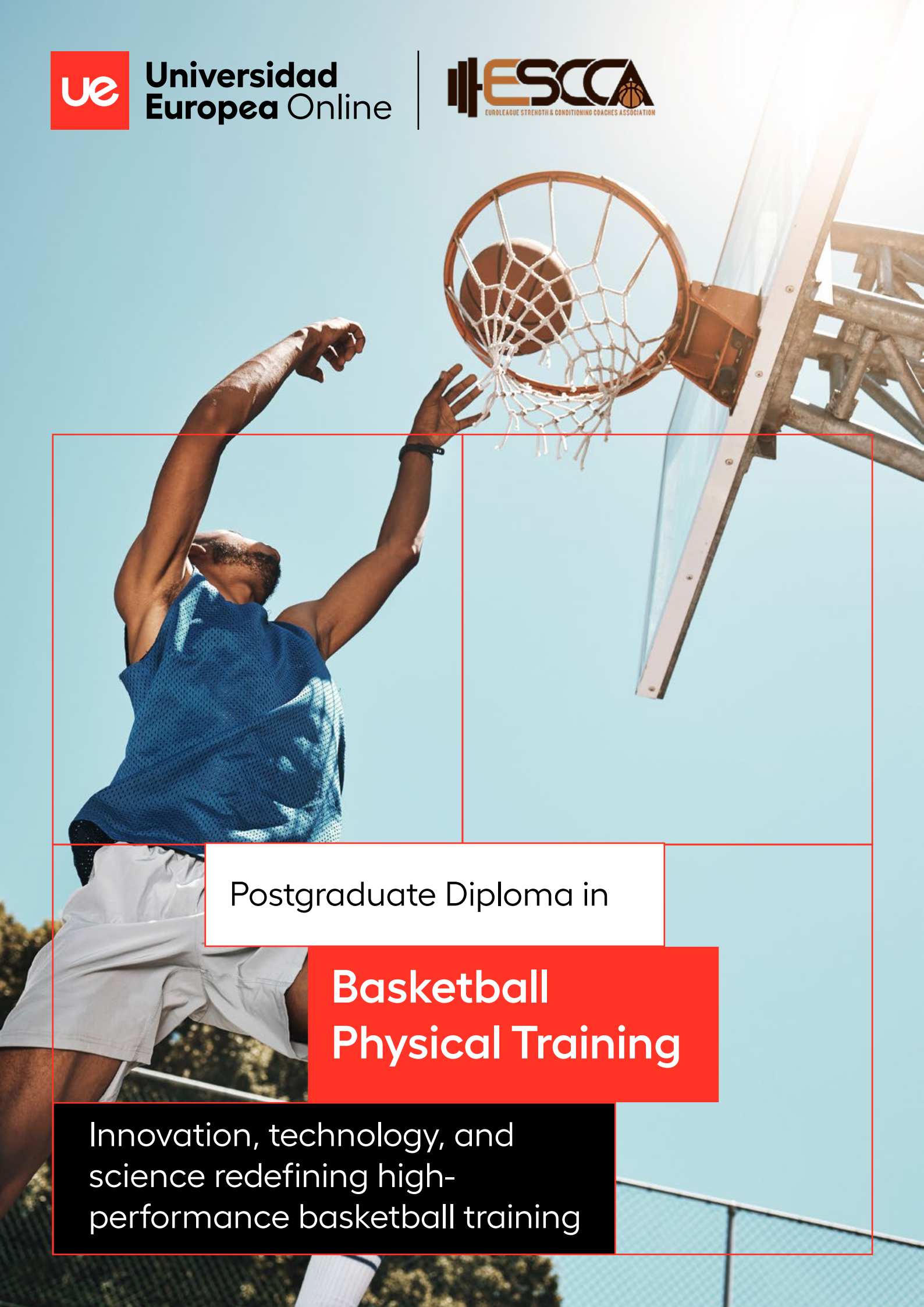




Universidad
Europea Online



Postgraduate Diploma in

Basketball Physical Training

Innovation, technology, and
science redefining high-
performance basketball training

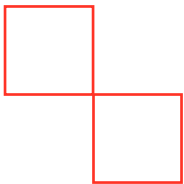
Index

Universidad Europea Online	3
Postgraduate Diploma in Basketball Physical Training	5
Faculty	8
Differentiating aspects	10
Candidate Profile & Career opportunities	12
Admission process	14

Universidad Europea Online

In 2020, Universidad Europea renewed the **European Seal of Excellence 500+**, awarded by the **Club Excelencia en Gestión**—the highest level of recognition under the **EFQM Model**. This prestigious certification highlights organisations that lead with **excellence, innovation, and sustainability** in their management practices.

Universidad Europea was also named a **European Excellence Ambassador 2020**, an honour held by only **18 organisations in Spain** and the **only university** to achieve this distinction. It reflects our commitment to delivering transformative education through the highest standards of quality and leadership.



EMBAJADORES DE LA
EXCELENCIA
EUROPEA





Rankings that validate our commitment



- **QS Stars™:** We are the first private university to achieve 5 Stars in all 10 categories of the QS Stars Rating — a globally recognized evaluation that measures educational quality, reputation, and employability. It is one of the most prestigious sources in the field of higher education.



