

# Professional Master's Degree Sports Psychology

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university



## Professional Master's Degree Sports Psychology

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/psychology/professional-master-degree/master-sports-psychology](http://www.techtute.com/us/psychology/professional-master-degree/master-sports-psychology)

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# 01

# Introduction

Within the different branches of Psychology, the field that studies the mind in sports practice is booming. It has been proven and contrasted that with a good psychological approach it is possible not only to maximize the athlete's performance, but also to maintain a good functioning of their emotional and behavioral system. This is why more and more organizations have well-structured and clearly focused psychological departments: Preserve the behavior of the athlete before, during and after the sport activity, taking into account the importance of motivation, anxiety, aggressiveness and group dynamics in collective sports. In this context, the following program is presented, which aims to offer psychologists the latest scientific positions and the newest techniques and trends in the world of Sports Psychology.







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*You will learn how to enhance the performance of high-level athletes, based on psychological methods and approaches that are revolutionizing the sports sector”*

Sports psychology has undergone important advances in recent years. Nowadays, it is practically impossible to find high-performance sports teams that do not have psychologists specialized in this area in their work teams, capable of guaranteeing the proper functioning of the emotional, behavioral and cognitive processes of the athletes. In addition, new scientific findings have inspired the creation of new techniques and methods of psychophysical management, which not only help the athlete to maintain good mental health, but also to maximize sports performance.

Aware of this reality, the TECH teaching team has designed this Professional Master's Degree, which brings together in just 12 months of intensive online study, the latest scientific advances in the field of Sports Psychology. All this, from a practical perspective, which will help students to consolidate their knowledge and to apply it in their professional practice, from the very first minute.

Thus, and based on a cutting-edge study methodology, we will study how the sports coach influences the individual and collective productivity of the athlete. We will study in depth the importance of leadership and management of high-level teams, as well as the importance of the different psychological techniques aimed at maximizing the possibilities and performance of the athlete.

In addition, and as a disruptive and absolutely innovative element, this Professional Master's Degree includes in its content a module dedicated exclusively to Sports Psychology applied to the management of eSports teams. A booming sector that is revolutionizing the world of sports and that, due to its own singularities, requires specific techniques that guarantee the psychological stability of the players.

All this, condensed in a program that stands out not only for the quality of its contents, but also for the excellence of its teaching staff. Postgraduate Diplomas in the area of Sports Psychology who work in clubs and entities of the highest caliber around the world and who, committed to quality education, have prepared the most complete and specific syllabus in the university panorama.

This **Professional Master's Degree in Sports Psychology** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ Practical cases presented by experts in Sports Coaching and 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



*Whether in e-sports, individual or team sports, you will master the psychological keys to offer precise approaches and guidelines at every moment of the athlete's career"*

“

*Master the psychology of sport to cover all types of situations, from serious injuries to retirement in high-level professional competitions”*

*Learn the secrets used by the most prestigious sports coaches in the world, compiled by a high-level teaching team.*

*You will be able to be part of the most relevant teams or the most important sports institutions, thanks to this academic 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 throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.





