

# Postgraduate Certificate Coaching Applications in the World of Sports





## Postgraduate Certificate

### Coaching Applications in the World of Sports

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/postgraduate-certificate/coaching-applications-world-sports](http://www.techtute.com/us/psychology/postgraduate-certificate/coaching-applications-world-sports)

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# 01

# Introduction

Losing streaks or poor emotional management can lead the athlete to situations of saturation that, in the long term, can turn into performance problems or lack of self-esteem. The sports *coach* has the responsibility to properly motivate the athlete and make them the best version of themselves, acting as both psychologist and mentor. This role requires advanced knowledge of *coaching* in the world of sports, so this program responds to this demand by compiling the best theoretical and practical content on the subject. The psychologist will have access to an exhaustive syllabus that reviews the main methodology and design of work plans, with the perspective of a highly qualified teaching team and the total freedom of a 100% online format.





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*Become the centerpiece of the most prestigious sports projects by stepping up and taking on the role of coach with the best knowledge at your fingertips"*



The mentor or sports *coach* is not only a physical training figure, but also a psychological one. It is just as important to be qualified to perform a task as it is to have the confidence and determination to carry it out. In sport, this translates into adequate motivation for the athlete, which the *coach* must assess through various processes and work models.

This Postgraduate Certificate examines the most important issues of *coaching* in the world of sports, studying the current schools and trends, as well as the most effective methods of psychological management. The psychologist will have at their disposal a myriad of high-quality content, including numerous multimedia resources with which to reinforce and consolidate all the *coaching* tactics acquired throughout the program.

In addition, to encourage the combination of this program with the most demanding professional or personal activity, TECH has promoted a completely online format. To this end, we have eliminated both classroom classes and fixed schedules, giving the psychologist the freedom to download the entire syllabus from the first day.

This **Postgraduate Certificate in Coaching Applications in the World of Sports** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ The development of case studies presented by experts in *coaching* and sports psychology.
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Focus your efforts on the most advanced sports coaching methodology, compiled by a team of experts in the field"*

“*Don't miss the opportunity to join the world's largest online academic institution, with the best resources in educational technology at your disposal*”

The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*You will be able to download the entire syllabus, which will also serve as reference material once you have completed your degree”*

*Register today and start paving your career path with today's leading knowledge in sports coaching”*



# 02

# Objectives

This Postgraduate Certificate allows the psychologist to deal effectively and early with the most common motivational complications and psychological difficulties in the world of sports. Thanks to the knowledge acquired in this program, the graduate can position themselves with an advantage to lead demanding sports projects, with a set of management tools adapted to the current reality and a perfected psychological methodology.







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*Boost your career path by improving your career plans and basic individual coaching techniques"*



## General Objectives

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- ♦ Examine the basic pillars on which Sports Psychology is based.
- ♦ Analyze the possible applications of the most common techniques and methodologies in sports *coaching*.
- ♦ Learn the most frequently used psychological techniques in the field of sports.
- ♦ Study the different interdisciplinary tools of the sports psychologist and *coach*.





## Specific Objectives

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- ◆ Know the basic process of individual *coaching*
- ◆ Analyze the Methodology of a sports *coaching* process.
- ◆ Learn to design an effective work plan



