

# Postgraduate Certificate Psychological Techniques Applied to Sports

Endorsed by the NBA



**tech** technological  
university





## Postgraduate Certificate Psychological Techniques Applied to Sports

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

Official N° of hours: **150 h.**

Website: [www.techitute.com/psychology/postgraduate-certificate/psychological-techniques-applied-sports](http://www.techitute.com/psychology/postgraduate-certificate/psychological-techniques-applied-sports)

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# 01

# Introduction

As sports psychologists gain greater importance within the team, their responsibility also increases when it comes to making decisions or accompanying players in the most important moments. In order to do their job well, it is essential to master the psychological techniques that promote emotional self control, self efficacy and general team motivation. This program delves into all these issues, with a broad syllabus that also covers *Mindfulness* and self instructions. All this focused on sports psychologists getting the most out of their interventionist position within the team, with the most modern and updated work methodology possible. Being a 100% online program, psychologists will have no obstacles to combine it with the most demanding professional or personal activity.







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*Master the most successful psychological techniques in sport, with total command of self instructions, self efficacy and emotional self control”*

Psychological aspects play an extremely important role in the sports world, since a demotivated team will not be able to achieve great feats or victories. The intervention of the sports psychologist is fundamental to maintain a positive attitude and to overcome, strengthening confidence and performance in all the players. To this end, the techniques and different work methods developed in recent years must be known.

Mindfulness or Neurolinguistic Programming applied to sport are some of the tools that psychologists can use to their advantage, perfecting them to get the most out of each one. A teaching team of experts in the field has compiled the main Psychological Techniques Applied to Sport, so students acquire special expertise in the use and application of all of them.

Through high quality multimedia resources and extensive complementary readings for each topic, psychologists will have constant support to complete the program in only six weeks. The completely online format, without face to face classes or fixed schedules, allows psychologists to decide how to take on the entire course load, being able to distribute it as they see fit.

This **Postgraduate Certificate in Psychological Techniques Applied to Sports** contains the most complete and up to date scientific program on the market. The most important features include:

- ♦ Practical cases presented by experts in Sports Coaching and 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 the self assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Access to content from any fixed or portable device with an Internet connection



*Delve deeper into the use of Mindfulness and NLP in sport, ensuring proper management of motivation and emotion of the players”*

“

*You will have access to a virtual classroom available 24 hours a day, with extensive content on motivation and psychological techniques in the field of sports”*

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.

*Enroll today and don't miss the opportunity to be part of the world's largest online academic institution, TECH.*

*Advance your career significantly with a Postgraduate Certificate tailored to the highest level of sports psychology.*





# 02

# Objectives

The use of psychological techniques of all kinds is more than widespread in the sports world. Therefore, the aim of this program is to ensure that psychologists obtain the best possible tools to perform their job as effectively as possible. To this end, all the contents have been approached from an eminently practical point of view, with consistent contextualization through simulated cases and real examples for each topic.







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*Achieve your most ambitious professional goals in the field of sports by mastering the techniques used in the highest competitive spheres”*



## General Objectives

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- ♦ Study high performance team management at a psychological and motivational level
- ♦ 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 sport
- ♦ Study the different interdisciplinary tools used by psychologists and sports coaches







## Specific Objectives

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- ◆ Delve into inclusive sport and specific sports
- ◆ Unravel the decision making process in sport
- ◆ Learn about comprehensive goal and competition plans
- ◆ Delve deeper into the techniques to generate confidence and emotional self control

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*Position yourself as a benchmark psychologist with a masterful application of the best and most effective sports psychology techniques”*