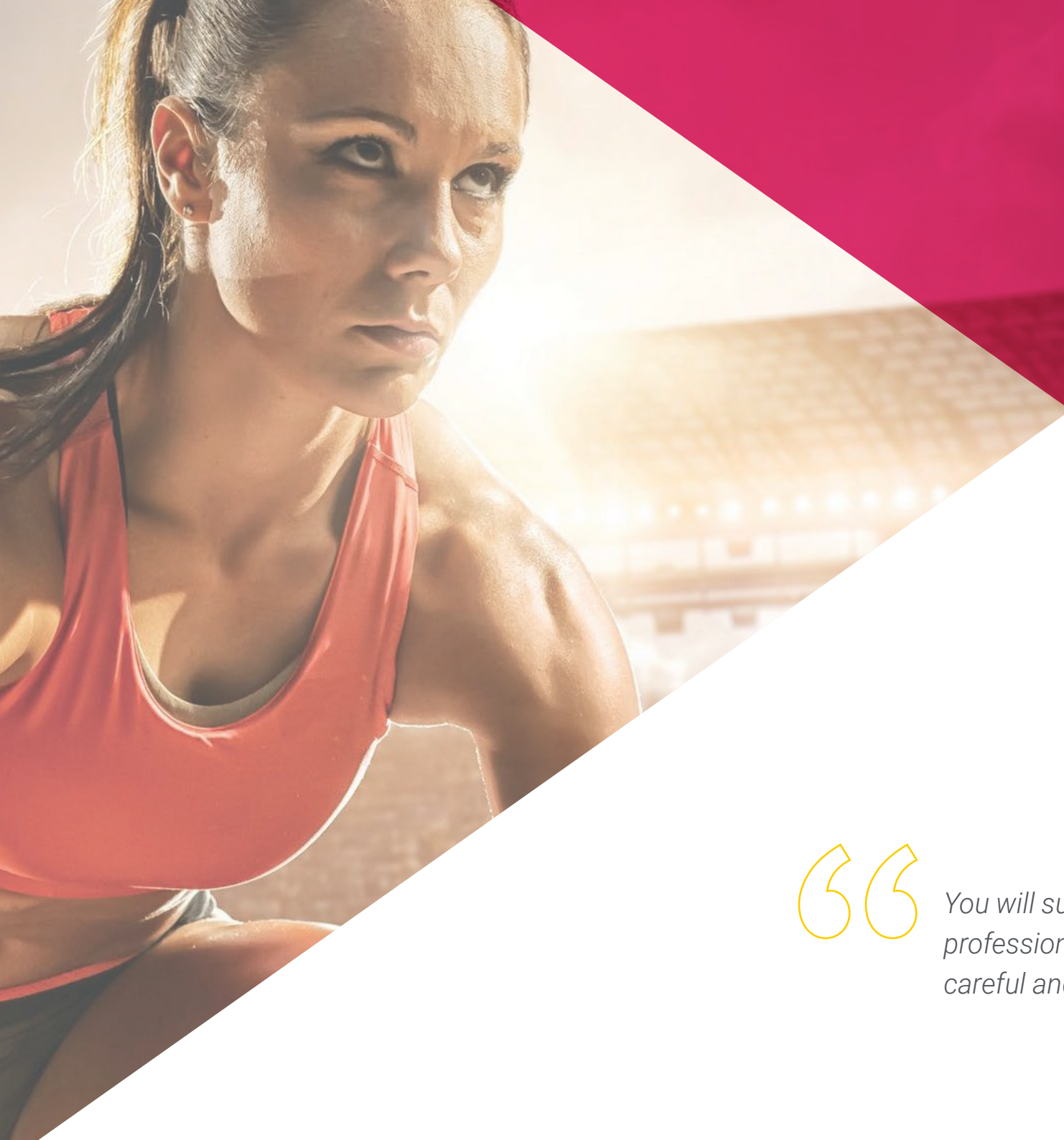
# 02

# Objectives

The importance that the figure of the Sports Coach has gained in recent years cannot be overstated. For this reason, TECH has incorporated the most useful tools, knowledge and techniques in this effective academic program. Thanks to the competencies acquired by the student throughout all the modules, their professional value is reinforced, even being able to stand out in the labor market with a solid, attractive and distinctive personal brand compared to other sports coaches.