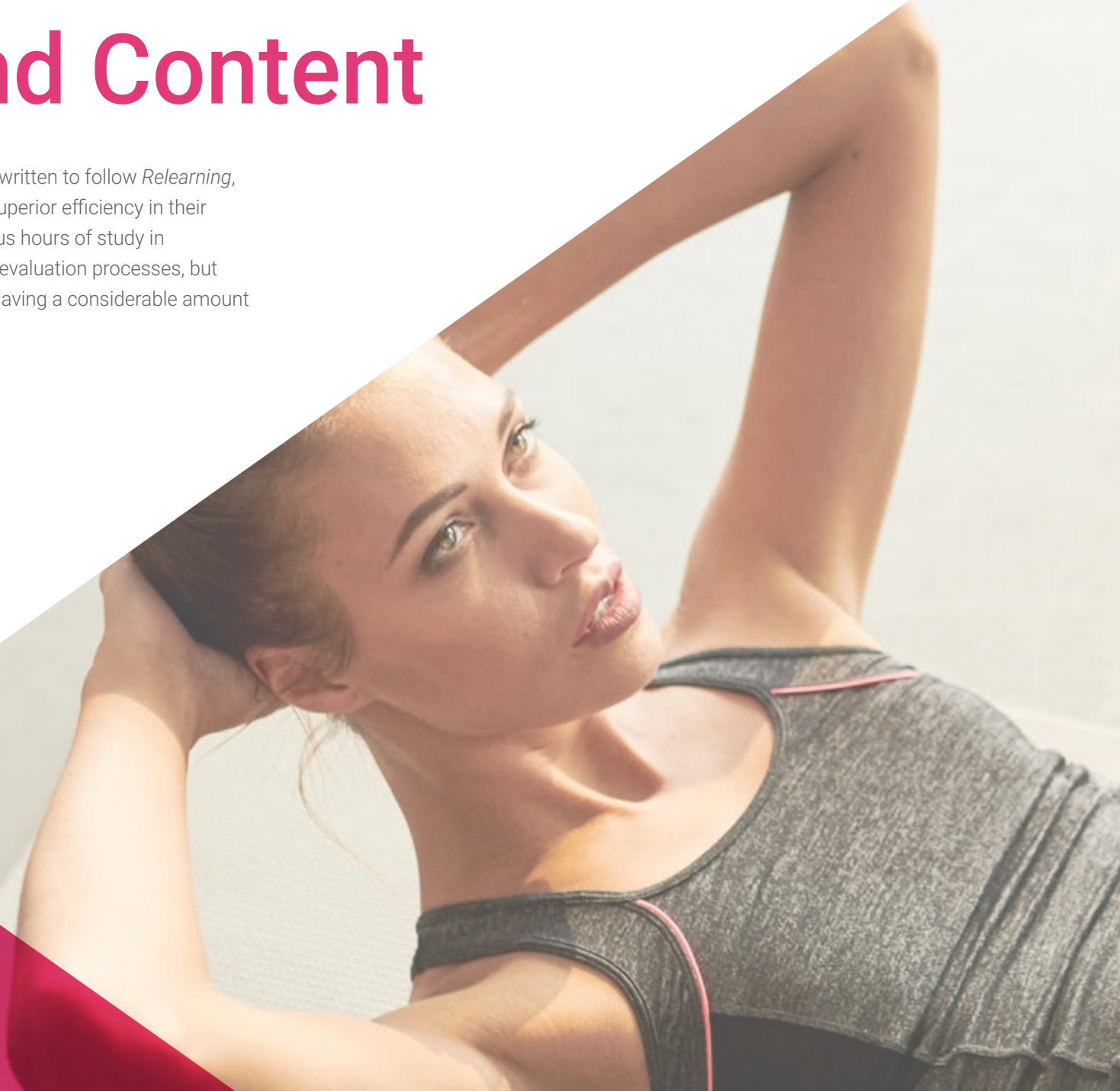
*TECH's high-quality content and teaching methodology will exceed your highest expectations"*

