

# Postgraduate Diploma Sports Psychology

Endorsed by the NBA





## Postgraduate Diploma Sports Psychology

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

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

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# 01

# Introduction

In the modern era, it is impossible to understand sport as a mere physical activity. The psychological factor has gained indisputable weight in all sports disciplines, with an increasingly in-depth study of the motivational factors involved in the athlete's performance and motivation. Therefore, it is a great opportunity for every psychologist to take a deeper look at Sports Psychology, as it is a booming area. This university program responds to this growing demand, offering the most effective scientific postulates, psychological methodology and facilitation techniques of this discipline. The 100% online format also makes it possible to combine it with the most demanding professional or personal activity.







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*You will incorporate the most advanced psychological techniques to your approach, positioning yourself as a key facilitator in sporting triumphs"*

The importance and relevance that psychological ailments have gained for athletes in recent years has been remarkable. The case of Simone Biles in Tokyo 2020, which served to make visible and give the discipline of Sport Psychology the importance it deserves. Athletes are more aware than ever that not everything is about physical performance, so psychologists are faced with a magnificent framework for intervention in sports psychology.

Being such a broad and extensive field, with numerous approaches and practical methodology, this program brings together the most important keys for the psychologist to deepen and update their knowledge in Sport Psychology in a satisfactory way. Thus, a modern tour through the basic fundamentals of sports psychology will be made, repairing in subsequent modules on the psychological techniques of the sports field, facilitation tools and the figure of the sports coach as a facilitator.

All this compiled in a convenient program with a 100% online format, respecting the most demanding professional and personal activity of the psychologist. Eliminating both classroom classes and fixed schedules provides total flexibility, which results in the possibility of downloading the complete syllabus and studying it at the pace you want, without the ties or demands of traditional faculties.

This **Postgraduate Diploma in Sports Psychology** is the most comprehensive and up-to-date educational program on the market. The most important features include:

- 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



*You will have a comprehensive mastery of the interdisciplinary work of the sports coach thanks to the thoroughness and meticulousness with which all the topics have been written"*

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*You will direct your psychological career towards the most prestigious sports fields, achieving an outstanding advantage thanks to the keys you will acquire in this program”*

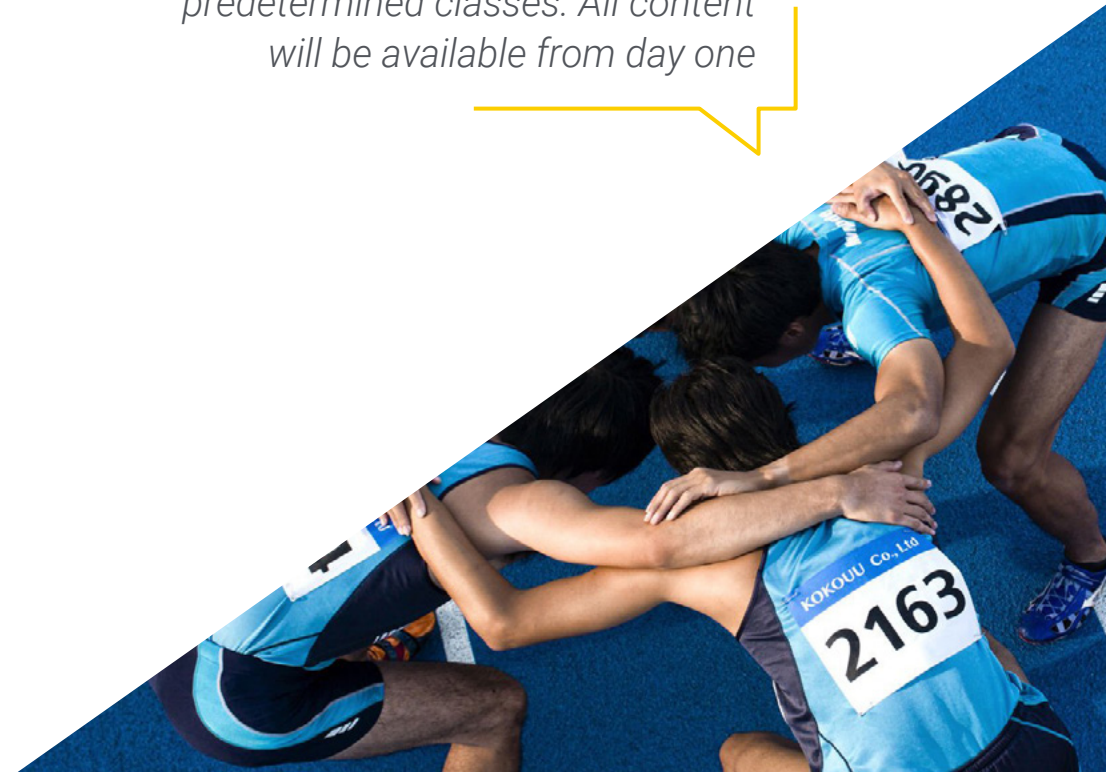
The program’s teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