- **Times Higher Education:** ranks Universidad Europea among the top 3 private universities in Spain.



- **EFQM:** it awards its highest recognition to the university with the European Excellence 500+ seal granted by the Excellence in Management Club.



- **Scimago Institutions Rating:** it highlights the university for having over 100 selected publications with research indexed in SCOPUS (a bibliographic database of abstracts and citations of journal articles).

Postgraduate Diploma in Basketball Physical Training

The **Postgraduate Diploma in Basketball Physical Training** is a unique, elite-level programme designed to transform your expertise in the physical preparation of basketball athletes. Built in partnership with the **European Strength & Conditioning Coaches Association (ESCCA)**, it connects you directly to the most advanced practices and minds in European performance sport.

You won't just learn—you'll be mentored. This is a personalised, guided journey led by world-class professionals who actively coach at the highest levels of basketball in Europe and beyond. You'll receive direct feedback, close supervision, and insight into real-life methodologies used with top-tier athletes.

Through practice-oriented modules, you will master the most in-demand skills in **performance enhancement, injury prevention, strength and conditioning, and athlete profiling**. Every tool and technique is tailored specifically to the physiological and tactical demands of basketball.

This advanced programme also integrates **state-of-the-art technologies**—including athlete monitoring systems, individualised programming, and performance analytics—rooted in evidence-based science. You'll graduate ready to assess, design, and implement elite training strategies with confidence and precision.

You will further develop key **leadership, communication, and data interpretation skills**, preparing you to thrive in competitive high-performance environments. Whether your goal is to work with elite teams, federations, or individual athletes, this diploma—powered by the **ESCCA's endorsement and network**—will place you at the forefront of the profession.



Duration

4 months



Modality

Online



Language

English



No. of ECTS

21



Online methodology

The online methodology at Universidad Europea focuses on the student, ensuring effective and personalized learning, supporting them at every step to achieve their goals. Technology and innovation enable us to provide a dynamic and motivating environment, offering the flexibility needed and the tools that ensure quality education.

Our approach is rooted in experiential learning, making the process intuitive and dynamic. You'll engage with real-world case studies, comprehensive educational resources, lively discussions, virtual classes, and both individual and collaborative projects. This fosters a vibrant exchange of ideas and enriches the learning experience for all students.



Our Virtual Campus ensures that you can access all course materials at any time, giving you the flexibility to study at your own pace.

Alongside this, a continuous assessment system keeps your progress closely monitored, ensuring that you are always moving towards your goals with the support of your professors.



Continuous assessment

An evaluation system that allows the student to assimilate the content progressively and effectively as the course progresses.



Personalisation

Focused on ensuring effective, flexible learning that is tailored in both format and content to meet the needs of the student.



Technology and innovation

A virtual campus based on an agile platform that promotes collaborative learning and provides tools to ensure high-quality education.



Interactive content

Dynamic resources to facilitate content comprehension and motivate students to broaden their knowledge: masterclasses, seminars, and weekly virtual tutoring sessions.



Academic support

Three specialised roles in the online modality: faculty, program assistants, and the student experience team. Their goal is to support the student's development and resolve any questions.



Networking

Online students will have access to the Alumni network, professors, and companies. This increases the market value of the students' profiles, creating highly attractive professionals in the job market.

Faculty

Rafael Navarro

Director

Professor and researcher at the Department of Sports in the Faculty of Physical Activity and Sport Sciences.

He holds a degree in Physical Activity and Sport Sciences from the Polytechnic University of Madrid (INEF) and a PhD in Physical Activity and Sport Sciences from the Polytechnic University of Madrid.

He teaches 1st, 3rd and 4th year subjects in the degree of Physical Activity and Sport Sciences and Physiotherapy. He specialises in basketball and high performance sports.

His lines of research are: Biobanding, sports talent detection, competition analysis and quantification of loads in high performance. He is the author of more than 30 communications and papers presented at national and international conferences, and of 5 collaborations in the form of book chapters and articles in specialised journals. He has two recognised six-year research periods.

Nenad Duricic

Director

Nenad Duricic is a lecturer and researcher at the Department of Sport at the Faculty of Physical Activity and Sport Sciences.

He holds a degree in Physical Activity and Sport Sciences from the University of Belgrade, a Master's degree in Physical Activity and Sport Sciences from Ruhr University Bochum (Germany), and a Master's degree in High Performance - Sport Scientist from the European University of Madrid.

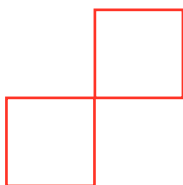
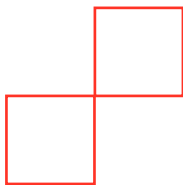
He teaches 1st and 4th year subjects in the degree of Physical Activity and Sport Sciences and Physiotherapy. His specialisation is basketball and high performance sport. His lines of research are: training and analysis of competition and quantification of loads in high performance.

Kostas Chatzichristos

External Director

Director of Performance at the Turkish powerhouse Fenerbahce Beko Istanbul. He is responsible for player athletic development and rehabilitation, as well as medical and performance staff management.