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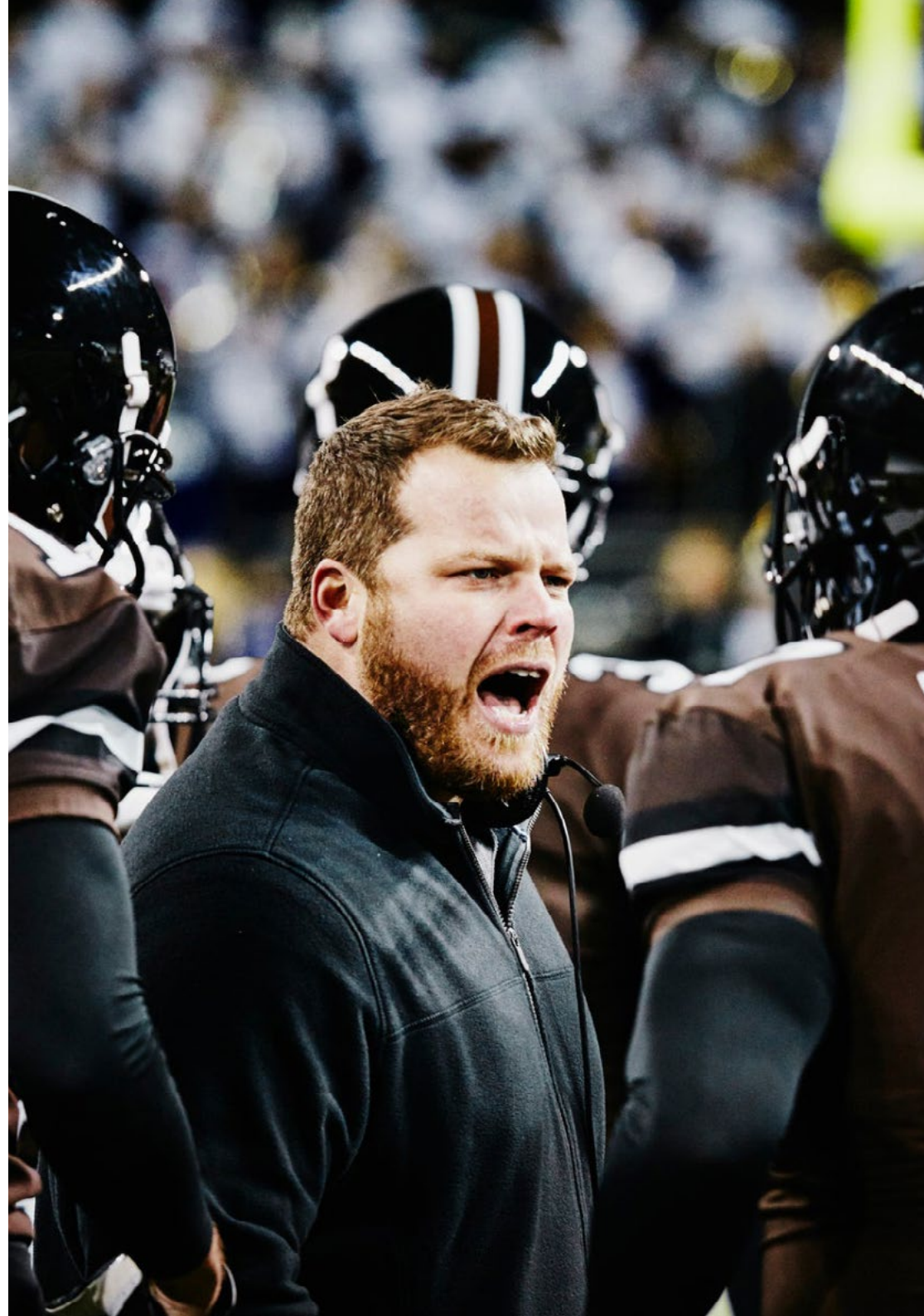
*You will surpass your most ambitious professional goals thanks to TECH's careful and proven methodology"*



## General Objectives

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- ♦ Approach the most successful leadership styles in the sporting arena
- ♦ Study high performance team management at the 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 sports
- ♦ Know the figure of the leader in individual and team sports
- ♦ Understanding the importance of personal branding for professional development
- ♦ Updating the management of the different digital tools to disseminate the personal brand
- ♦ Study in depth the cultural transformation of sports organizations
- ♦ Study the different interdisciplinary tools of the sports psychologist and coach
- ♦ Delve into the work of the psychologist as a facilitator in the context of sport





## 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 Sports Psychology

### Module 2. Leadership and Management of High-Performance Teams

- ♦ Study the most effective management models in high performance sports
- ♦ Learn how to apply effective leadership in the sports environment

### Module 3. Coaching Applications in the World of Sports

- ♦ Know the basic process of Individual Coaching
- ♦ Analyze the methodology of a Sports Coaching process
- ♦ Learn to design an effective work plan