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.

*Deepen your knowledge of group dynamics, psychological intervention models and sports mindfulness, to bring your capabilities to their maximum potential*

*At TECH you make the important decisions, without having to stick to predetermined classes. All content will be available from day one*



# 02

# Objectives

The competencies acquired by the psychologist throughout this Postgraduate Diploma are of great utility and value in high-level sports spheres, so the objective of this program could not be other than to promote the student's professional career through quality teaching. TECH's detailed practical methodology will enable the psychologist to incorporate the newly acquired knowledge into their daily practice as they go along, resulting in a gradual improvement throughout the program.





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*You will reach the top of your career thanks to the detailed guidance and quality content in Sports Psychology that you will find in this Postgraduate Diploma"*



## General Objectives

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- ♦ 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.
- ♦ 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.



*You will have at your disposal a myriad of resources to support you in exceeding your goals by far, with the invaluable support of the entire TECH team"*





## Specific Objectives

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### Module 1. Basic Fundamentals of Sports Psychology

- ♦ 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.

### Module 2. Psychological Techniques Applied to Sport

- ♦ In-depth study of inclusive sports and specific sports
- ♦ Unravel the decision making process in sports
- ♦ Become familiar with the comprehensive target and competition plans.
- ♦ Learn techniques to build confidence and emotional self-control.

### Module 3. Facilitation Tools for the Sports Psychologist and Coach

- ♦ Further psychological training for specific sports.
- ♦ Learn to optimize the learning process of the athlete, seeking regularity in performance.
- ♦ Address injuries and rehabilitation of the professional athlete

### Module 4. The Psychologist and the Coach as Facilitators

- ♦ In-depth training of sports coaches from a psychological point of view.
- ♦ Know the process of workshop design and research applied to sport psychology.

# 03

## Structure and Content

Given the breadth of such a deep discipline as Sports Psychology, the teaching team in charge of the writing and elaboration of all the contents has placed special emphasis on the most relevant topics. In addition, each of these topics have been enriched with a variety of supplementary material in the form of readings, in-depth videos, real case studies and self-awareness exercises to acquire key contextualization in daily professional practice.







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*You will have the freedom to take on the course load at your own pace, and you can even choose the order in which you tackle the topics, according to your own personal interests”*

### 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

### Module 2. Psychological Techniques Applied to Sport

- 2.1. Inclusive Sport and Specific Sports
- 2.2. Decision-Making in Sports
- 2.3. Train the Coach Technical Support
- 2.4. Establishment of Objectives and Comprehensive Competition Plans
- 2.5. Techniques to Promote Confidence and Emotional Self-Control
- 2.6. Effects of Generating Awareness of Learning on Confidence, Self-Efficacy and Performance
- 2.7. Self-Instructional Training
- 2.8. *Mindfulness* Applied to Sports
- 2.9. NLP Applied to Sports
- 2.10. Motivation and Emotion.