An eleven-year-veteran in the Euroleague, prior to Fener Kostas held the same role at CSKA Moscow for eight years. During his tenure at the most historic Russian basketball club, he won two European Championships, seven VTB League Championships and seven Russian cups. He has also participated in six Euroleague Final Fours.



Teachers

Carlos Romero

Physiotherapist and PhD in Biomedicine and Health Science . Director of the Physiotherapy in Motion Research Group. Co-director of the UEM-CENTRO Clinic Research Chair.

Jure Drakslar

Current S&C Coach of Zenit Basket. He held same position long time in Unics Kazan and Khimki Moscow.

Regev Fanan

Head Strength and Conditioning Coach of the legendary Maccabi Tel Aviv Basketball Club since 2015.

Konstantinos Chatzichristos

Director of Performance at Fenerbahce Beko Istanbul. Winner of 3 Euroleague titles, with both Fenerbahce and CSKA Moscow

Yanis Irid

Head of the Sport Science Department and Strength & Conditioning Coach for the French Basketball Federation

Hugo Salazar

Head Strength & Conditioning Coach for Baskonia Basketball and is responsible for players' athletic performance.

Jairo Vasquez

Previous Head of Performance of FC Barcelona Basketball.

Juan Trapero

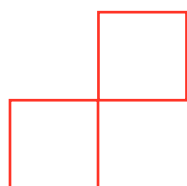
Head Strength and Conditioning Coach at the Spanish powerhouse Real Madrid, a position that he has held for a total of eighteen years. Winner of 3 Euroleague titles with this team.

Luka Svilar

Currently a Strength and Conditioning Coach of Charlotte Hornets (NBA). Previous he hold this position in Baskonia, Unics Kazan and FC Bayern Munchen

Matteo Panichi

Head Strength & Conditioning Coach for Segafredo Virtus Bologna



Differentiating aspects



Pioneer International Course

This course is backed by ESCCA, world leaders in basketball physical training.



An intensive 3 day high-level internship

Carried out in a professional Euroleague environment in Madrid, which may also be accredited.



World-class international faculty

Made up of top-level physical trainers from European clubs and sports performance professionals.



Flexible training 100% online

Allows you to combine your studies with your professional life, without sacrificing quality and career advancement.



Candidate Profile & Career opportunities

The Postgraduate Diploma in Basketball Physical Training is designed for professionals seeking to specialise in physical conditioning for basketball through the latest advancements in sports science, training methodology, and performance innovation. This programme is ideal for those committed to enhancing athletic performance in high-demand environments through data-driven, practical training models.

It is especially suited for:

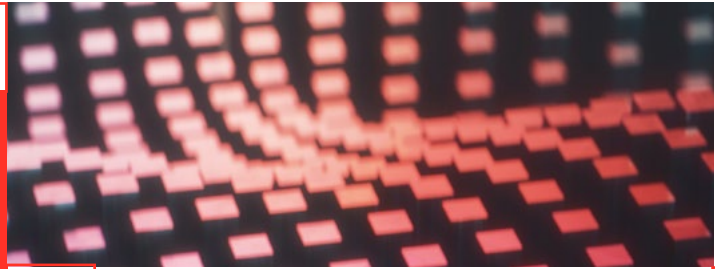
- Graduates in Sport and Exercise Sciences (Ciencias de la Actividad Física y el Deporte).
- University graduates holding a nationally recognised basketball coaching certification.
- Professionals with proven experience in the field (to be assessed by the Admissions Department)

Applicants from other backgrounds will be assessed by the academic and admissions committees.

Career Opportunities

- Physical trainer in team sports and basketball.
- Basketball and team sports club manager.
- Basketball and team sports coach.
- Responsible for clubs and specific academies in basketball and team sports.
- Administrative in any sports entity.

Curriculum



Programs

- | | | | |
|----|--|-----|--|
| 1. | Introduction and Designing Performance Enhancing Programs for Basketball
2 ECT | 5. | Conditioning
2 ECT |
| 2. | Assessments and Athlete Profiling
3 ECT | 6. | Program Design and Periodization and Programming
3 ECT |
| 3. | Strength Training
2 ECT | 7. | Monitoring Performance
2 ECT |
| 4. | Speed and Agility
2 ECT | 8. | Injury Management
3 ECT |
| | | 9. | Internship
2 ECT |
| | | 10. | TFM |

Admission process

The admission process to pursue an online postgraduate at **Universidad Europea Online** can take place throughout the year, although enrolment in any of our programs is subject to availability of open places.

To complete the process, you must follow these simple steps:

1

Documentation: You will need to send the specific documentation to your personal advisor.

- Admission form.
- Legal document for access to the chosen degree.
- A copy of your ID card.
- Curriculum vitae.

2

Access: Once reviewed, your personal advisor will contact you

Place reservation: Confirm your place in the program through our various payment methods.

3

- Bank direct debit.
- Credit card.
- Virtual payment.

And that's it! Welcome to Universidad Europea Online.

#GoBeyond

Register





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universidadeuropea.com



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