### Module 4. Psychological Techniques applied to Sports

- ♦ Further understand inclusive and specific sports
- ♦ Unraveling the decision-making process in sports
- ♦ Be familiar with the comprehensive target and competition plans
- ♦ Study in depth the techniques to generate confidence and emotional self-control

### Module 5. Leadership applied to Individual and Collective Sports

- ♦ Know the differences between a sports psychologist and a coach
- ♦ Delve into the concept of psychological training
- ♦ Learn to generate a team mentality
- ♦ Know how to promote self-leadership
- ♦ Study in depth the methods for dealing with defeat

### Module 6. Support Tools for the Sports Psychologist and Coach

- ♦ Delve into the psychological training of specific sports
- ♦ Learn to optimize the learning process of the athlete, looking for consistency in performance
- ♦ Addressing injuries and rehabilitation of the professional athlete

### Module 7. Personal Branding and Management of Digital Tools

- ♦ Learning the basic fundamentals and positioning of a personal brand
- ♦ Further develop the management and handling of social networks to achieve professional objectives
- ♦ Know the proper use of social networks by the athlete
- ♦ Study persuasion and influence techniques applicable to different blog, podcast or videoblogging platforms
- ♦ Study the psychological pyramid of sports performance



### Module 8. Cultural Transformation in Sports Organizations

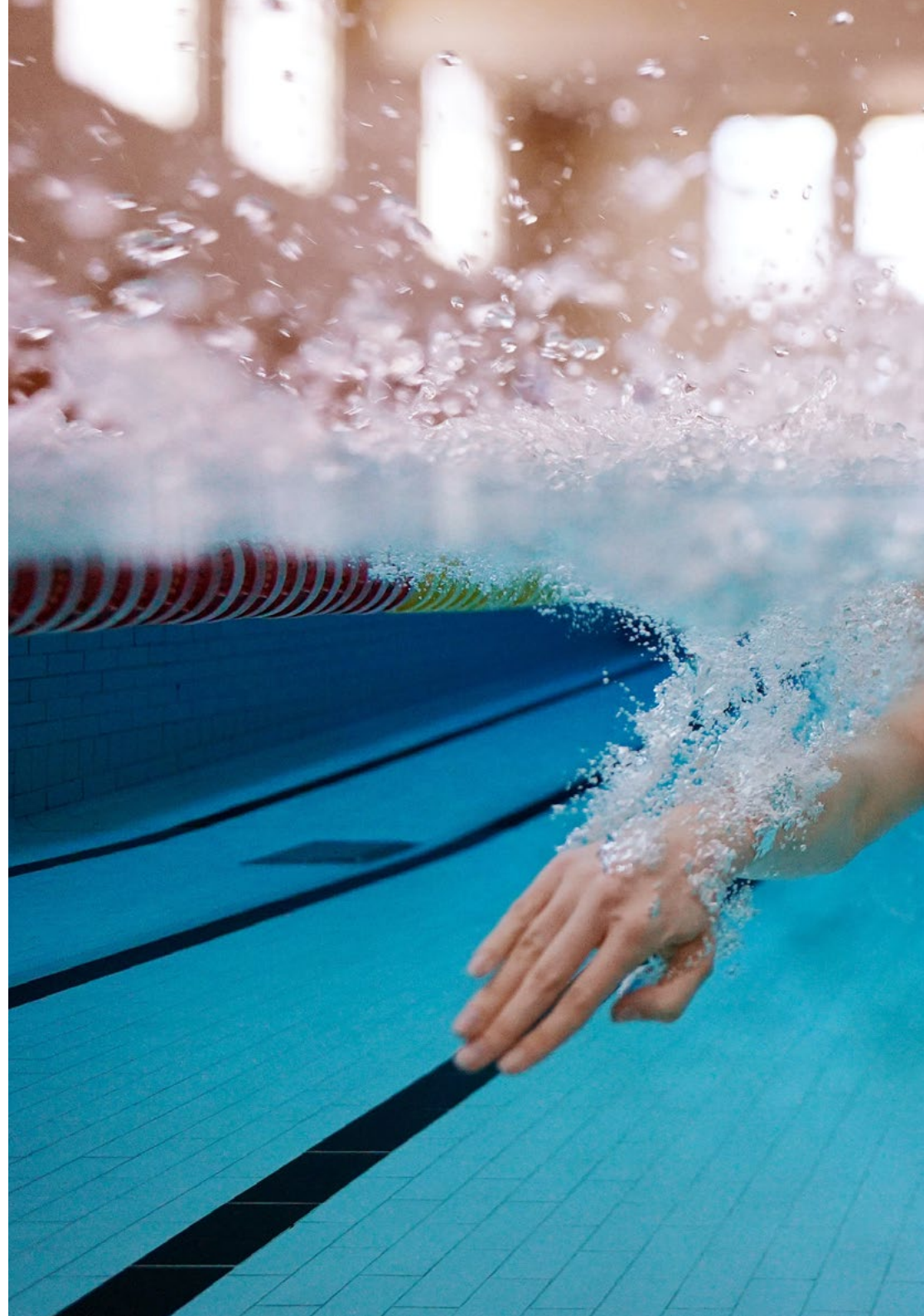
- ♦ Covering Team Management as a Sports Coach
- ♦ Analyze the values that drive sports organizations
- ♦ Know the design of intervention plans that are carried out in teams and organizations