### Module 3. Facilitation Tools for the Sports Psychologist and Coach

- 3.1. Interdisciplinary Work (Physical Therapist, Physiotherapist, Nutritionist, Physician, etc.)
- 3.2. Athlete Assessment Tools
- 3.3. Psychological Training for Specific Sports
- 3.4. Optimization of the Athlete's Learning and Search for Regularity in Performance Sports
- 3.5. Psychological Pyramid of Sports Performance
- 3.6. Psychological Approach to Injury and Readaptation
- 3.7. Retirement in Professional Sports
- 3.8. Substance Use and Other Risks
- 3.9. Neuroscience Applied to Perception and Performance
- 3.10. Experiential Tools: *Live Training*

### Module 4 The Psychologist and the Coach as Facilitators

- 4.1. Psychologist and Coach: Protagonists of the Process
- 4.2. Group and Team Dynamics
- 4.3. Reinforcement and Punishment
- 4.4. Concentration and Visualization
- 4.5. Values and Attitudes of Sport
- 4.6. Athlete's Personality
- 4.7. Evaluation and Diagnosis of Common Problems
- 4.8. Design of Workshops and Intervention Sessions
- 4.9. Intervention Phases and Sessions
- 4.10. Project Development and Applied Research

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.





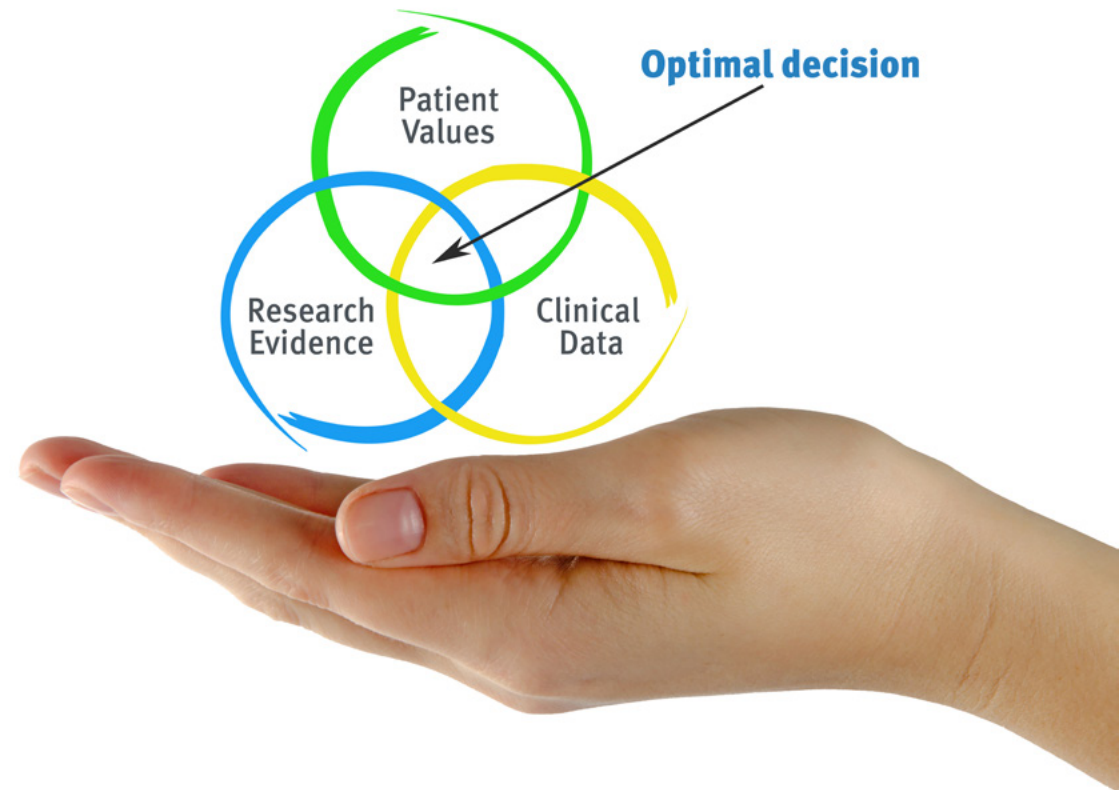
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*Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Diploma in Sports Psychology guarantees, in addition to the most rigorous and up-to-date training, access to a Postgraduate Diploma 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 private qualification will allow you to obtain a **Postgraduate 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: **Postgraduate Diploma in Sports Psychology**

Modality: **online**

Duration: **6 months**

Accreditation: **24 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 language  
virtual classroom



## Postgraduate Diploma Sports Psychology

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

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