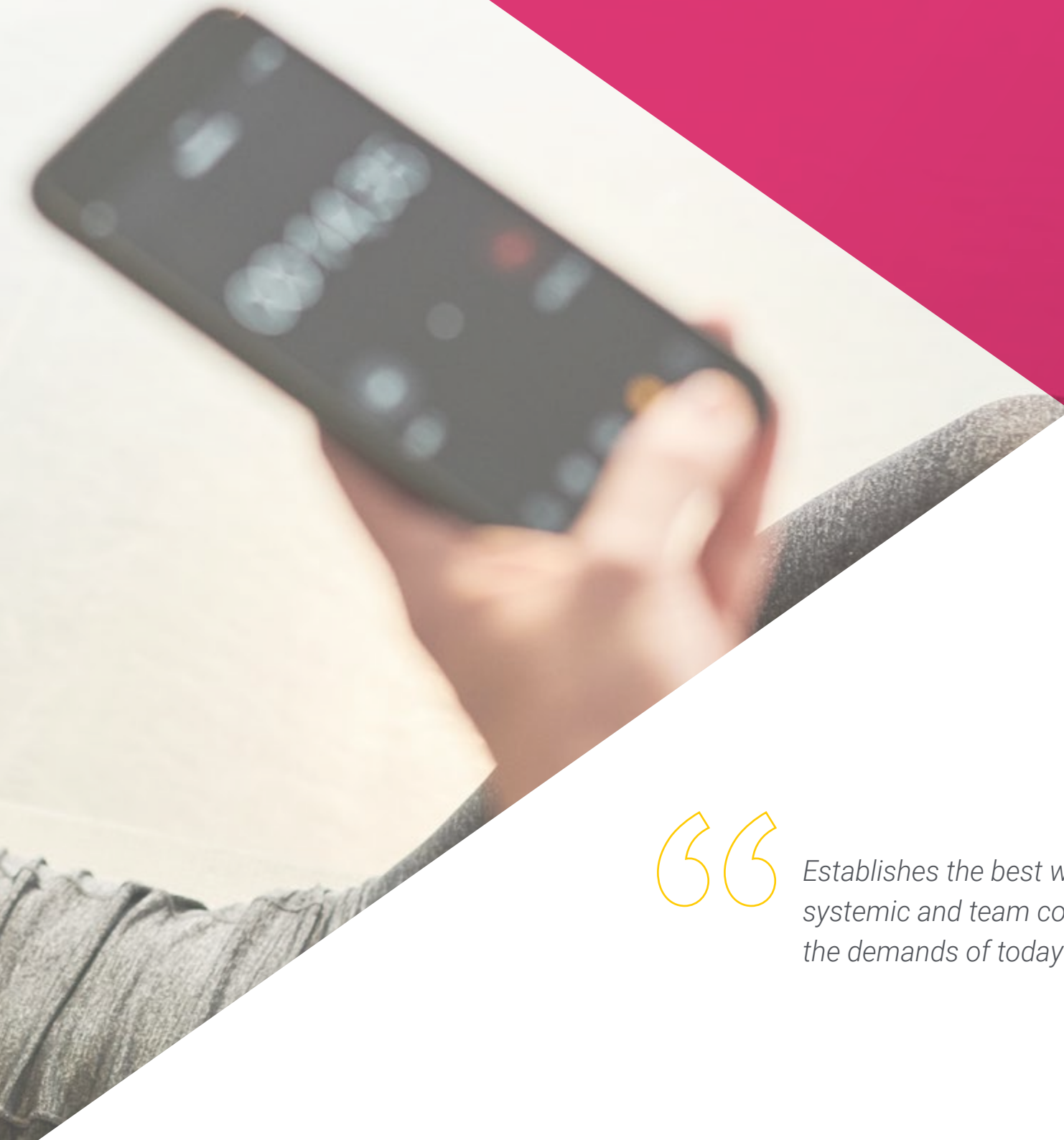


03

# Structure and Content

All the contents of this Postgraduate Certificate have been written to follow *Relearning*, the pedagogical methodology with which TECH achieves superior efficiency in their programs. The psychologist will not have to invest numerous hours of study in assimilating the most complex *coaching* work models and evaluation processes, but these will be given naturally throughout the program, thus saving a considerable amount of study hours.





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*Establishes the best work plans, with systemic and team coaching up to date with the demands of today's sports environment ”*



## Module 1. Coaching Applications in the World of Sports

- 1.1. The Origins and Background of *Coaching*
- 1.2. Current Schools and Trends
- 1.3. Work Models
- 1.4. Differences Between *Coaching* and Other Approaches
- 1.5. *Coach* Competencies and Code of Ethics
- 1.6. *Coactive Coaching*
- 1.7. Basic Process of Individual *Coaching*
- 1.8. Methodology of a Sports *Coaching* Process.
- 1.9. Design of Work Plans and Systemic and Team *Coaching*
- 1.10. Evaluation Process of *Coaching*





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*Add this Postgraduate Certificate to your CV and stand out as a benchmark coach in the most prestigious sports field"*

04

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH the psychologist experiences a way of learning that is shaking the foundations of traditional universities around the world"*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional practice.



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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

*The psychologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.





