



**Escuela Universitaria
Real Madrid**
UNIVERSIDAD EUROPEA

Private Master's Degree

High Performance Conditioning. Sport Scientist Online

Specialise in high performance sports with a master designed alongside Real Madrid C. F. Become familiar with the technology and tools applied to high performance and develop new training methods to help elite athletes reach their goals.

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Private Master's Degree in High Performance Conditioning. Sport Scientist

Introduction

The Private Master's Degree in High Performance Conditioning. Sport Scientist of Real Madrid Graduate School Universidad Europea focuses on using and developing new technologies applied to high performance.

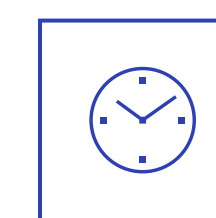
From the **perspective of holistic sports training** and with a professional and practical approach, you will develop your ability to work with the latest technology applied to training with elite athletes.

In addition, this program offers a comprehensive curriculum covering biomechanics, strength and conditioning, and applied physiology to optimize athletic performance.

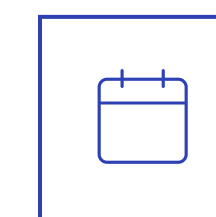
With access to cutting-edge technology and a network of industry professionals, students gain hands-on experience in assessing and enhancing elite athletes' performance.

If you're looking for flexibility, our **online methodology** offers you what you need. The online classes are taught live and recorded through the virtual campus. You can access them whenever is most convenient for you or watch them again to review concepts.

Furthermore, you will get the opportunity to assist to international, face-to-face experiences, that will provide you with a global vision from international professionals.



DURATION
9 months



SCHEDULE
The **online classes** take place three times a week in the afternoons (Spain).



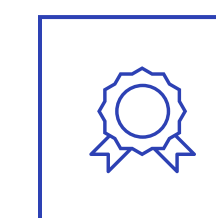
METHODOLOGY
Online with live classes



LANGUAGE
English



LOCATION
Virtual Campus



ECTS
60



What makes us different?



International and specialised networking

An international programme that will allow you to foster relationships and contact with top international professions and students of multiple nationalities. This educational commitment will exponentially improve the scope and professional possibilities of our students.



Professional staff in the sector

The faculty is made up of active professionals from the most recognised companies in the sector, the same ones who will become a very valuable part of the students' network of contacts.



White Week

This event organised by the School is exclusively for our students. A week of unique lectures on streaming with leading sports industry professionals, elite athletes, and Real Madrid C. F. executives.



International Experiences

With our international experiences, you will get to know the industry from inside. Choose between different destinations and expand your knowledge, learning from the sector's top experts.

- **Madrid: Revolutionising the sports industry.** Discover the most important aspects of the club. You will have the opportunity to get to know Valdebebas Sports City from the inside, you will have access to the Real Madrid C. F. training facilities. You will also visit the Santiago Bernabéu stadium as well as other main international sports entities in Madrid and meet their executive managers.

- **Portugal: A unique football methodology.** Portugal has some of the most recognised teams at club level in European football. Clubs such as F.C. Porto, S.L. Benfica, Sporting Clube Portugal or S.C. Braga regularly compete in European competitions and have produced some of the world's best players. Learn first-hand how they work on talent development, methodology and physical preparation. Discover the rest of the trips that you can take part in.



Online Methodology

The online methodology focuses on the learner and on guaranteeing effective and personalised learning, always accompanying them so that they can achieve their objectives. Technology and innovation allow us to offer a dynamic and motivating environment, with the flexibility you need and the tools that ensure quality training. During the learning process, the student will have several resources such as:

- **Live virtual classes** that can be connected to from any from any place and device. These sessions are also recorded in case the student cannot attend or wants to watch them again. The exams are online, so you don't have to travel at any time.

- **You will have the support of our expert faculty** who will facilitate the learning process, as well as a tutor who will guide and help students to achieve their goals.

- **The student will obtain comprehensive training** based learning through real cases combined with theoretical and theoretical and practical learning.



International School

The history of Real Madrid is an example of **vision, dedication and a pioneering spirit** that has inspired generations throughout the years. Its legend in the world of football has forged the most prestigious and respected sports brand on every continent. Real Madrid is a multicultural club open to all and a leader in the global sports industry.

