






October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Màster en Entrenament i Readaptació Esportiva					1
2 Inauguration master's degrees	3 Laboratory, C106 C/Císter 34 10:00-12:00 Presentation of the master's degree 12:00-13:00 SDP (Personal Development Seminar)	4	5	6	7
9 10:00-14:00 1.1.1. Measurement and control of velocity based training Dr. Bernat Buscà and Dr. Joan Aguilera(VBT) North Hospital	10 SDP 10-14 Laboratory C106	11 10:00-14:00 1.1.1. Measurement and control of velocity based training Xavier Peña (Olympics) CAR	12 EL PILAR Holiday	13	14
16	17	18	19	20 SDP output	21 SDP output
23 10:00-14:00 eccentric training workshop Global Performance	24 10:00-14:00 Workshop on the use of My Jump Lab Apps (Dr. Balsalobre) North Hospital	25 10:00-14:00 1.1.2 Advanced techniques and methods of strength and speed training Jordi Cortinas (Tennis) North Hospital	26	27	28


November 2023					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Festive</b>	2	3	 Màster en Entrenament i Readaptació Esportiva
6 10:00-14:00 1.1.2 Advanced techniques and methods of strength and speed training Dr. Bernat Buscà and Dr. Joan Aguilera (Plyo/sledges) North Hospital	7 10:00-14:00 1.1.3 Planning in speed and power sports Dr. Bernat Buscà Laboratory C106	8 12:00 p.m. Review 1.1 ONLINE	9	10	11
13	14	15	16	17	18
20 10:00-14:00 1.2.1 Measurement and control of training in team sports Manuel Lapuente (GPS) North Hospital	21 12:00-14:00 1.2.2. Training methodology for team sports Dr. Jordi Arboix Laboratory C106	22 10:00-14:00 1.2.2. Training methodology for team sports (basketball) Dani Moreno North Hospital	23	24	25
27 10:00-14:00 Training workshop with vibration platforms II Global Performance	28 10:00-14:00 Football Sports Return to play Workshop Mr. Yon Álvarez North Hospital	29	30		

DDecember2023					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	 Màster en Entrenament i Readaptació Esportiva
4	5 SDP 10-14 ONLINE	6 Festive	7 Festive	8 Festive	9
11 10:00-14:00 Occlusion training workshop Dr. Eduardo Carballeira North Hospital	12 10:00-14:00 2.1.1 Factors that determine the athlete's recovery Dr. Miguel Vazquez North Hospital	13 10:00-14:00 2.1.2 Planning of effort recovery strategies in athletes (Hyperbaria) C/ Jacint Verdaguer, 90, St. Joan of Espí	14	15	16
18 12:00-14:00 2.1.3 Post-exercise recovery monitoring Jose Morales Laboratory C106	19 11:00-13:00 2.2.1 ON-line physical preparation strategies (Alberto Ortegon) ONLINE	20 10:00-14:00 2.2.2 Design strategies for injury prevention programs (knee and ankle in Volleyball) Dr.X.Rock North Hospital	21 10:00-12:00 Round Table with the teachers of the block and exam 2.1 ONLINE	22	23 holidays of CHRISTMAS

January 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Màster en Entrenament i Readaptació Esportiva				Christmas holidays	holidays of CHRISTMAS
1 holidays of CHRISTMAS	2 holidays of CHRISTMAS	3 holidays of CHRISTMAS	4 holidays of CHRISTMAS	5 Christmas holidays	6
8 <b>10:00-14:00</b> 1.2.1 Measurement and control of training in team sports Angel Acena North Hospital	9 <b>10:00-14:00</b> 1.2.3 Integration of physical preparation in preseason and during the season The dinner North Hospital	10 <b>10:00-14:00</b> 2.2.3 Importance of motor control and methods for its training Dr. Ainhoa Nieto North Hospital	11	12	13
15 <b>10:00-14:00</b> 2.2.4 Assessment of body misalignments and their interpretation Dr. Alberto Ortegon North Hospital	16 <b>10:00-14:00</b> 2.2.4 Assessment of body misalignments and their interpretation Dr. Alberto Ortegon North Hospital	17 <b>10:00-11:30 a.m.</b> Round Table with the teachers of the block and exam 1.2 (12:00) ONLINE	18	19	20
22 <b>10:00-14:00</b> Injury prevention and monitoring workshop Global Performance	23 <b>1st Delivery</b> <b>Video Post (topics of blocks 1.1 or 1.2)</b>	24 <b>10:00-12:00</b> Round Table with the teachers of the block <b>12:00</b> review 2.2 <b>13:00-14:00</b> DEA and BLS course ONLINE	25	26	27

