

Postgraduate Certificate Leadership and Management of Sports Teams

Endorsed by the NBA



tech technological
university



Postgraduate Certificate

Leadership and Management of Sports Teams

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

12 ECTS Credits

Teaching Hours: **300 hours.**

Website: www.techtute.com/us/psychology/postgraduate-certificate/leadership-management-sports-teams

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Structure and Content

p. 12

04

Methodology

p. 16

05

Certificate

p. 24

01

Introduction

The figure of a good leader is indispensable in any sports team. Therefore, it is important that the psychologist also develops exceptional competencies in the field of leadership and team management, as their intervention can be key to the overall motivation and morale of all the players involved. This university program, created by a group of professionals with proven experience in sports leadership and management, presents the main advances in this field in both theoretical and practical terms. This guarantees the student a quality training, as they will be able to position themselves as a prestigious psychologist, highly qualified to lead sports projects of great relevance. In addition, the 100% online format ensures that this program can be combined with the most demanding professional or personal activity.





“

It provides an in-depth study of communication skills, stress intervention, athlete risk situations and transformational leadership through two comprehensive teaching modules"

This Postgraduate Certificate contains the most important keys to leadership in the current sports context, with an exhaustive and extended training over 2 modules with numerous topics. From the different possible leadership styles and the maintenance of high performance to the analysis of the sports psychologist as *coach*, the student will find the necessary techniques and methodology to further advance their career.

All the contents of this program have been developed to maximize the psychologist's leadership skills, with a polished and perfected methodology that the teaching staff itself has designed over years of experience.

The format of the program is completely online, with no fixed schedules or face-to-face classes of any kind. The psychologist is given total freedom to take on the teaching load at their own pace, as the virtual classroom is available 24 hours a day, with the entire syllabus available for download from any device with an internet connection.

The **Postgraduate Certificate in Leadership and Management of Sports Teams** contains the scientific most complete and up-to-date educational program on the market. The most important features include:

- ♦ The development of case studies presented by experts in coaching and sports psychology.
- ♦ The graphic, schematic, and eminently 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



Burnout and defeat can be a stumbling block for the athlete, but with the methods you will acquire in this Postgraduate Certificate you will know how to deal with it in order to achieve success"

“

You will take advantage of the advanced knowledge of this Postgraduate Certificate to get the most out of the athletes in your care"

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 during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

Apply in your daily work the most important psychological advances in the management of sports teams, both individual and collective

Take a decisive step forward by incorporating this comprehensive program into your CV, distinguishing yourself as a benchmark sports leader



02

Objectives

The main objective of this program is to provide students with the keys to sports management and leadership applied to psychology at the highest level. This way, the psychologist will be specializing in an increasingly important field, with a much higher professional and salary projection. The thoroughness of the contents, moreover, ensures that you will have useful reference material for the future.





“

You will achieve your most ambitious professional goals thanks to psychological content focused on leadership and effective sports team management"



General Objectives

- ◆ Cover the different leadership styles with the greatest success in the sporting panorama.
- ◆ Study high performance team management at the psychological and motivational level.
- ◆ Examine the basic pillars on which Sport Psychology is based.
- ◆ Analyze the possible applications of the most common techniques and methodologies in sports coaching.
- ◆ Learn the psychological techniques most frequently used in the field of sports.
- ◆ Know the figure of the leader in individual and team sports.
- ◆ Understand the importance of personal branding for professional development
- ◆ Update the management of the different digital tools to disseminate the personal brand.
- ◆ In-depth study of the cultural transformation of sports organizations.
- ◆ Study the different interdisciplinary tools of the sports psychologist and coach
- ◆ Deepen the work of the psychologist as a facilitator in the context of sport.





Specific Objectives

- ◆ Study the most effective management models in high performance sports.
- ◆ Learn how to apply effective leadership in the sports environment.
- ◆ Know the differences between the sports psychologist and the coach
- ◆ Delve into the concept of psychological training.
- ◆ Learn how to generate a team mentality
- ◆ Know how to promote self-leadership
- ◆ In-depth study of the methods for dealing with defeat

“

You will refine your methods and leadership style, based on the most successful models in today's sports landscape”

03

Structure and Content

The entire content of this program has a comprehensive yet concise approach, with 2 modules divided into numerous topics covering the main points of interest in the field of sports leadership. This conciseness allows the psychologist a more directed learning process, even being able to study it in the preferred order, since the accessibility is maximum. The extensive amount of audiovisual resources will complete a comprehensive academic offer, adapted to the current demands and challenges that the sports psychologist must face in terms of leadership.





“

Thanks to the Relearning pedagogical methodology, you will avoid having to invest many hours of study in perfecting your leadership"

Module 1. Leadership and Management of High Performance Teams

- 1.1. Origin and History of Leadership Styles
- 1.2. Transformational and Transactional Leadership Style
- 1.3. Leadership Style and Followers
- 1.4. Bases of High Performance Teams
- 1.5. Define the High Performance Challenge
- 1.6. Action Plan
- 1.7. Sustainability and Maintenance of High Performance
- 1.8. Types of Leadership and Coaches in the Sports Field
- 1.9. Athlete Risk Situations
- 1.10. Self-care of High Performance Athletes and their "Caregivers".