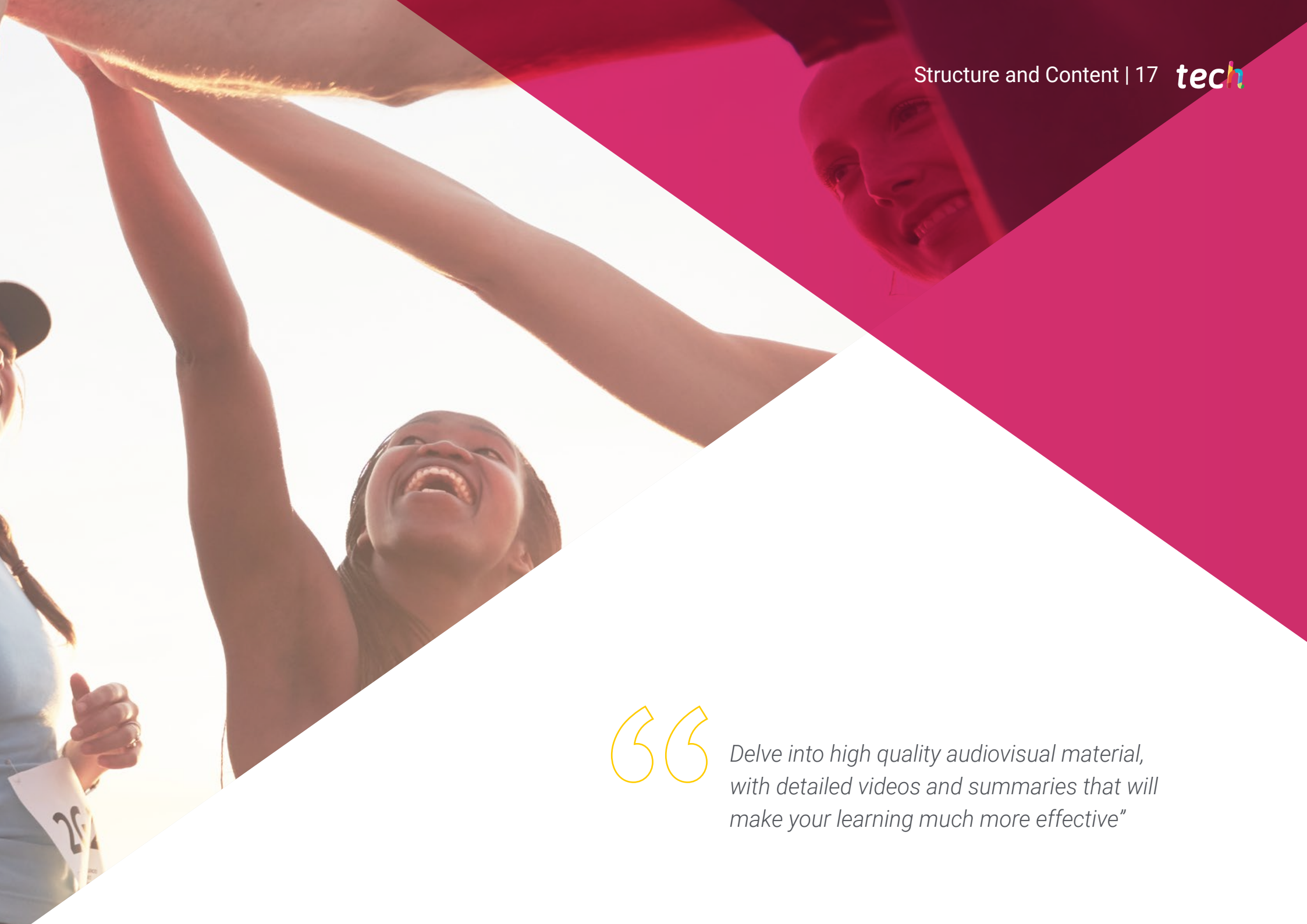
03

# Structure and Content

The syllabus brings together the knowledge of a highly qualified teaching team, while offering a comprehensive view of sports psychology at the highest level. Thanks to the Relearning pedagogical methodology, students will not have to invest numerous hours of study to complete the program, as they will acquire the most advanced psychological expertise taught in a progressive and natural way throughout the course.







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*Delve into high quality audiovisual material, with detailed videos and summaries that will make your learning much more effective”*

## Module 1. Psychological Techniques Applied to Sports

- 1.1. Inclusive Sports and Specific Sports
- 1.2. Decision Making in Sport
- 1.3. Training Trainers: Accompanying Technicians
- 1.4. Establishing Comprehensive Competition Objectives and Plans
- 1.5. Techniques to Favor Emotional Confidence and Self control
- 1.6. Effects of Generating Awareness of Learning on Confidence, Self Efficacy, and Performance
- 1.7. Self instruction Training
- 1.8. Mindfulness Applied to Sport
- 1.9. NLP Applied to Sport
- 1.10. Motivation and Emotion



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*You will be able to  
download all the didactic  
material, even after  
completing the program”*



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.





