



October 2025

Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday
		1 Master's Inauguration	2	3	
6	7	8	9	10	11
13 10:00-10:30 Master's presentation 10:30-14:00 SDP (Personal Development Seminar) Laboratory, C106 C/Císter 34	14 SDP 10-12:30 Laboratory C106	15 10:00-14:00 1.1. Measurement and control of speed-based training Xavier Peña (Olympics) ICON Crossfit (Badalona)	16	17 Salida SDP Nexus +	18 Salida SDP Nexus +
20	21	22	23	24	25

27 10:00-14:00h Workshop 1.1 on training with vibration platforms Global Performance	28 10:00-14:00h Workshop 1.1 on using My Jump Lab Apps (Dr. Balsalobre) North Hospital	29 10:00-14:00 1.1.1. Measurement and control of speed-based training Dr. Bernat Buscà (VBT) North Hospital	30	31	
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Novsometimes 2025					
Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday
3 10:00-14:00h 1.1 Eccentric training workshop Global Performance	4 10:00-14:00 1.2.1 Measurement and control of training in team sports Manuel Lapuente (GPS) North Hospital	5 10:00-14:00h 1.1.2 Advanced strength and speed training techniques and methods Dr. Bernat Buscà (Plio/sleds) North Hospital	6	7	
10 10:00-14:00 1.2.1 Measurement and control of training in team sports Angel Aceña North Hospital	11 10:00-14:00h 1.2.3 Integration of physical preparation in preseason and during the season He waves North Hospital	12 10:00-14:00h 1.1.3 Planning in speed and power sports Dr. Bernat Buscà Laboratory C106	13	14	
17 12:00-12:30 Exam 1.1. ONLINE	18	19 10:00-14:00 1.2.2. Training methodology for team sports (basketball) Dani Moreno North Hospital	20	21	


24 SDP 10-14 Laboratory C106	25 10:00-14:00h 2.2.4 Assessment of body misalignments and their interpretation Dr. Alberto Ortegon North Hospital	26 10:00-14:00h 2.2.4 Assessment of body misalignments and their interpretation Dr. Alberto Ortegon North Hospital	27	28	29
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December 2025					
Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday
1 10:00-14:00h 1.2 Injury prevention and monitoring workshop Global Performance	2 SDP 10-12:30 Laboratory C106	3 10:00-14:00h 2.1 Occlusion training workshop Dr. Eduardo Carballeira North Hospital	4	5	
8 Feast of the Immaculate Conception	9 11:00-13:00h 2.2.1 Online physical preparation strategies (Alberto Ortegon) ONLINE	10 10:00-14:00 2.1.3 Recovery monitoring Mar Rovira Laboratory C106	11	12	13
15 10:00-14:00 1.2.2. Team sports training methodology Jordi Arboix Laboratory C106	16 10:00-14:00h Sports rehabilitation workshop in football D. A Álvarez North Hospital	17 10:00-14:00h 2.2.2 Strategies for designing injury prevention programs (knee and ankle in volleyball) Dr.X.Peña North Hospital	18	19	20 Holidays of CHRISTMAS


Holidays of CHRISTMAS	Holidays of CHRISTMAS	Holidays of CHRISTMAS	Holidays of CHRISTMAS	Holidays of CHRISTMAS	Holidays of CHRISTMAS
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January 2026					
Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday
5 Christmas holidays	6 Christmas holidays	7 10:00-14:00 2.1.2 Planning recovery strategies for athletes (Hyperbaria) CAFE Laboratory C106	8	9	
12 SDP 10-14 Laboratory C106	13 10:00-14:00h 1.2 Advanced strength and speed training techniques and methods Maite Terré (Tennis) North Hospital	14 10:00-14:00h 2.2.3 Importance of motor control and methods for its training Dr. Ainhoa Nieto North Hospital	15	16	17
19 12:00-12:30h Exam 2.1 (12:00) ONLINE 1st Delivery	20 AED and BLS Course 13:00-14:00 ONLINE	21 10:00-14:00h ULTRASOUND Workshop in Sports Dr. Montserrat Bellver Laboratory C106	22	23	24


Video Post (topics from blocks 1.1 or 1.2)					
26 10:00-12:00h Roundtable with the block teachers and exam 1.2 ONLINE	27 SDP 10-14 ONLINE	28 HOLIDAY Celebration of Saint Thomas Aquinas	29	30	31