February 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 January 10:00-14:00 DEA and BLS course group 1 Laboratory C106	30 January SDP 10-14 Laboratory C106	31 10:00-14:00 DEA and BLS course group 2 Laboratory C106	1	2	 Màster en Entrenament i Readaptació Esportiva
5 9:00-14:00 1.4.2 ISAK 1 (1) INEFC Barcelona	6 9:00-14:00 1.4.2 ISAK 1 (2) INEFC Barcelona	7 9:00-14:00 1.4.2 ISAK 1 (3) INEFC Barcelona	8	9	10
12	13	14	15	16	17
19 10:00-15:00 Degree ISAK 1 INEFC Barcelona	20 10:00-14:00 1.4.2 Nutrition and supplementation Mireia Porta COFFEE Laboratory	21 2nd delivery Video Post (topics of blocks 1.4, 2.1 or 2.2)	22	23	24
26	27				

MarLike this 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	 Màster en Entrenament i Readaptació Esportiva
11 Departure 8:00 a.m. APS Font Romeo 2.1.4 Muscular and fascial recovery methods. 1.4.1 Coaching I	12 Return 2:00 p.m. APS Font Romeo (Coaching and altitude training workshop) 1.4.1. Coaching II	13	14	15	16
18 10:00-14:00 Electro-stimulation in sport workshop Jordi Cortinas North Hospital	19 10:00-14:00 1.3.2 Physiological and mechanical control of performance (Guillermo Olcina) Labsport Salut	20 10:00-14:00 1.3.3 Training planning in endurance sports Guillermo Olcina / Jonathan Galan North Hospital	21	22	23
25 EASTER	26 EASTER	27 EASTER	28 EASTER	29 EASTER	30 EASTER

April 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>EASTER</b>	2	3	4	5	
8	9	10	11	12	13
15 <b>10:00-14:00</b> 2.3.2 Injury prevention programs for overhead athletes (M.Solana) <b>CAR</b>	16 <b>10:00-14:00</b> 2.3.3 Tennis and golfer's elbow Blanca Bernal <b>North Hospital</b>	17 <b>10:00-14:00</b> 2.3.4 The wrist and hand Núria Carnicero <b>North Hospital</b>	18	19	20
22	23	24	25	26	27
29 <b>10:00-14:00</b> 2.4.1 Strategies for measuring spinal motor control and their interpretation 2.4.3 Prevention and rehabilitation of trunk injuries (Dr. Ortegon) <b>North Hospital</b>	30 <b>10:00-14:00</b> 2.4.2 Types of injuries, monitoring and identification of trunk and pelvic injury risk factors (Dr. Solana-Tramunt) <b>CAR</b>				

May 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Festive	<b>2</b>	<b>3</b>	
<b>6</b> 10:00-14:00 Applied Statistics Workshop Dr. Jose Morales Computer Room B002	<b>7</b> 10:00-13:00 2.5.1 Rehabilitation programs to exertion after tendinopathies Dr. Antoni Morral COFFEE Laboratory	<b>8</b> 10:00-13:00 2.5.1 Rehabilitation programs to exertion after tendinopathies Dr. Antoni Morral COFFEE Laboratory	<b>9</b>	<b>10</b>	<b>11</b>
<b>13</b>	<b>14</b> Delivery part 1 and 2 of the Planning Work / RTP SCALA	<b>15</b> 10:00-12:00 Round Table with the teachers of the block and exam 2.3 and 2.4 12:00-14:00 SDP ONLINE	<b>16</b>	<b>17</b>	<b>18</b>
<b>20</b> 10:00-14:00 2.5.2 Strategies for measuring motor control of the lower extremities in sport Dr. Alexander Badiola North Hospital	<b>21</b> 10:00-14:00 2.5.3 Prevention and readaptation of IAE injuries to sport Dr. Azahara Fort North Hospital	<b>22</b> CSCS trainingNSCA (10.00h) Online Certified Strength and Conditioning Specialists - CSCS®	<b>23</b> 10:00-14:00 2.5.3 Prevention and readaptation of IAE injuries to sport Martin Rueda CAR	<b>24</b>	<b>25</b>
<b>27</b> GRANADA EASTER FESTIVITY	<b>28</b> Delivery 3 work Schedule/ RTP SCALA	<b>29</b> 10:00-12:00 Round Table with the teachers of the block and exam 2.5 ONLINE			



June 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	 Màster en Entrenament i Readaptació Esportiva
3 Virtual 10-12h TFM interviews	4 Virtual 10-12h TFM interviews	5 Virtual 10-12h TFM interviews	6	7	8
10 TFM delivery	11	12 3rd delivery Video Post (topics of blocks 1.3 2.3 or 2.4)	13	14	15
17 TFM defenses 1st call	18 TFM defenses 1st call	19 TFM defenses 1st call	20	21	22
24	25	26	27		

September 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Màster en Entrenament i Readaptació Esportiva					
2	3 TFM delivery 2nd call	4	5	6	7
9 Defenses TFM 2nd call	10 Defenses TFM 2nd call	11 Day Festive	12	13	14
16	17	18	19	20	21
23	24 Festive Goods	25	26	27	