This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



### Interactive Summaries

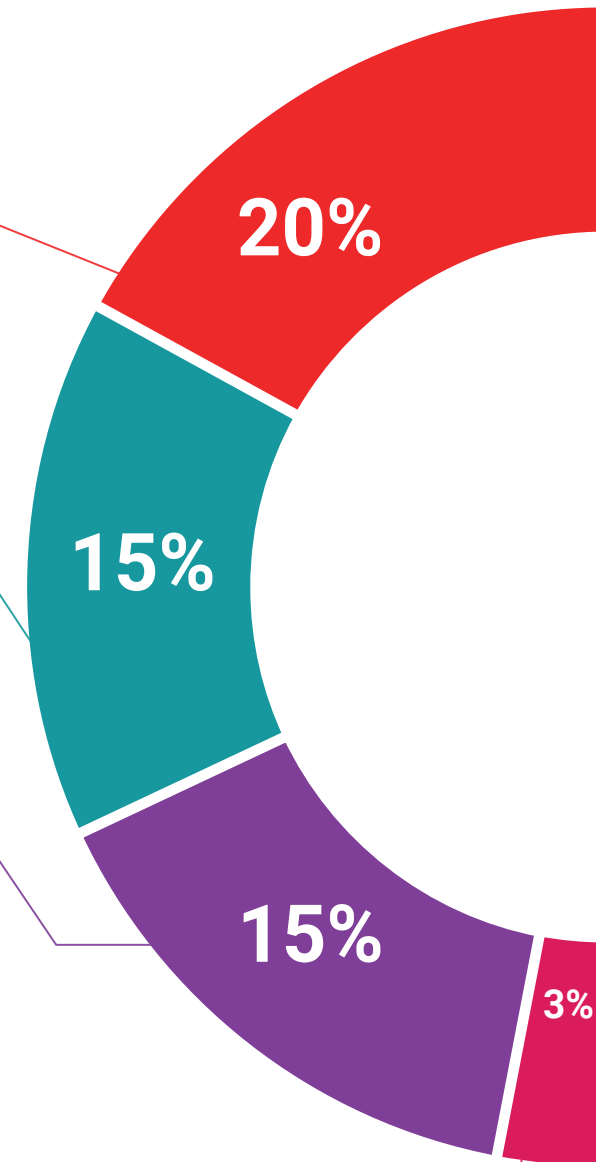
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

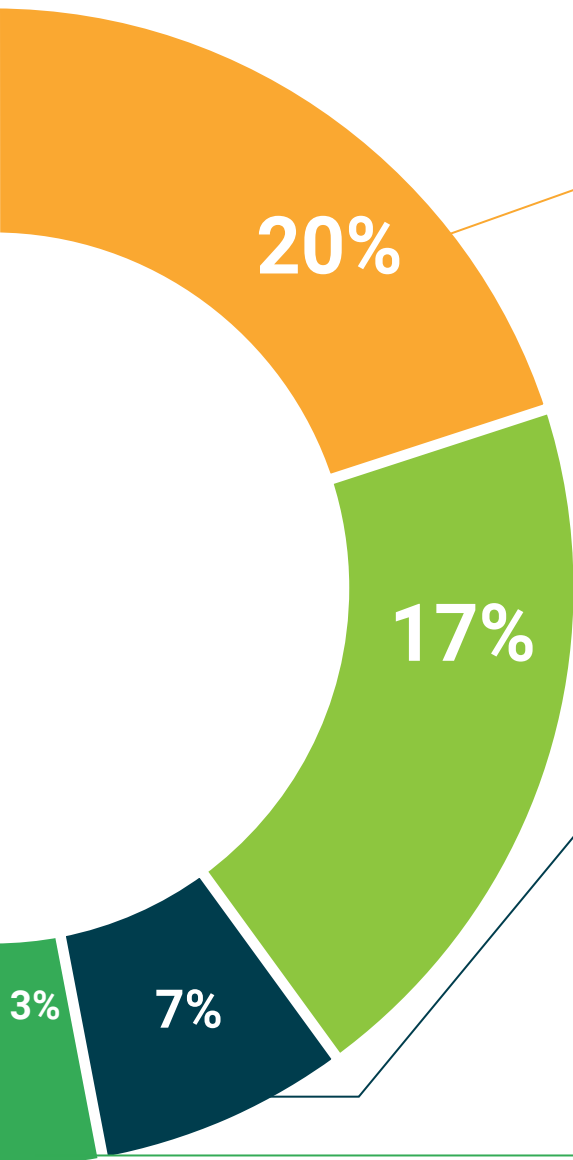
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.





05

# Certificate

The Postgraduate Certificate in Coaching Applications in the World of Sports guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This program will allow you to obtain your **Postgraduate Certificate in Coaching Applications in the World of Sports** 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** title 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: **Postgraduate Certificate in Coaching Applications in the World of Sports**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online training

development languages

virtual classroom

**tech** global  
university

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