

# Postgraduate Certificate

## Applied Psychology



## Postgraduate Certificate Applied Psychology

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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

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# 01

# Introduction

In rugby, pressure and stress are common both on and off the field. Therefore, applied psychology is a valuable tool for improving the performance of players and the team as a whole. Sports psychology helps to maintain an optimal mental state to compete at the highest level and to develop effective motivation and leadership strategies. For this reason, TECH has designed a degree that allows students to maximize their knowledge on aspects such as Sports Coaching, Talent Management or Athlete Personality. All this, thanks to a 100% online modality and with the most dynamic and practical multimedia materials available in the academic market.





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*Acquire new and better skills in the field of Applied Psychology, in a few weeks and without having to move from home”*

Psychology applied to rugby helps improve team cohesion and communication between players, making them work together and support each other, which can lead to greater effectiveness on the field. It allows the development of a winning mentality and enhances teamwork to achieve objectives. This discipline is an important tool for rugby players and can help them reach their full potential both on and off the field.

For this reason, TECH has designed a Postgraduate Certificate in Applied Psychology with which it seeks to provide students with the necessary skills and competencies to be able to perform their work as specialists, with the highest possible efficiency and quality. Thus, throughout this program, aspects such as Psychological Preparation for Sports, Physical Activity, Sports Coaching, Psychological Techniques for Athletes or the Sports Elite are addressed.

All this, thanks to a convenient 100% online modality that allows students to organize their schedules and studies, being able to combine them with their other day-to-day work and interests. In addition, this degree has the most complete theoretical and practical materials on the market, facilitating the student's study process and allowing them to achieve their objectives efficiently.

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

- ◆ The development of case studies presented by experts in Applied Psychology
- ◆ The graphic, schematic and eminently practical contents of the book provide sporting and practical information on those 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



*Become an expert in Psychological Preparation for Sport without time limits and with total freedom of organization"*

“

*Delves into all the essential aspects of Health and Emotional Wellness of the Athlete”*

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

Its 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 an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Reach your most demanding professional goals in the field of Psychology Applied to Sports Activity, thanks to a unique and completely updated program.*

*Put your skills to the test in the world of Sports, with a specialization focused on optimizing sports performance through Psychology.*



# 02 Objectives

The final objective of this Postgraduate Certificate in Applied Psychology is that the student acquires a precise update of his knowledge in this area so important for the sports activity. An update that will allow the student to work with the highest possible quality and efficiency. All this, thanks to TECH and a 100% online modality that gives total freedom of organization and schedules to the student.







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*Achieve the title objectives and master the most advanced strategies against Overtraining Effects”*



## General Objectives

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- ◆ Know in depth about Rugby XV and VII, as well as the rest of the modalities
- ◆ Know how to deepen, develop, and a physical and technical
- ◆ Acquire a specialization in Rugby oriented nutrition, according to the modality and position of the player
- ◆ How to manage emotions and apply psychology to the sports field
- ◆ Learn to manage teams and players
- ◆ How to sell Rugby as a consumer product
- ◆ In-depth knowledge of the tools for the player to control his emotions in order to obtain maximum performance





## Specific Objectives

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- ◆ Learn the use of Psychology in Sport
- ◆ Know which motives influence performance
- ◆ Learn to identify and resolve Burnout
- ◆ See how to reach 100% of an athlete's potential



*Learn in a complete and precise way about topics such as the Tools in Sports Coaching or the Withdrawal of Sports Activity, thanks to TECH and a 100% online modality”*

# 03

## Course Management

The outstanding professionals who make up the teaching staff of this Postgraduate Certificate in Applied Psychology are part of TECH's prestigious team of experts in Psychology Applied to Sport. These specialists have brought their extensive experience to bear throughout the curriculum to design dynamic and completely up-to-date teaching materials that exceed the most demanding expectations. In addition, these professionals will accompany the student throughout the program, in order to facilitate and make the process of passing the degree more effective.





