



**UCAM**  
SPORTS MANAGEMENT  
UNIVERSITY

# MASTER'S IN HIGH PERFORMANCE SPORT: STRENGTH AND CONDITIONING

MURCIA



**Lead  
your  
future.**

## General Information

**Commencement:** January  
**Duration:** One Academic Year  
**Timetable:** Wednesday - Friday (09:00 - 14:00)  
**Credits:** 60 ECTS  
**Language:** English  
**Tuition Fee:** €7,900  
**Director:** Pedro Emilio Alcaraz, PhD

## Contact

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## Presentation

*Success in the area of High Performance Sport is highly dependent on the ability to translate the foundations of scientific research in Sports Science to the elite athlete training programs in Individual and Team Sports. The objective of this Master's is to enhance the knowledge and experience of the student in the specific field of Strength and Conditioning.*

Highly respected, scientific experts have been carefully selected to impart classes to our students in the many disciplines of Strength and Conditioning. Students also have the opportunity to obtain National Strength and Conditioning Association (NSCA) credentials: Certified Personal Trainer (NSCA-CPT) or Certified Strength and Conditioning Specialist (NSCA-CSCS).

## Teaching staff

*Our teaching faculty is uniquely comprised not only of professors from UCAM, but also from across Spain and Europe. A few of these professors are:*

- **Pedro Emilio Alcaraz Ramón, PhD**  
Professor at the Universidad Católica de Murcia. Director of the Research Center for High Performance Sport at UCAM and at La Manga Club.
- **José Antonio López Calbet, MD**  
Professor of Exercise Physiology at the University of Las Palmas de Gran Canaria.

- **Anthony Blazevich, PhD**  
Professor of Biomechanics at Edith Cowan University (Australia).
- **Jens Bangsbo, PhD**  
Professor at the University of Copenhagen. Former assistant coach to Juventus, F.C. (2001-2004) and the Danish National Football Team (EURO2004).
- **Iñigo Mujica, PhD**  
Former Director of Research and Development of Athletic Club de Bilbao, Former Physiologist of Spanish Swimmer Federation.
- **Per Aagaard, PhD**  
Professor at the University of Southern Denmark. Renowned physiologist and biomechanist in the area of neuromuscular and biomechanical adaptations induced by training and detraining.

## National Strength and Conditioning Association (NSCA)

*NSCA is the worldwide authority on strength and conditioning, bringing together a diverse group of professionals from the sports sciences, athletics, allied health and fitness industries.*

In today's competitive marketplace, employers seek the most qualified individuals. Earning the NSCA-CPT or NSCA-CSCS credentials gives you the ability to open doors both professionally and financially. NSCA recognizes UCAM's applied and research curriculum for which UCAM is included as part of their Education Recognition Program for Graduate studies.



## Sports Facilities

UCAM has two research centers in High Performance Sport on campus and in La Manga Club, where students can put into practice the content of the master's. These research centers assist 60 UCAM Olympic athletes, among them Mireia Belmonte (swimming), Miguel Ángel López (athlete), Mario Mola (triathlete) and Carolina

Marín (badminton), as well as the UCAM Murcia Basketball Club (ACB) and UCAM Murcia Football Club (Second Division B) with their preparation, training and enhancement in their athletic performance.



Two research centers in High Performance Sport