monitoring of Postcompetition Fatigue.





Anne Delextrat (FRA)

- o Body Composition Assessment.
- Optimal Timing for the Application of Testing Batteries.



Miguel Ángel Campos (ESP)
Wereable Technology as External
Load Monitoring Instruments.





Irina Zelenkova (RUS)

- o Group Management Techniques.
- o Emotional Intelligence.



lgor Jukić (CRO)

- Role of the SCC in the Coaching Staff.
- o Optimization of Human Resources.





Ángel Aceña (ESP)

- Integration of Conditioning Training within Technical-Tactical Sessions.
- Evolution of the Physical and Technical-Tactical Training Methods.





Shaun Huygaerts (BEL)

Optimization of Resources in Large Group Sessions.



Carmen Colomer (AUS)

- Data Management, Analysis and Visualization.
- Recording Instruments.