In 2006, the club started its joint venture with Universidad Europea, sharing a great international vocation which is reflected every day on the campus.

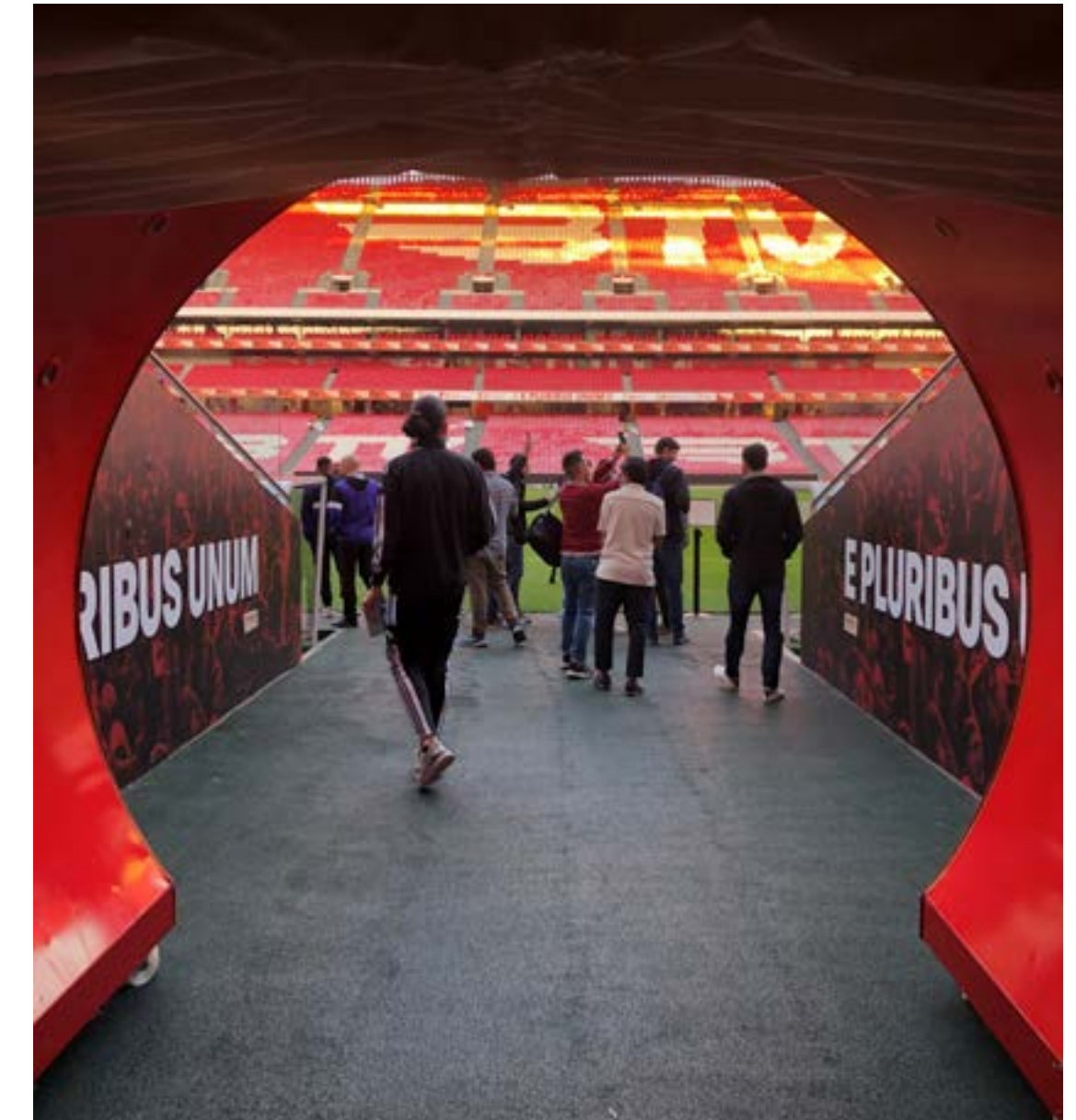
Nowadays, Real Madrid Graduate School Universidad Europea offers 40 graduate programmes with the mission of training the future leaders of the sports industry. Its academic quality has made the School become a key part



in how the sports sector has modernised over recent years, and there are more than 15.000 alumni working worldwide in the sector.