### Module 9. The Psychologist and the Coach as facilitators

- ♦ Study in depth the training of sports coaches from a psychological point of view
- ♦ Know the process of workshop design and research applied to Sports Psychology

### Module 10. eSports

- ♦ Study in depth what eSports is all about
- ♦ Understand the current importance of the video game industry and its psychological impact
- ♦ Gain in-depth knowledge of the different roles of psychologists in the video game industry
- ♦ Understand the future prospects of the world of E-sports
- ♦ Study in depth the means of prevention of psychological pathologies such as depression in the video game industry







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*Your improvement in knowledge and skills will be immediate, seeing how your work, capabilities and job expectations in Sports Coaching expand on a daily basis"*

# 03 Skills

Sports coaching is so extensive that the best professionals in the field must have a broad mastery of a multitude of competencies. Therefore, the syllabus focuses on a series of leadership skills, psychological management and motivational factors that are decisive in the day-to-day work of the most advanced Sports Psychology professional. Thanks to these multidisciplinary competencies, which cover individual, collective and electronic sports, the graduate will be able to highlight their true professional value after completing the degree.





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*Top-level sports clubs, teams and organizations nowadays have psychologists specialized in sports. If you also want to aspire to those positions, in this TECH program you will find all the tools to do so"*



## General Skills

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- ♦ Lead high performance teams in different sports environments, including e-sports
- ♦ Mastering Sports Psychology, both in its basic and more advanced stages
- ♦ Knowing which psychological strategies to use in each situation
- ♦ Leading both teams and individuals, clearly differentiating strategies in individual and team sports
- ♦ Develop a strong and prominent personal brand in the sports arena of your choice
- ♦ Understand the cultural particularities that concern sports organizations
- ♦ Employ the different Support Tools specific to sports coaching







## Specific Skills

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- ♦ Distinguish the strategies to follow according to the level of sport, whether it is high performance, advanced or basic sport
- ♦ Psychological intervention in risk situations of the athlete
- ♦ Acquire and develop a working methodology for sports coaching
- ♦ Promote confidence and emotional self-control in the athlete
- ♦ Apply Live Training to Sports Coaching
- ♦ Effectively diagnose the psychological state of sports teams or organizations
- ♦ Addressing retirement in professional sports in an integrated and agile manner
- ♦ Applying Mindfulness and neuroscience to the perception and performance of the sportsperson
- ♦ Designing workshops and intervention sessions in different sports settings



*By expanding your skills and psychological perspective to the highest level of sport, you will open doors to the most prestigious coaching positions"*

04

# 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”*

# 04

## Structure and Content

In order to facilitate the student's work, TECH has incorporated the Relearning pedagogical methodology in all the contents of this program. This means that the most essential concepts and fundamentals of Sports Psychology are presented in a natural and reiterated way throughout the syllabus, resulting in a much more effective learning process, avoiding the unnecessary investment of considerable study hours. In addition, the student will be supported by a large amount of audiovisual material created by the teachers themselves, including videos in detail, complementary readings and real case studies with a vital contextualization for each of the proposed units.



