

# Postgraduate Certificate Sports Psychology

Endorsed by the NBA





## Postgraduate Certificate Sports Psychology

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

Website: [www.techtitute.com/us/psychology/postgraduate-certificate/sports-psychology](http://www.techtitute.com/us/psychology/postgraduate-certificate/sports-psychology)

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Certificate

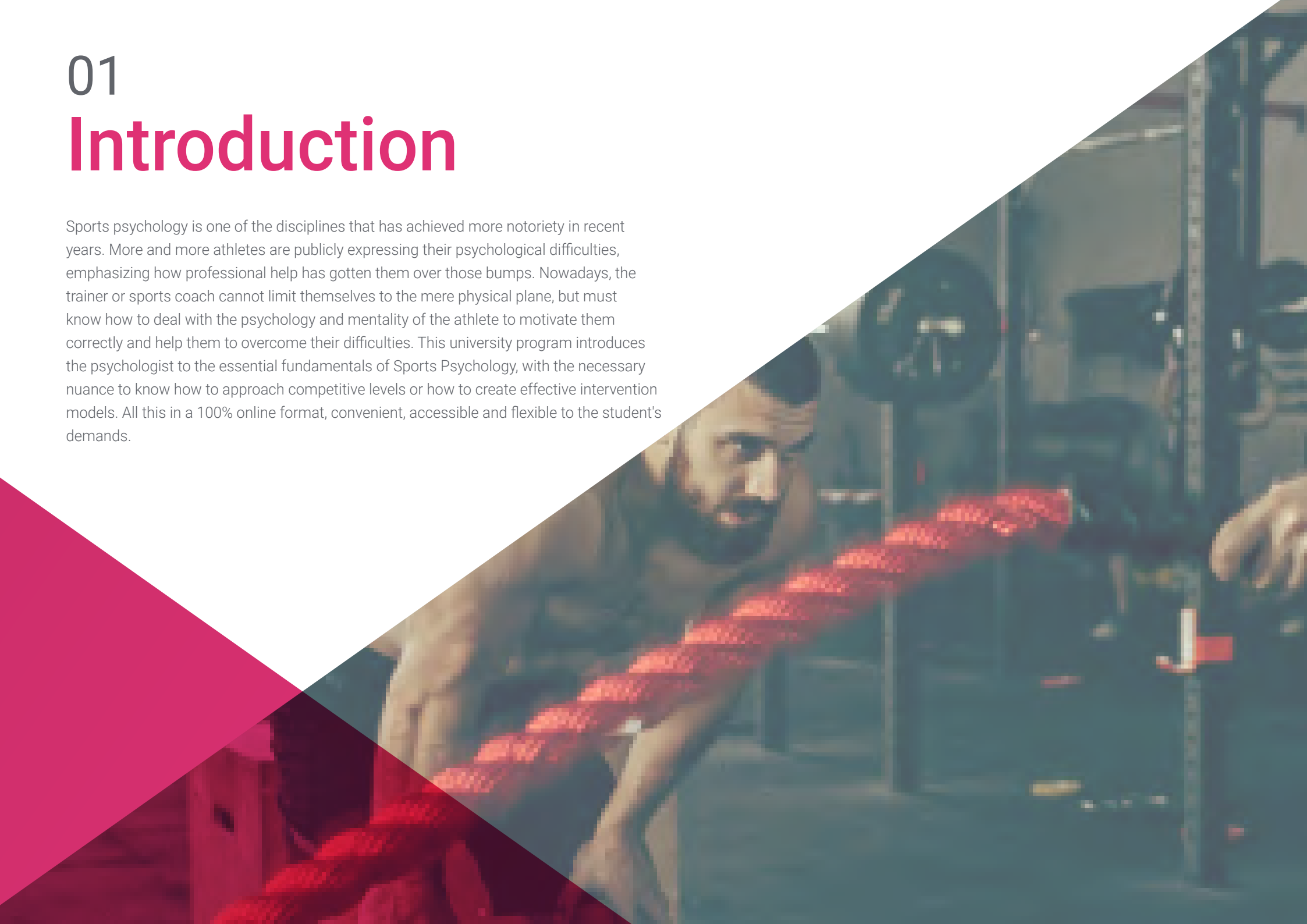
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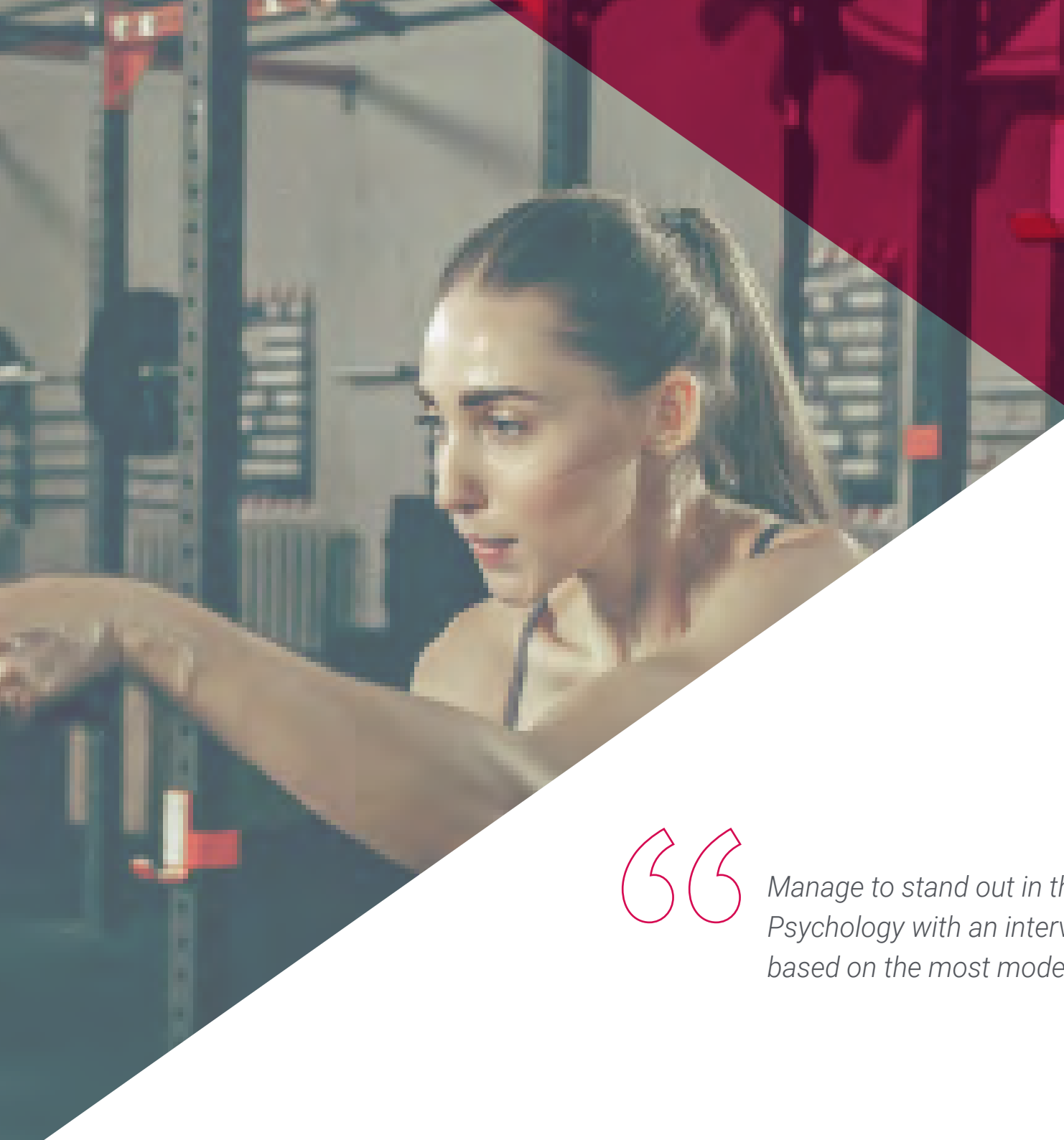
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# 01