This year we'll receive around 1.000 students, with 80% of them coming from outside of Spain. The multicultural profile of the teaching staff and students, coming from more than 80 different nationalities, adds a unique value to our graduates.

Our open and multidisciplinary approach is evidenced by the experiences and opportunities offered by the School, such as the chance to study different management models from a range of sports, including getting to know the key



players within each sport and discipline.

We'll visit some worldwide renowned sports facilities, the headquarters of regulatory institutions in sports, and key players within the sports industry. The visits will include several work sessions with leading professionals, allowing students the chance to exchange opinions and deep dive in the 'know-how' of each organisation.

A unique chance to broaden your horizons and open your mind.

#GoBeyond

Our Students

Private Online Master's Degree in High Performance Conditioning. Sport Scientist

Private Master's Degree in High Performance Conditioning. Sport Scientist is aimed at students coming from different areas of physical activity or health who wish to specialise in sports performance.

For admission to the Master in High Performance online, **the following is required:**

- The candidate must have training in physical activity or physical education.
- Candidates without previous training in this field will be reviewed and should have previous demonstrable experience in this field.



Academic Curricula

Private Master's Degree in High Performance Conditioning. Sport Scientist

Module I: Generalities and context of high-performance sport (6 ECTS)

- Context, functions, and competences. Professional environment.
- The reality of the high-performance coach 1.
- The reality of the high-performance coach 2.
- Fundamentals and principles of high-performance sports training 1.
- Fundamentals and principles of high-performance sports training 2.
- Specificity of high-performance sports training.

Module II: The knowledge base in high performance sport (6 ECTS)

- Exercise physiology. Concepts and applications to high performance sports.
- Strength training. Concepts and applications to high performance sports.
- Speed training. Concepts and applications to high performance sports.
- Endurance training. Concepts and applications to high performance sports.
- Planning, periodisation, and programming of training in individual sports.
- Planning, periodisation, and programming of training in team sports.

Module III: Leading areas in high performance (6 ECTS)

- Nutritional support for high performance sports.
- Integration of areas. Physiotherapeutic strategies and injury prevention in the high-performance approach.
- Integration of areas. Psychological strategies in high performance.
- Aquatics strategies and recovery in high performance.
- Genetics and epigenetics in high performance sport.
- Women's training in high performance.

Module IV: Laboratory technology and assessments applied to high performance optimisation (6 ECTS)

- Physiological assessments on a cycloergometer.
- Physiological assessments on treadmills.
- Anthropometric assessments of the high-performance athlete.
- Biomechanics applied to high performance.
- Force platforms, linear encoders and accelerometry. Uses and applications in high performance.
- Future lines of research. Specific software for the control of training in the laboratory

Module V: Technology and field assessments applied to the optimisation of high performance (6 ECTS)

- Physiological field assessments 1.
- Physiological field assessments 2.
- Assisted and resisted speed training. Training methods for high performance.
- Workload analysis and quantification 1.
- Workload analysis and quantification 2.
- Future lines of research. Specific software for field training control.

Module VI: Analysis and evaluation in high performance sport (6 ECTS)

- Motor learning.
- Analysis and evaluation of sports technique and its application to the preparation of high-performance athletes.
- Technical-tactical sports analysis and evaluation and its application to the preparation of high-performance athletes.
- Conditional analysis of the high-performance athlete. Establishment of KPI's.
- Detection, selection, and development of talents.
- Creation and management of databases. Communication and reporting of results.





Academic Curricula

Private Master's Degree in High Performance Conditioning. Sport Scientist

Module VII: Seminars and case studies (6 ECTS)

- Training in minority sports 1.
- Training in minority sports 2.
- Direction and management of sports groups
- Training in minority sports 1.
- Training in minority sports 2.
- Direction and management of sports groups.
- Specific cutting-edge methods in high-performance training: frb, isoinercials, pneumatics, Olympic movements.
- Specific cutting-edge methods in high-performance training: frb, isoinercials, pneumatics, Olympic movements 2.
- Specific cutting-edge methods in high-performance training: frb, isoinercials, pneumatics, Olympic movements 3.