“

*You will be able to study Sports Psychology in depth with high quality didactic material, tirelessly and thoroughly elaborated by all the teaching staff”*



### Module 1. Basic Fundamentals of Sports Psychology

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

### Module 2. Leadership and Management of High Performance Teams

- 2.1. Origin and History of Leadership Styles
- 2.2. Transformational and Transactional Leadership Style
- 2.3. Leadership Style and Followers
- 2.4. Bases of High-Performance Teams
- 2.5. Define the High-Performance Challenge
- 2.6. Action Plan
- 2.7. Sustainability and Maintenance of High Performance
- 2.8. Types of Leadership and Coaches in the Sports Field
- 2.9. Athlete Risk Situations
- 2.10. Self-care of High-Performance Athletes and their "Caregivers"

### Module 3. Coaching Applications in the World of Sports

- 3.1. The Origins and Background of Coaching
- 3.2. Current Schools and Trends
- 3.3. Work Models
- 3.4. Differences Between Coaching and Other Approaches
- 3.5. Coach Competencies and Code of Ethics
- 3.6. Coactive Coaching
- 3.7. Basic Process of Individual Coaching
- 3.8. Methodology of a Sports Coaching Process
- 3.9. Design of Work Plans and Systemic and Team Coaching
- 3.10. Evaluation Process of Coaching

### Module 4. Psychological Techniques applied to Sports

- 4.1. Inclusive and Specific Sports
- 4.2. Decision-Making in Sport
- 4.3. Training the Trainer. Technical Support
- 4.4. Establishment of Objectives and Comprehensive Competition Plans
- 4.5. Techniques to Promote Confidence and Emotional Self-Control
- 4.6. Effects of Generating Awareness of What Has Been Learned about Confidence, Self-Efficacy, and Performance
- 4.7. Self-Instructional Training
- 4.8. Mindfulness applied to Sport
- 4.9. PNL applied to Sport
- 4.10. Motivation and Emotion

### Module 5. Leadership applied to Individual and Collective Sports

- 5.1. Sports Psychology vs Coach
- 5.2. Psychological Training
- 5.3. Psychological Determinants of Performance and Talent Management
- 5.4. Team Mentality and Basic Elements of Intervention
- 5.5. Communication Skills
- 5.6. Stress and Anxiety Intervention
- 5.7. Coping with Defeat and Burnout Prevention
- 5.8. Experiential Tools: Live Training Applied to Sports Coaching
- 5.9. Extreme Sports: Talent, Mental Strength, and Ethics in Sports Development
- 5.10. Self-Leadership. Self-Management
- 5.11. The Coach and Team Management, Ethics and Coaching
- 5.12. Diagnostic Tools for Sports Teams and Organizations
- 5.13. Design of Intervention Plans for Teams and Organizational Development

### Module 6. Support Tools for the Sports Psychologist and Coach

- 6.1. Interdisciplinary Work (Physical Therapist, Physiotherapist, Nutritionist, Physician, etc.)
- 6.2. Athlete Assessment Tools
- 6.3. Psychological Training of Specific Sports
- 6.4. Optimization of the Athlete's Learning and Search for Consistency in their Performance
- 6.5. Psychological Pyramid of Sports Performance
- 6.6. Psychological Approach to Injuries and Readaptation
- 6.7. Retirement in Professional Sports
- 6.8. Substance Use and Other Risks
- 6.9. Neuroscience Applied to Perception and Performance
- 6.10. Experiential Tools: Live Training

### Module 7. Personal Branding and Digital Tools Management

- 7.1. Information and Communication Technologies (ICTs)
- 7.2. Basic Principles of Digital Marketing
- 7.3. Internet, the Web, Web 2.0 and Web 3.0
- 7.4. Personal Brand Positioning
- 7.5. Social Network Management
- 7.6. Athletes and the Use of their Networks and Interventions in the Media
- 7.7. Content Marketing Generation through Different Platforms: Blog, Podcast, Video Blogging, etc
- 7.8. Media Communication Skills
- 7.9. Persuasion and Influence Techniques