“

*TECH has selected outstanding professionals in Applied Sports Psychology to accompany you throughout the process and facilitate your path to success”*

## Management



### Mr. Javier De Juan Roldán

- ♦ Professional rugby player of the Spanish national team VII
- ♦ Two-time European Rugby VII champion
- ♦ Professional player of Independiente Rugby Club
- ♦ Professional Rugby Science player
- ♦ Coach at Ciencias Rugby Club and Independiente Rugby Club schools



### Ms. Marta Lliteras Ruiz

- ♦ Coach of Rugby, female 7's and male XV
- ♦ Coach of the General Command of the Balearic Army, female 7's and male XV
- ♦ Co-founder of All&Go
- ♦ Coordinator of the Association for Women in the Professional Field
- ♦ International player of Rugby XV and 7's
- ♦ European Rugby Champion
- ♦ Olympic Diploma Rio de Janeiro
- ♦ Degree in Political Science, Master's Degree in Human Resources Management and Management
- ♦ Master's Degree in Team Management



## Professors

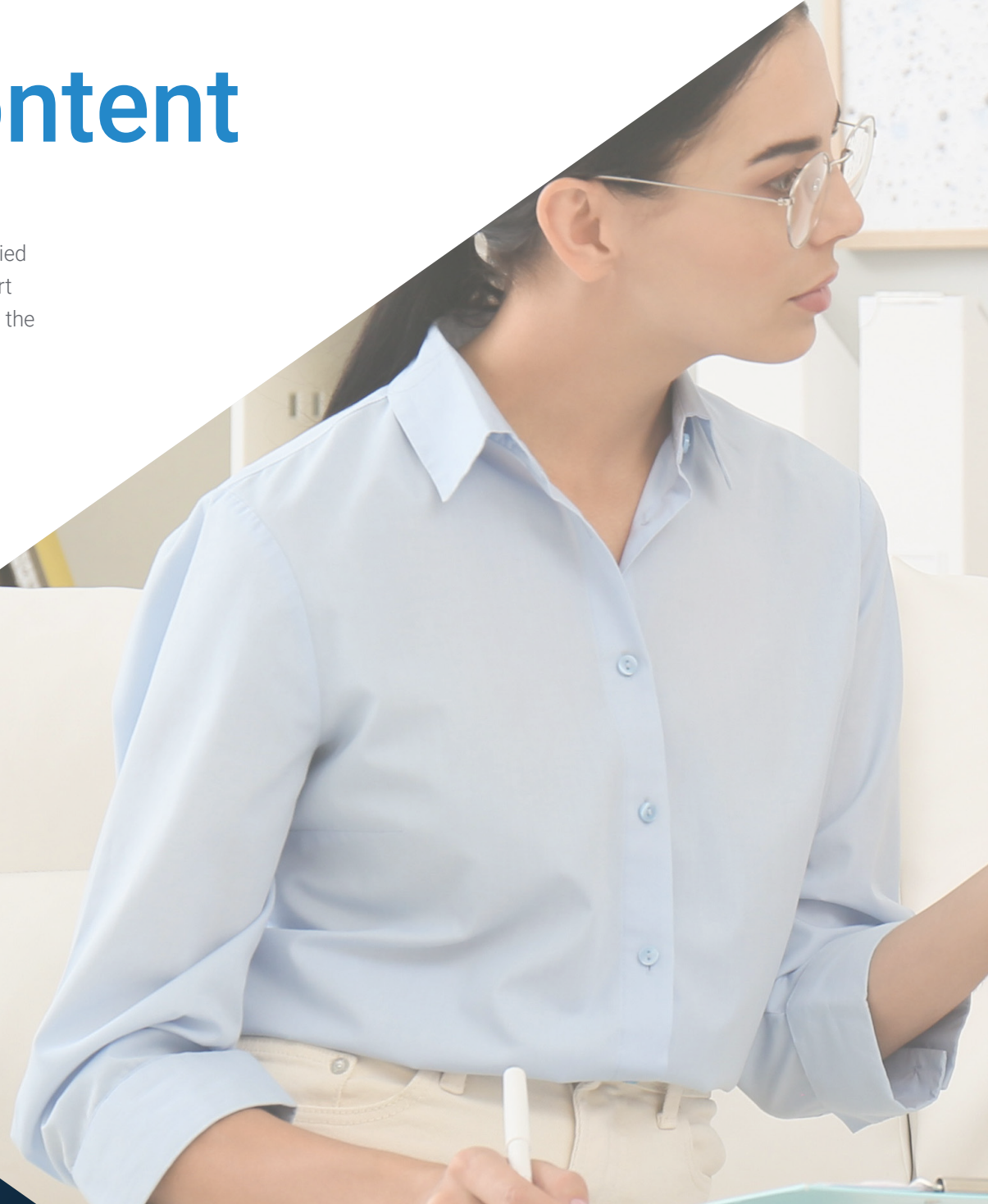
### Mr. Carlos Sánchez Nogales

- ◆ Psychologist in the Area of Equality of the City Council of Alhaurín el Grande
- ◆ Psychotherapist in private practice
- ◆ Coach of men's and women's XV and 7's teams
- ◆ Degree in Psychology from the University of Malaga
- ◆ Master's Degree in Physical Activity and Sport Research by UMA
- ◆ Master's Degree in Individual and Group Coaching by UMA
- ◆ Expert in Sports Coaching by COANCO
- ◆ World Rugby level 2 trainer title