Module VIII: Programming and reports to the athlete and coach (6 ECTS)

- Introduction to programming in sports.
- Specific software applications for a sport scientist
- Introduction to advanced metrics in sports.
- Applications of advanced metrics in sports.
- Keys to have good communication with the players and the coaching board.
- Keys to have good communication with the players and the coaching board 2.

Module IX: Research methodology (6 ECTS)

- Investigation methodology.
- Use of specific tools in teams or clubs.

Module X: Final projects (6 ECTS)

- Preparation of the Master's Final Project.



Faculty

The teaching faculty for the programme consists of top-class professionals from both Spain and abroad.

Program director

Carlos Revuelta

Director of the Master. Professor at Universidad Europea de Madrid, High Performance Conditioning expert. Physical trainer at High Performance Centre in Madrid (CAR Madrid).

Rubén Romero

Master Co-director. Physical trainer Real Madrid C.F

Faculty

Dr Miguel Ángel Gómez Ruano

Sports Scientist. University Professor and expert in sports performance. Author of numerous scientific papers and PhD theses related to sports performance in various sporting areas.

Dr Carlos Lago Peñas

Sports Scientist. Full professor and expert in sports performance. Author of numerous scientific papers and high impact books for coaches and physical trainers, both in grassroots and performance football.

Manuel Fernández

PhD in molecular and cellular biology, sports scientist at ATHMIRE and researcher.

Josu Gómez Ezeiza

PhD in sports science. Sport Management Assistant of the Royal Spanish Athletics Federation. Researcher, collaborator and trainer of athletes and elite teams around the world.

Dr. Carlos Balsalobre

PhD in Sports Science. Professor at the Universidad Autónoma de Madrid. Researcher in Sports Training, advisor to elite athletes and app developer.

Noelia Bonfanti

Teacher at different Spanish Universities for over ten years in the field of body composition and sports nutrition. Anthropometrist ISAK level 3; professional of worldwide prestige in the field of sports nutrition.

Dr Pedro Jiménez Reyes

Professor at the Rey Juan Carlos University. Researcher in Sports Training and an international point of reference in F-V Profiling.



Programmes that facilitate your professional dreams

Our values are present in all areas of the School's training: syllabus, methodology, teaching, internships and student-faculty relations.

The School's training offer includes **postgraduate programmes and university courses** that you can study together to develop your career and succeed in the sports sector.

Study to become one of the leading professionals in the sports industry thanks to our specialised programmes and acquire a double qualification by specialising your master's degree in Sports Physiotherapy with a specialisation and innovation course in the sports sector. Choose the area of specialisation that most interests you. You will enjoy online training, where you will have the opportunity to attend live masterclasses with experts from the sector.