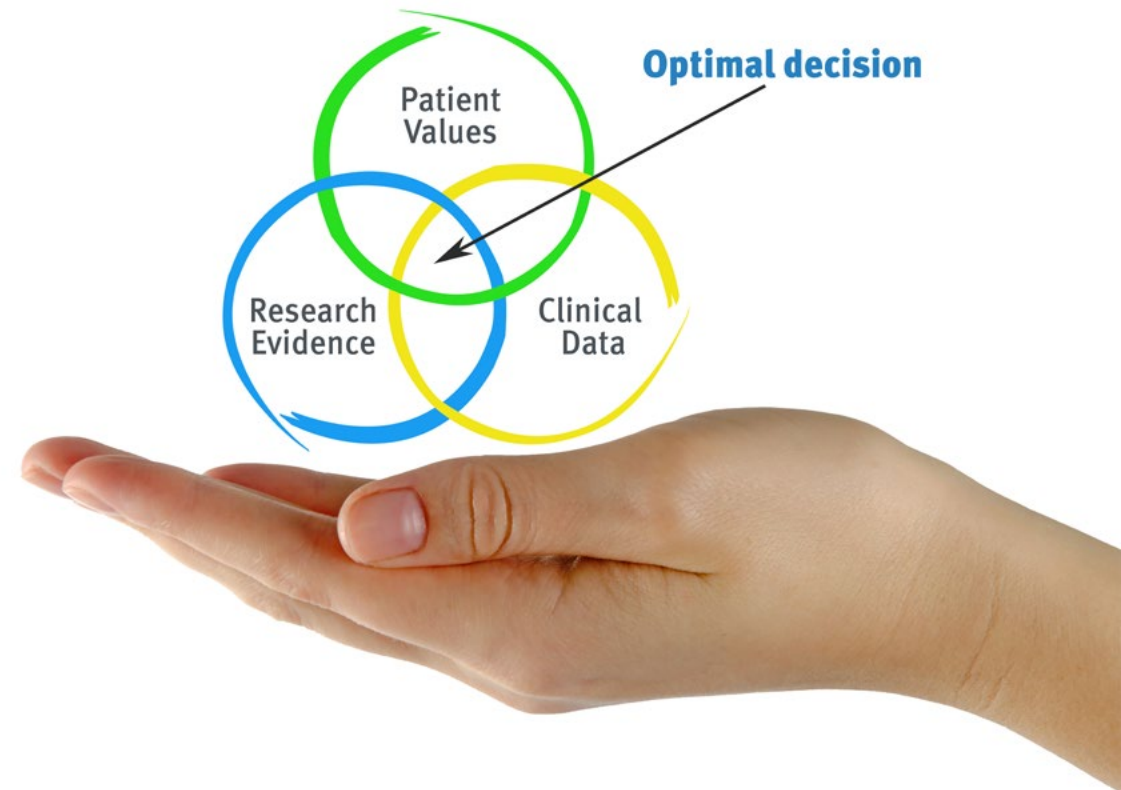
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Harvard 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