### Module 8. Cultural Transformation in Sports Organizations

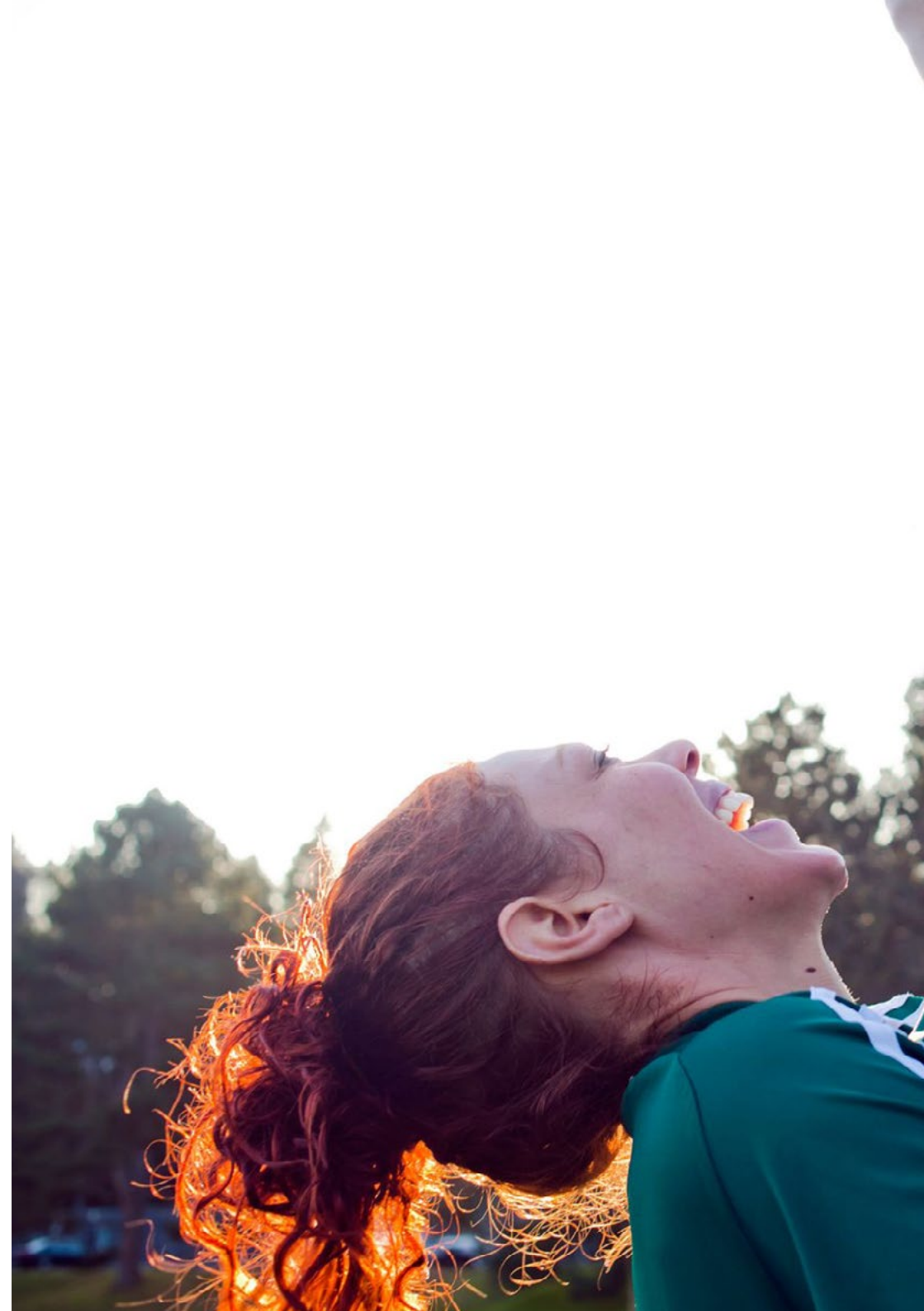
- 8.1. Values-Driven Sports Organizations. Mission and Vision
- 8.2. Business Tools for Communication and Coordination
- 8.3. Corporate Strategy and Technology Strategy
- 8.4. Organizational Culture and Climate
- 8.5. Organizational Leadership
- 8.6. Executive Coaching Tools
- 8.7. Dynamics and Intervention Techniques in Sport Organization