# Introduction

Sports psychology is one of the disciplines that has achieved more notoriety in recent years. More and more athletes are publicly expressing their psychological difficulties, emphasizing how professional help has gotten them over those bumps. Nowadays, the trainer or sports coach cannot limit themselves to the mere physical plane, but must know how to deal with the psychology and mentality of the athlete to motivate them correctly and help them to overcome their difficulties. This university program introduces the psychologist to the essential fundamentals of Sports Psychology, with the necessary nuance to know how to approach competitive levels or how to create effective intervention models. All this in a 100% online format, convenient, accessible and flexible to the student's demands.





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*Manage to stand out in the field of Sport Psychology with an interventionist approach, based on the most modern sociology of sport"*

Sports Psychology is undoubtedly a great future option for the professional in this field. Athletes are aware that their mental health has a direct impact on their results and performance, so the effort to maintain a good psyche is increasing. In this context, psychologists specialized in this area will have a considerable advantage to work in more prestigious offices or institutions.

Therefore, this Postgraduate Certificate focuses on the basic fundamentals of Sport Psychology such as neurological bases, motor learning or intervention in training and competition. A teaching team with extensive experience in sports psychology has developed all the topics, based on an eminently practical approach in which to contextualize the topics covered through simulated cases and various complementary readings.

TECH, aware of how difficult it can be to take on a title of this nature, has promoted a completely online format for all its content. This means that we have eliminated in-person classes and fixed schedules, giving the student total freedom to download the syllabus and take it at their own pace.

This **Postgraduate Certificate in Sports Psychology** is the most comprehensive 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



*Specialize in the field of Sports Psychology and develop your work in the most prestigious institutions and psychological offices"*

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*It explores the importance of psychological intervention in training and competition for optimal sports performance, making you a key part of the team”*

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.

*Choose how to distribute your course load, changing where and when you study according to your own interests or responsibilities*

*It forms a partnership with athletes at the highest competitive levels, with a modernized and up-to-date psychological approach*



# 02

# Objectives

Through the study of sports management and performance models, the psychologist can positively impact through confidence and positive influence on the athlete's routines. For this reason, this Postgraduate Certificate provides you with the basic and effective scientific tools and methodologies, tested and perfected by the teaching staff themselves over many years of experience. In this way, you will consolidate your position as a sports psychologist of reference, with a mastery of the basic fundamentals of this discipline.





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*Your most ambitious professional goals  
will be achieved thanks to the specialized  
approach of this Postgraduate Certificate”*



## General Objectives

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- ◆ 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.
- ◆ Deepen the work of the psychologist as a facilitator in the context of sport.





## Specific Objectives

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- ◆ 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 Sport Psychology.



*You will incorporate into your daily work the most effective psychological methodology, knowing the most recent application of psychology in sport"*

03

# Course Management

For our program to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record in the field of education. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.





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*Our professors bring their vast experience and their teaching skills to offer you a stimulating and creative specialized training program”*

## International Guest Director

Dr. Barbara Roberts is a leading clinical psychologist with an internationally recognized career in the field of sports mental health. As such, she has played an important role as Director of Wellness and Clinical Studies for the Washington Commanders football team, a position that has made her one of the few professionals with a doctorate in Clinical Psychology working full time for an NFL franchise. Here, her work has focused on implementing a proactive approach to mental health management, seeking to build a solid foundation for player wellness and its impact on performance and overall health.

Additionally, her professional career has included significant roles at the Federal Bureau of Prisons and the U.S. Army Aberdeen Proving Ground, where she has developed programs to support inmates and military members with substance abuse issues. In addition, she has worked for the Substance Abuse and Mental Health Services Administration and the White House Office of National Drug Control Policy, which has allowed her to evaluate and improve treatment programs nationwide.

Dr. Barbara Roberts has also applied her expertise in evidence-based methods, such as motivational interviewing, to create an environment of trust with players, helping them face the challenges of their careers and personal lives. In this regard, her approach is unique in its ability to normalize mental health within the sporting environment and offer ongoing, personalized support. In turn, she has excelled in her commitment to helping players through various stages of their careers, from their early years in the NFL, to life after retirement.



## Dr. Barbara, Roberts

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- Director of Wellness and Clinical Services at the Washington Commanders, Washington D. C., United States
- Clinical Psychologist at Georgetown University Medical Center, Georgetown
- Analyst and Health Policy Coordinator in the White House Office of National Drug Control Policy
- Clinical Psychologist at the Substance Abuse and Mental Health Services Administration
- Doctor of Clinical Psychology from the University of Oklahoma
- B.A. in Psychology from Fisk University

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

03

# Structure and Content

In order to facilitate the student's study work as much as possible, TECH has incorporated Relearning in all the contents of this program. This innovative pedagogical methodology avoids the student to invest numerous hours of study, since the most fundamental contents of Sports Psychology are reiterated throughout the syllabus. In addition, each of the points is accompanied by numerous multimedia videos and complementary readings, further enriching the academic experience.







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*You will have at your disposal detailed videos, summaries, work guides and self-knowledge exercises to go as deep as possible in the basic fundamentals of Sports Psychology”*

## Module 1. Basic Fundamentals of Sports Psychology

- 1.1. Introduction to the Sports Psychology
- 1.2. Sociology of Sport and Classification
- 1.3. Basic Neurological Basis
- 1.4. Neurological Basis of Movement
- 1.5. Motor Skills and Learning
- 1.6. Models of Psychological Intervention
- 1.7. From Demand to Intervention. Intervention in Training and Competition
- 1.8. Competitive Levels: High Performance Sport, Technification Sport and Grassroots Sport.
- 1.9. Effects and Usefulness of the Sports Psychologist
- 1.10. Current Sports Psychology





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*Get the most out of this Postgraduate Certificate by downloading it in its entirety and using it as reference material for your future"*

# 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.



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*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.

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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.



## 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 Sports Psychology guarantees, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate qualification issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate 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** 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 Sports Psychology**

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  
development language  
classroom



## Postgraduate Certificate Sports Psychology

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

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university