

Internship Program Sports Psychology





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Internship Program
Sports Psychology

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01

Introduction

Sports Psychology is a discipline that contributes to improve the performance of athletes. Therefore, professionals in this field are responsible for helping athletes to manage their stress, set sustainable goals and maintain motivation and concentration during this process. As a result, psychologists with extensive and cutting-edge skills in this field are highly sought after by both the athletes themselves and their clubs. For this reason, TECH has created this program, through which the student will acquire cutting-edge sports *coaching* strategies or techniques to deal with competitive pressure, favoring their growth in this sector. All this, through a practical stay of 3 weeks in a prestigious clinical environment. of prestige.

“

Master in an exclusively practical way the best techniques to deal with pressure and competitive stress, in order to promote the mental well-being of the athlete”





Athletes are continually faced with a myriad of pressures and challenges. These challenges, on numerous occasions, can lead to complex situations of Stress and Anxiety, which limit both the quality of life and the performance in the discipline of the athletes. To manage them properly, they require the services of sports psychologists with high competencies in dealing with these disorders, which generates a high professional demand in today's labor market.

Consequently, TECH has opted to design this Practical Training, which will provide the student with the best skills in Sports Psychology to promote their development in this demanded sector. During 120 hours, you will perform your duties in a first-class hospital environment, characterized by state-of-the-art infrastructures. Therefore, as part of an exquisite work team, you will be able to assimilate the up to date protocols for the psychological assessment of the athlete or to apply the state-of-the-art techniques of effective leadership with athletes and sports clubs. Likewise, it will increase your skills in dealing with the *e-Sports* player and help you optimize your daily performance.

Throughout his practical process, he will be accompanied by an excellent tutor, designated specifically for him. Thanks to the advice provided by this expert, students will be able to develop their skills in the field of sports psychology to the maximum, being prepared to assume with solvency the demanding challenges of their profession.

02

Why Study an Internship Program?

In most professional areas, practical experience is a key factor in achieving outstanding success. In the field of Sports Psychology, it is not enough to have theoretical knowledge of the latest advances, but it is essential to know how to apply them in the work context. To address this need, TECH has developed this program, which provides students with the opportunity to participate in a state-of-the-art clinical setting for 3 weeks. There, under the tutelage of experts in the field, participants will acquire practical skills that will enable them to advance their professional development in the field of Mental Health.



TECH offers you an unparalleled opportunity to learn in a practical way, through a 120-hour stay in a prestigious clinical environment"

1. Updating from the Latest Technology Available

Recently, Sports Psychology has witnessed several important advances in relation to *coaching* strategies and intervention techniques that enhance the athlete's well-being in the most effective way. In order to learn about these innovations in a practical way so that they can be incorporated into daily practice, TECH has created this program.

2. Gaining In-depth Knowledge from the Experience of Top Specialists

During the program, students will have the opportunity to collaborate with a team of outstanding experts in the field of Sports Psychology, who will provide them with the most up-to-date skills in this area. In addition, each student will have a tutor who will provide personalized advice.

3. Entering First-Class Professional Environments

TECH implements a rigorous selection process to choose the centers where the Practical Training will take place, in order to ensure that students can be updated in a first class clinical environment. In this way, they will have the opportunity to collaborate with highly demanding teams with a high professional quality.



4. Putting the acquired knowledge into daily practice from the very first moment

Today, it is common to find educational programs that do not meet the daily needs of professionals, as they tend to offer theoretical content with little practical application. For this reason, TECH has created a degree with an innovative pedagogical approach, focused on internships, which will allow students to solidly improve their skills in a high-level clinical environment.

5. Expanding the Boundaries of Knowledge

TECH offers its students the opportunity to carry out practical training in renowned hospitals, with the objective of learning from experts with extensive experience in sports psychology. This opportunity is exclusive to this educational institution and represents a unique experience for the students.



You will have full practical immersion at the center of your choice"

03 Objectives

This academic institution has created this Internship Program with the objective of providing its students with the latest trends and skills in the area of Sports Psychology. In the course of this educational program, they will delve into topics such as the application of *coaching* in sports or master leadership techniques in different sports disciplines, positioning themselves as professionals of reference in the sector.



General Objectives

- ♦ Analyze the possible applications of the most common techniques and methodologies in sports coaching
- ♦ Use of the most frequently used psychological techniques in the field of sports
- ♦ Proper management of social networks to disseminate the psychologist's personal brand



Obtain excellent skills in the field of Sport Psychology through this intensive practical program"