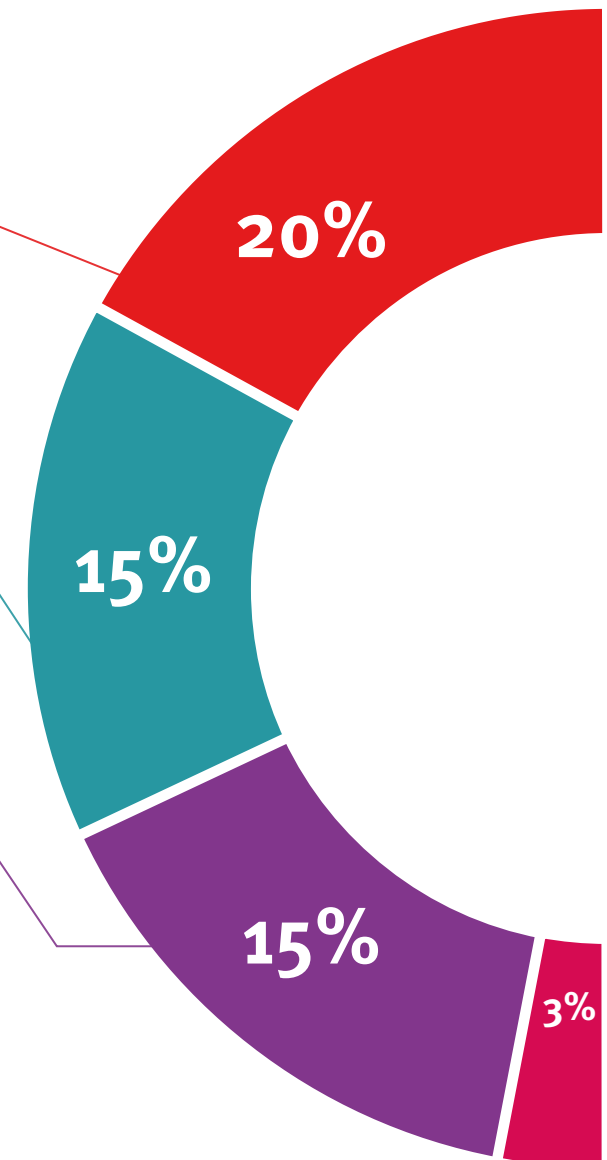
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

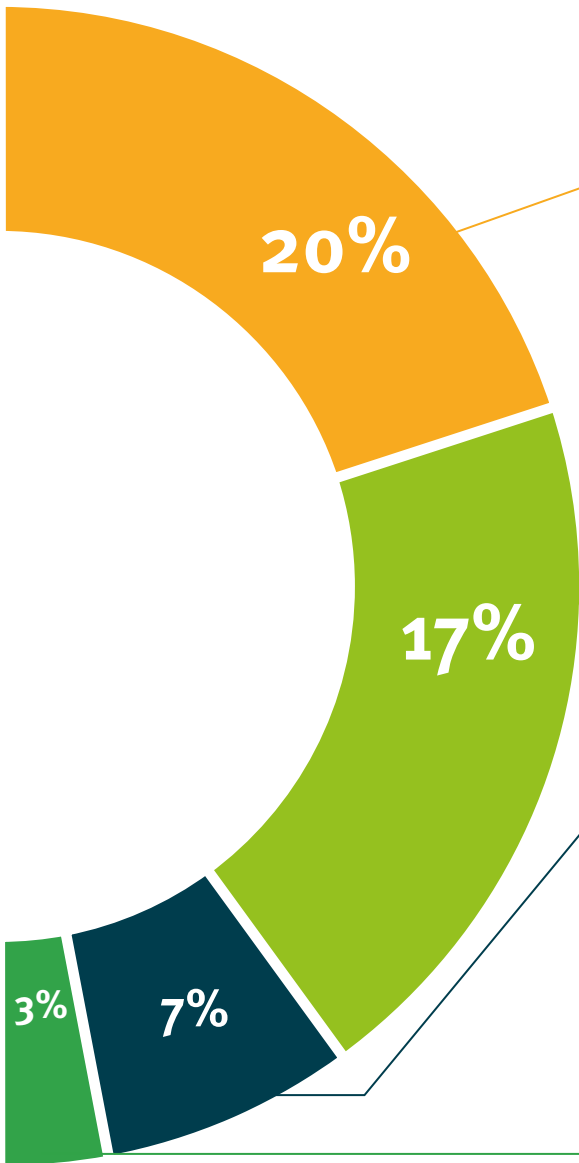
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Psychological Techniques Applied to Sports guarantees, in addition to the most rigorous and up to date training, access to a qualification issued by TECH Technological University.







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*Successfully complete this training program  
and receive your university certificate  
without travel or laborious paperwork”*

This **Postgraduate Certificate in Psychological Techniques Applied to Sports** contains the most complete and up to date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH - Technological University** via tracked delivery\*.

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

**Title: Postgraduate Certificate in Psychological Techniques Applied to Sports**

**Official N° of hours: 150 h.**

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\*Apostille Convention. In the event that the student wishes to have their paper certificate 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 language  
classroom



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**Psychological Techniques**  
**Applied to Sports**

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Duration: 6 weeks

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Official N° of hours: 150 h.

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