### Module 9. The Psychologist and the Coach as facilitators

- 9.1. Psychologist and Coach: Protagonists of the Process
- 9.2. Group and Team Dynamics
- 9.3. Reinforcement and Punishment
- 9.4. Concentration and Visualization
- 9.5. Values and Attitudes of Sport
- 9.6. Athlete's Personality
- 9.7. Evaluation and Diagnosis of Common Problems
- 9.8. Design of Workshops and Intervention Sessions
- 9.9. Intervention Phases and Sessions
- 9.10. Project Development and Applied Research

### Module 10. eSports

- 10.1. What are eSports?
- 10.2. The Video Game Industry and its Importance for Psychology
- 10.3. Player Management
- 10.4. Club Management
- 10.5. The Figure of the Psychologist, Role and Functions
- 10.6. Addiction to Video Games
- 10.7. Risks of Social Networks within eSports
- 10.8. Psychological Evaluation and Intervention
- 10.9. Prevention of Depression and Suicide
- 10.10. Future of eSports and the Role of the Psychologist







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*This is the university program that will get you to your professional zenith, pushing the world's best athletes to reach their full potential"*

05

# 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 relearn). 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.





06

# Certificate

The Professional Master's Degree in Sports Psychology guarantees you, in addition to the most rigorous and updated training, access to a Professional Master's Degree issued by TECH Global University.







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

This private qualification will allow you to obtain a **Professional Master's Degree 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.

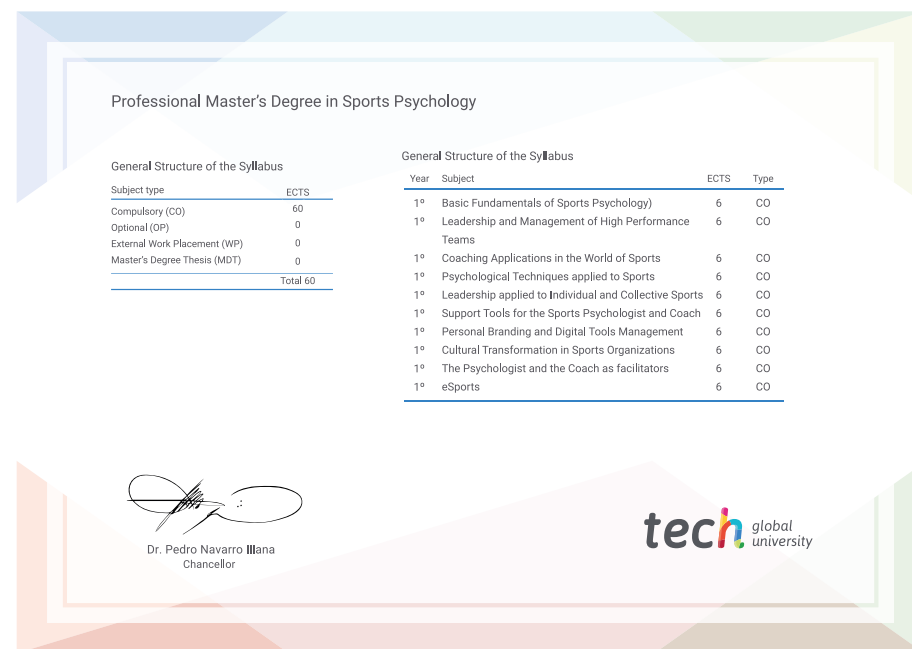
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Professional Master's Degree in Sports Psychology**

Modality: **online**

Duration: **12 months**

Accreditation: **60 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

development languages

virtual classroom

**tech** global  
university

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