Specific Objectives

- ♦ Investigate the main roles of the sports psychologist and coach
- ♦ Know the psychological functions involved in sports refereeing
- ♦ Study the psychological process from the demand to the intervention itself
- ♦ Analyze the existing social protection and coordination structures in Sports Psychology
- ♦ Study the most effective management models in high performance sports
- ♦ Learn how to apply effective leadership in the sports environment
- ♦ Know the basic process of individual coaching
- ♦ Analyze the Methodology of a sports coaching process
- ♦ Learn to design an effective work plan
- ♦ Further understand inclusive and specific sports
- ♦ Unravel the decision making process in sports
- ♦ Be familiar with the comprehensive target and competition plans
- ♦ Study in depth the techniques to generate confidence and emotional self-control
- ♦ Know the differences between a sports psychologist and a coach
- ♦ Delve into the concept of psychological training
- ♦ Learn to generate a team mentality
- ♦ Know how to promote self-leadership
- ♦ Study in depth the methods for dealing with defeat
- ♦ Delve into the psychological training of specific sports
- ♦ Learn to optimize the learning process of the athlete, looking for consistency in performance
- ♦ Address injuries and rehabilitation of the professional athlete
- ♦ Learn the basic fundamentals and positioning of a personal brand
- ♦ Further develop the management and handling of social networks to achieve professional objectives
- ♦ Know the proper use of social networks by the athlete
- ♦ Study persuasion and influence techniques applicable to different blog, podcast or videoblogging platforms
- ♦ Study the psychological pyramid of sports performance
- ♦ Cover Team Management as a Sports Coach
- ♦ Analyze the values that drive sports organizations
- ♦ Know the design of intervention plans that are carried out in teams and organizations
- ♦ Study in depth the training of sports coaches from a psychological point of view
- ♦ Know the process of workshop design and research applied to Sports Psychology
- ♦ Study in Depth What e-Sports is all about
- ♦ Understand the current importance of the video game industry and its psychological impact
- ♦ Gain in-depth knowledge of the different roles of psychologists in the video game industry
- ♦ Understand the future prospects of the world of E-sports
- ♦ Study in depth the means of prevention of psychological pathologies such as depression in the video game industry.

04

Educational Plan

The Internship Program in Sports Psychology will take place over a period of 3 consecutive weeks, with a daily workday of 8 hours, Monday through Friday, in which students will be part of a prestigious team in a multidisciplinary clinical center. During this time, they will have the opportunity to work in a real and very demanding environment, using advanced Sport Psychology techniques and tools.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide Psychological in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

This innovative educational method will enable students to be prepared to effectively face the most current challenges in the sector, acquiring cutting-edge skills to ensure success in psychological interventions with athletes.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other training partners that facilitate teamwork and multidisciplinary integration as transversal competencies for Psychological praxis (learning to be and learning to relate).





The procedures described below will form the basis of the practical part of the program, and their implementation will be subject to the center's own availability and workload, with the proposed activities being the following:

Module	Practical Activity
Coaching and Management of High Performance Teams	Design an effective coaching work plan for the athlete.
	Carry out a coaching plan oriented to sports teams.
	Carry out effective leadership strategies in top-level sports teams.
Psychological Techniques applied to Sports	Design psychological plans adapted to the athlete's competitive objectives.
	Work with the athlete and provide the best techniques to build confidence and emotional self-control.
Support Tools for the Sports Psychologist and Coach	Deal with the athlete and helping them overcome a streak of negative results.
	Address injuries and rehabilitation of professional athletes from a psychological perspective.
	Assist the athlete who has suffered an injury relapse and to promote the proper management of emotions
e-Sports	Perform effective psychological interventions in <i>e-Sports clubs</i> , both as a group and for individual players.
	Carry out strategies for the prevention of mental pathologies and suicide in e-Sports players.
Personal Branding and Management of Social Media	Build a personal and recognized image related to the psychologist's activity.
	Effectively manage and handle social networks to achieve the desired professional objectives.
	Use persuasive techniques to attract the attention of potential patients.

05

Where Can I Do the Internship Program?

TECH offers its students the opportunity to carry out this Internship Program in a first class hospital, located in different geographical locations, with the objective of ensuring the student's comfort. Over a period of 3 weeks, you will significantly improve your Sports Psychology skills in a high quality clinical in a high quality clinical environment.



Conduct this Internship Program in prestigious hospitals located in different geographical locations"





The student will be able to do this program at the following centers:



Policlínico HM Moraleja

Country	City
Spain	Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Rehabilitation Medicine in Acquired Brain Injury Management



Policlínico HM Matogrande

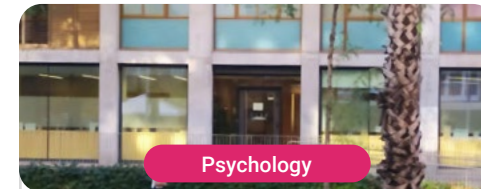
Country	City
Spain	La Coruña

Address: R. Enrique Mariñas Romero, 32G, 2º, 15009, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

Sports Physiotherapy
Neurodegenerative Diseases



Oriol Mercadé

Country	City
Spain	Barcelona

Address: Ronda del General Mitre, 174, 08006 Barcelona

Refers in Sports Psychology, Neuropsychology and Social Inclusion Actions.

Related internship programs:

Sports Psychology
- Cognitive-Behavioral Psychotherapy

06

General Conditions

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be as follows:

1. TUTOR: During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. 3.- DOES NOT INCLUDE: The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

07 Certificate

This private qualification will allow you to obtain a **Internship Program diploma in Sports Psychology** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This TECH Global University private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Internship Program in Sports Psychology**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Accreditation: **4 ECTS**



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