

MASTER'S PROGRAM IN PERFORMANCE DIRECTION



CHARACTERISTICS OF THE MASTER

The master's degree is a title of the University of INEFC and SCS. It has a load of 190 hours of theoretical content in the classroom, 75 hours of theoretical-practical content distributed between sessions in computer rooms, multipurpose rooms and visits to centers and/or high performance institutions, and 12 hours of assessment.

Finally, the master's degree will include 100 hours of practice in collaborating institutions and/or clubs. At the end of the master's degree, a report/practice project must be submitted with the activities carried out. Since the master's degree is intended to be compatible with work, the teaching load will be distributed in ten sessions over **ten months**.

The sessions will take place during one weekend of each month, and each of them will last twenty hours. The format of the master's degree will be mixed, combining the mandatory face-to-face sessions with online sessions and mixed sessions (to choose: face-to-face or by streaming). To obtain the degree, the student must attend at least 80% of the sessions. The price of the master's degree **includes the football SCS CSCE certification**. This certification will be independent of the approval of the master's degree and will have a separate exam. The regulations to be certified by the SCS are detailed in the following link:
[conditioning-expert-football-first-level/](#)

**GOAL**

Train professionals interested in learning proper management to facilitate coordination between the different areas and professionals and, in short, optimize the decision-making process and the performance of the players and the team.

**PROFILE**

The Master's in Performance Direction is aimed at graduates in Sports Sciences and Health Sciences. Professionals with other relevant qualifications can also access it if they demonstrate appropriate experience and skills. Upon completion, a qualification recognized by INEF Catalonia and SCS is obtained.

**ADMISSION
CRITERIA**

The maximum number of places will be 30 per edition and acceptance will be assessed by the management of the master's degree taking into account the following aspects:

- Academic training.
- CV and professional experience.
- Motivational letter.
- Interview if deemed necessary.

**ENROLMENT**

The price of the master's degree will be 9,900 euros. The registration fee includes meals, the morning coffee break, teaching material and a set of sports clothes.

**REGISTRATION**

Interested individuals need to apply through the dedicated webpage after the master's program is officially launched. Starting September 1, 2024, accepted applicants will receive personal notifications outlining the registration process.

**LOCATION**

The master's degree will be carried out in the facilities of the INEFC de Catalunya center in Barcelona.

PROGRAM STRUCTURE



1. Sport Performance Director: integrative role and job description

(4 ECTS = 15 h theoretical + 5 h practical)



2. Injury Management and Recovery Strategies

(6 ECTS = 20 h theoretical + 10 h practical)



3. Leadership and Organisational Behaviour, and Applied Phycology Strategies

(6 ECTS = 20 h theoretical + 10 h practical)



4. Coaching and Communication

(4 ECTS = 15 h theoretical + 5 h practical)



5: Long-term Planning

(6 ECTS = 20 h theoretical + 10 h practical)



6. Data management for Sports Governance

(4 ECTS = 15 h theoretical + 5 h practical)



7. Advanced statistical application in decision making in performance departments

(6 ECTS = 20 h theoretical + 10 h practical)



8. Testing, Performance Assessment and Movement Analysis

(6 ECTS = 20 h theoretical + 10 h practical)



9. Sports Medicine

(4 ECTS = 15 h theoretical + 5 h practical)



10. Skill Acquisition, Technical and Tactical Analysis

(4 ECTS = 15 h theoretical + 5 h practical)



11. Sports Nutrition

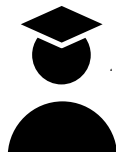
(4 ECTS = 15 h theoretical + 5 h practical)



12. Practicum

(6 ECTS = 100 h internship + 50 h internship report)

TEACHING FACULTY



*Some of our
outstandings confirmed
professors are:*

- Pedro E. Alcaraz;
- Anthony J. Blazeovich;
- Francesc Cos;
- Francesco Cuzzolin;
- Avery Faigenbaum;
- Urs Granacher;
- Igor Jukić;
- Mireia Porta;
- Ricard Pruna;
- Jaime Sampaio;
- Xavi Schelling;
- or Irina Zelenkova;
among others.



FRANCESC COS

Master's Director

MORE PROGRAM



INFO HERE



<https://www.scs.academy/>



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