February 2026					
Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday
2 9:00-15:00h 1.4.2 ISAK 1 (1) INEFC Barcelona	3 9:00-15:00h 1.4.2 ISAK 1 (2) INEFC Barcelona	4 9:00-15:00h 1.4.2 ISAK 1 (3) INEFC Barcelona	5	6	
9 SDP 10-14 Laboratory C106	12 10:00-14:00 AED and BLS course group 1 Laboratory C106	11 10:00-14:00 AED and BLS course group 2 Laboratory C106	12	13	14


16 2nd Delivery VideoPost (topics from blocks 1.4, 2.1 or 2.2)	17 10:00-11:30h Roundtable with the block teachers and exam 2.2 (12:00) ONLINE	18 Nexus + (TFM research workshops)) 11:00-14:00	19	20	21
23	24	25 9:30-13:30h 1.4.2 Nutrition and supplementation Mireia Porta CAFE Laboratory	26	27	28

MarLike this 2026					
Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	
9	10 At 8:00h APS Andorra 2.1.4 Muscle and fascial recovery methods. 1.4.1 Coaching I	11 Return 9:00 p.m. APS Andorra (Coaching and Altitude Training Workshop) 1.4.1. Coaching II	12	13	14

16	17	18	19	20	21
23 10:00-14:00 Electro-Stimulation Workshop in Sports Jordi Cortinas North Hospital	24 10:00-14:00h 1.3.2 Physiological and mechanical control of performance (Guillermo Olcina) Labsport Hello	25 10:00-14:00h 1.3.3 Training planning in endurance sports Guillermo Olcina / Jonathan Galan North Hospital	26	27	28


April 2026					
Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday
30 Holy Week	31 Easter week	1 Easter week	2 Easter week	3 Easter week	
6 Holy Week	7 10:00-14:00h 2.3.2 Injury prevention programs for overhead athletes (M.Solana) North Hospital	8 10:00-14:00h 2.3.4 The wrist and hand Núria Carnicero North Hospital	9	10	11

13	14	15 10:00-12:00h Roundtable with the block teachers and exam 1.3 ONLINE	16	17	18
20	21	22	23	24	25
27 10:00-14:00h 2.4.1 Strategies for measuring motor control of CV 2.4.3 Prevention and rehabilitation of trunk injuries (Dr. Ortégón) North Hospital	28 10:00-13:00h 2.5.1 Exercise rehabilitation programs after tendinopathies Dr. Antoni Morral CAFE Laboratory	29 10:00-13:00h 2.5.1 Exercise rehabilitation programs after tendinopathies Dr. Antoni Morral CAFE Laboratory	30		

Andthey 2026					
Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday
				1 Festive	

4	5	6 10:00-13:00h 2.4.2 Types of injuries, monitoring and identification of risk factors for trunk and pelvic injury (Dr. Solana-Tramunt) North Hospital	7	8	9 Ascensión a Montserrat
11 CSCS Training(10:00 a.m.) ONLINE Certified Strength and Conditioning Specialists - CSCS®	12 Nexus + (APS and entity fair)	13 10:00-12:00h Roundtable with the block teachers and exam 2.3 and 2.4 ONLINE	14	15	16
18 10:00-14:00h 2.5.3 Prevention and rehabilitation of lower limb injuries to sport Martin Rueda CAR	19 10:00-14:00h 2.5.3 Prevention and rehabilitation of lower limb injuries in basketball Dr. Azahara Fort North Hospital	20 10:00-14:00h 2.5.2 Strategies for measuring motor control of the lower limbs in football Dr. Alexander Badiola North Hospital	21	22	23
25 10:00-14:00h Applied Statistics Workshop Dr. Joan Aguilera Computer Room B002	26 Virtual 10-12h TFM Interviews	27 10:00-12:00h Roundtable with the block teachers Exam 2.5 ONLINE	28	29	30

Junthis 2026					
Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday

1 Virtual 10-12h TFM Interviews	2 Virtual 10-12h TFM Interviews	3 Virtual 10-12h TFM Interviews	4	5	
8 Easter Granada Holidaysin	9 TFM submission	10 3rd Delivery Video Post (topics from blocks 1.3, 2.3, 2.4, 2.5)	11	12	13
15 TFM Defenses 1st call	16 TFM Defenses 1st call	17	18	19	20
22	23	24	25		

September 2026					
Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday

1	2 Submission of TFM 2nd call	3	4	5	
7 TFM Defenses 2nd call	8	9	10	11 Day Festive	12
14	15	16	17	18	19
21	22	23	24 Festive The Mercè	25	