Module 2. Leadership Applied to Individual and Collective Sports

- 2.1. Sports Psychologist Vs. Coach
- 2.2. Psychological Training
- 2.3. Psychological Determinants of Performance and Talent Management
- 2.4. Team Mentality and Basic Elements of Intervention
- 2.5. Communication Skills
- 2.6. Stress and Anxiety Intervention
- 2.7. Coping with Defeat/Burnout Prevention
- 2.8. Experiential Tools: *Live Training* Applied to Sports Coaching
- 2.9. Extreme Sports: Talent, Mental Strength, and Ethics in Sports Development
- 2.10. Self-Leadership. Self-Management
- 2.11. The Leader Coach and Team Management, Ethics and Coaching
- 2.12. Diagnostic Tools for Sports Teams and Organizations
- 2.13. Design of Intervention Plans for Teams and Organizational Development.





“

You will have a multitude of high quality multimedia resources, developed by the teachers themselves to explore in detail the leadership and sports management"

04

Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

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.



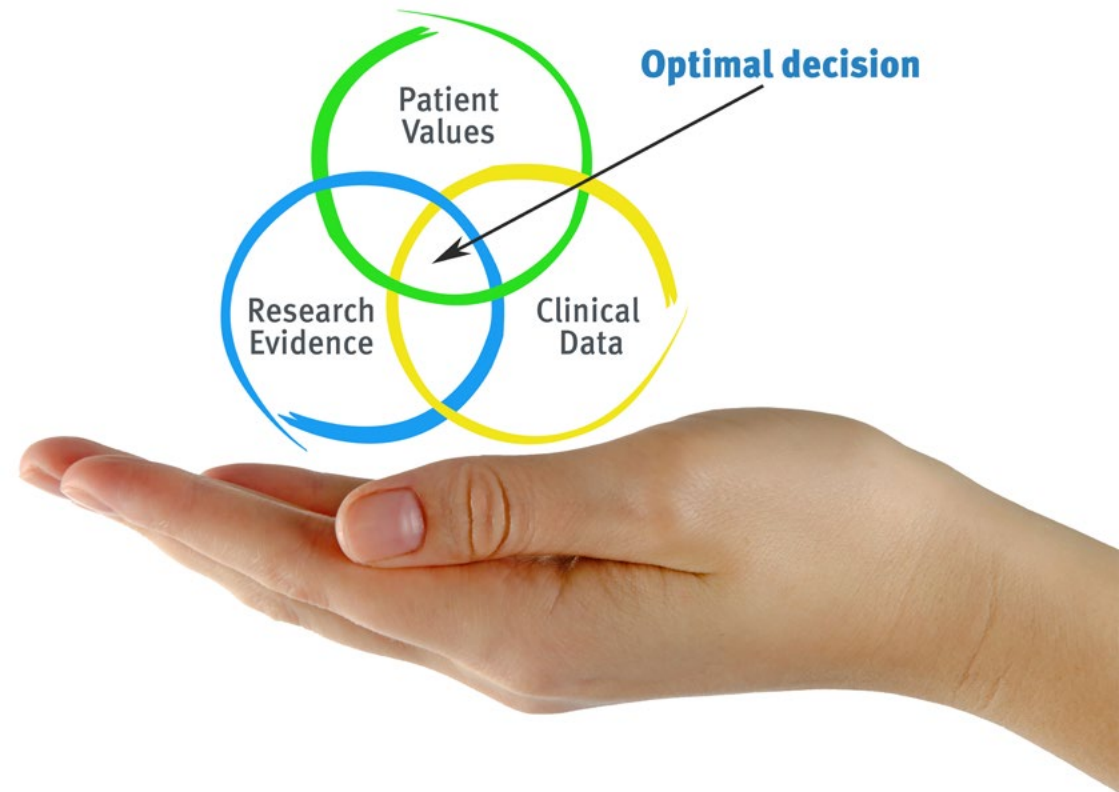
“

Discover Re-learning, 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 abundant 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.

“

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.



Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking 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 high socioeconomic profile and an average age of 43.5 years old.

Re-learning 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 multimedia content presentation training Exclusive system 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 & Re-testing

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 your 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 Leadership and Management of Sports Teams guarantees you, in addition to the most rigorous and updated training, access to a Postgraduate Certificate issued by TECH Technological University.



“

Successfully complete this training program and receive your diploma without travel or laborious paperwork”

The **Postgraduate Certificate in Leadership and Management of Sports Teams** contains the scientific most complete and up-to-date program on the market.

After passing the evaluation, the student will receive by mail their corresponding **Postgraduate Certificate** issued by **TECH-Technological University** via tracked delivery.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate , and meets requirements commonly demanded by labor exchanges, competitive examinations, and professionals from career evaluation committees.

Title: **Postgraduate Certificate in Leadership and Management of Sports Teams**

ECTS: **12**

Official Number of Hours: **300 hours.**

Endorsed by the NBA



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION 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
development languages
classroom



Postgraduate
Certificate
Leadership and
Management of Sports
Teams

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

12 ECTS Credits

Teaching Hours: 300 hours.

Postgraduate Certificate

Leadership and Management of Sports Teams

Endorsed by the NBA