■ Certified Program in Big Data and AI in Sports Management



DURATION: **10 weeks**

METHODOLOGY: **online**

LANGUAGE: **spanish/english**

■ Certified Program in Sports Technologies



DURATION: **10 weeks**

METHODOLOGY: **online**

LANGUAGE: **spanish/english**

■ Certified Program in Sports Coaching



DURATION: **10 weeks**

METHODOLOGY: **online**

LANGUAGE: **spanish/english**



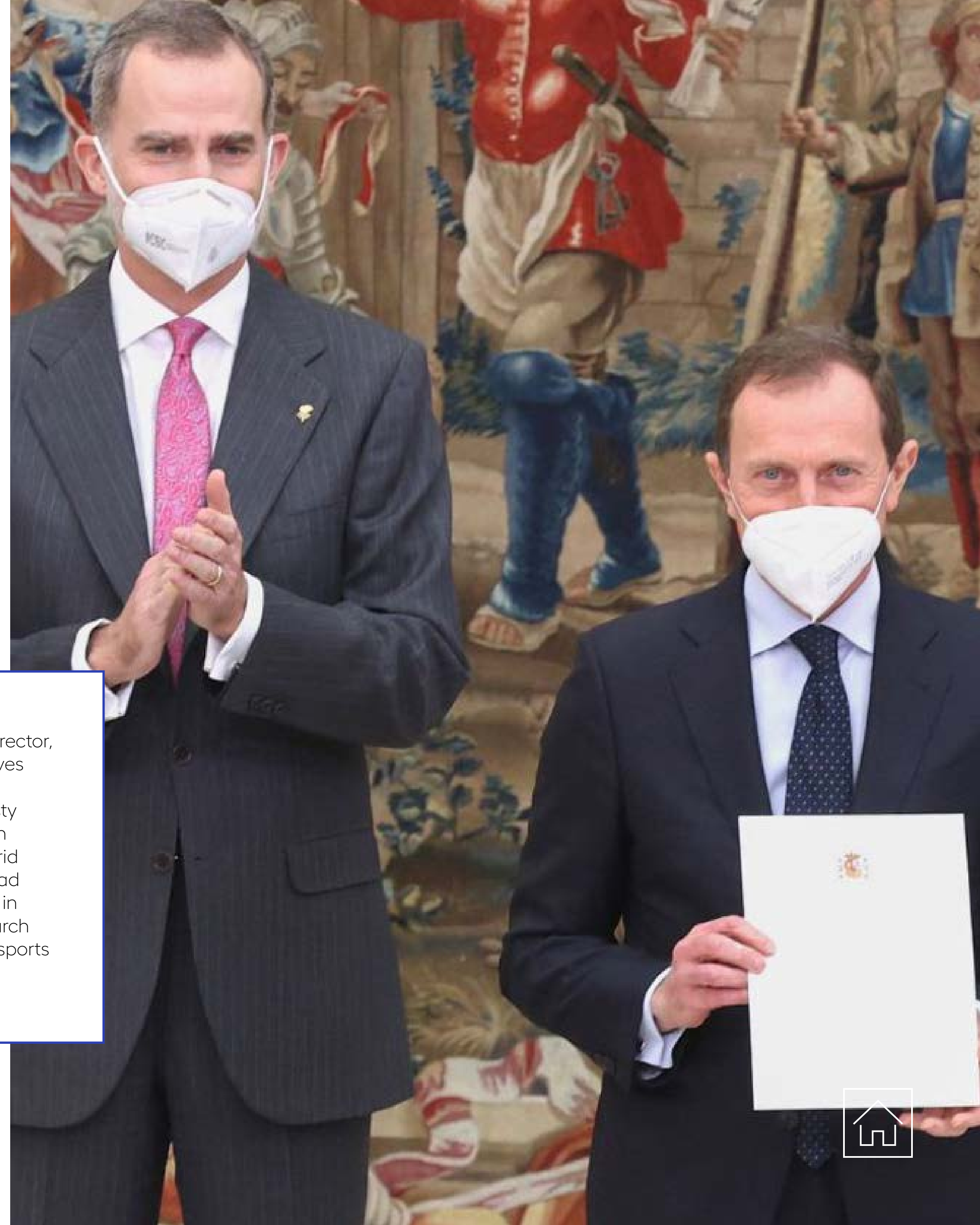
A unique Postgraduate School

Real Madrid Graduate School Universidad Europea was founded in 2006 with the aim of training the sports industry's future leading professionals.

The alliance between Real Madrid – the most successful sports club in history – and Universidad Europea, a leading holistic education institution in Spain, aims to boost professional development and modernisation in the sector through university education.

The graduate school's academic quality and strict standards are demonstrated by the 15,000 students that have already graduated over the past 17 years, many of whom are now working as successful professionals in different areas of the sports industry today.

In the image, our General Director, Mr. Emilio Butragueño, receives the National Sports Award Stadium Cup from his Majesty Felipe VI of Spain and Queen Letizia, granted to Real Madrid Graduate School - Universidad Europea for its commitment in “promoting education, research and profesionalisation in all sports related areas.”



Admissions process

The admissions process for **Real Madrid Graduate School Universidad Europea** programmes runs throughout the whole year, although enrolment in all graduate programmes depends on the availability of places.

For personalised guidance, you can contact us via phone: **(+34) 918 340 912** or e-mail: **facultad.deportesonline@universidadeuropea.es** to receive advice from the Graduate Degree Admissions staff.

Once candidates have received guidance and have provided the necessary documentation, the Graduate Degree Admissions staff will assess the profile and send them a date for taking the **entrance exams** for the program they are interested in.



Personalised guidance



Sending in the application and documentation



Assessment of the profile



Confirmation of admission



Formal reservation of a place and enrolment



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