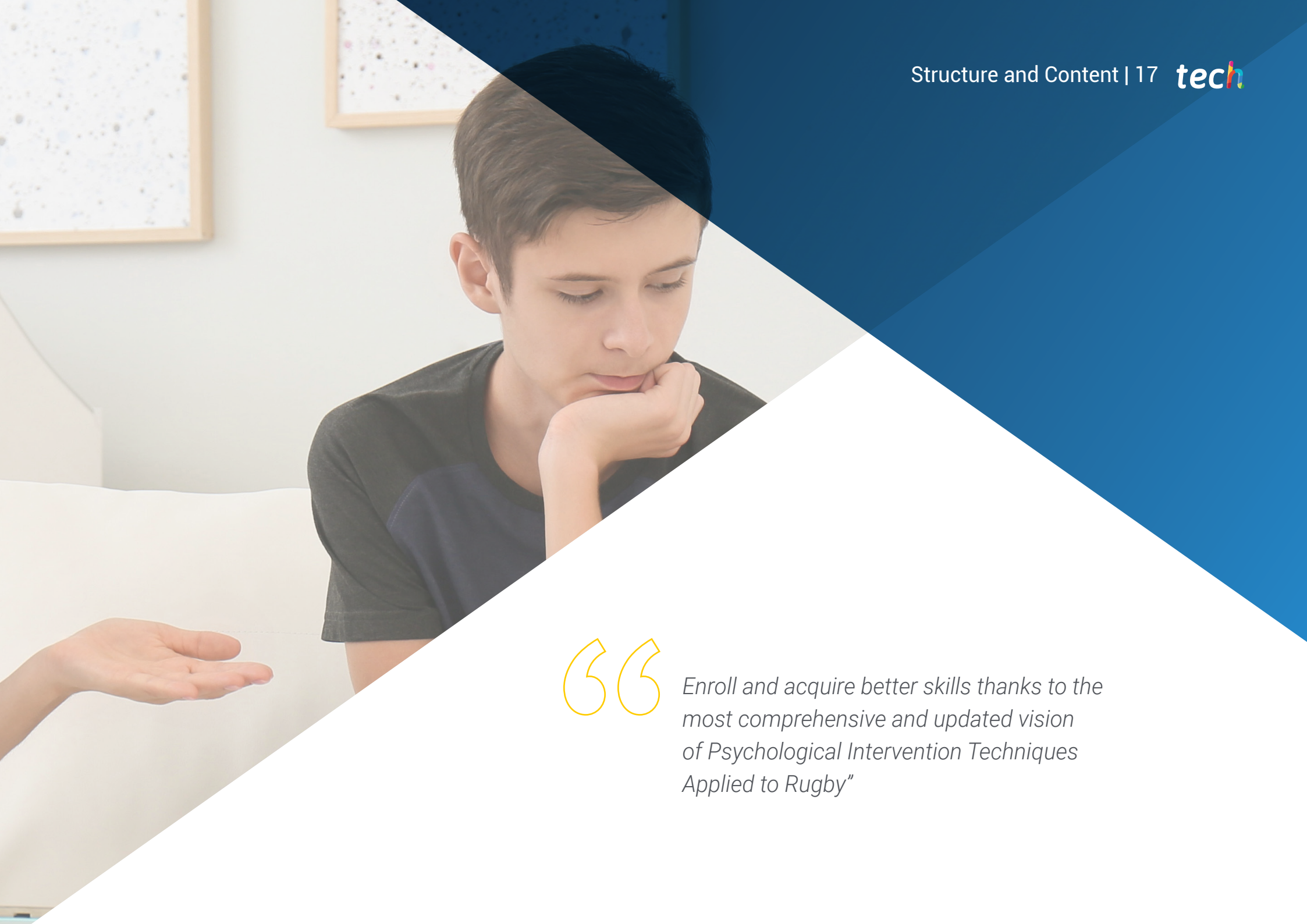
# 04

## Structure and Content

The structure and content of this curriculum have been designed by the renowned professionals that make up TECH's team of experts in the area of Psychology Applied to Sport. These specialists have used their extensive experience and state-of-the-art knowledge to create practical and completely up-to-date content. All this, based on the most efficient pedagogical methodology, TECH Relearning.





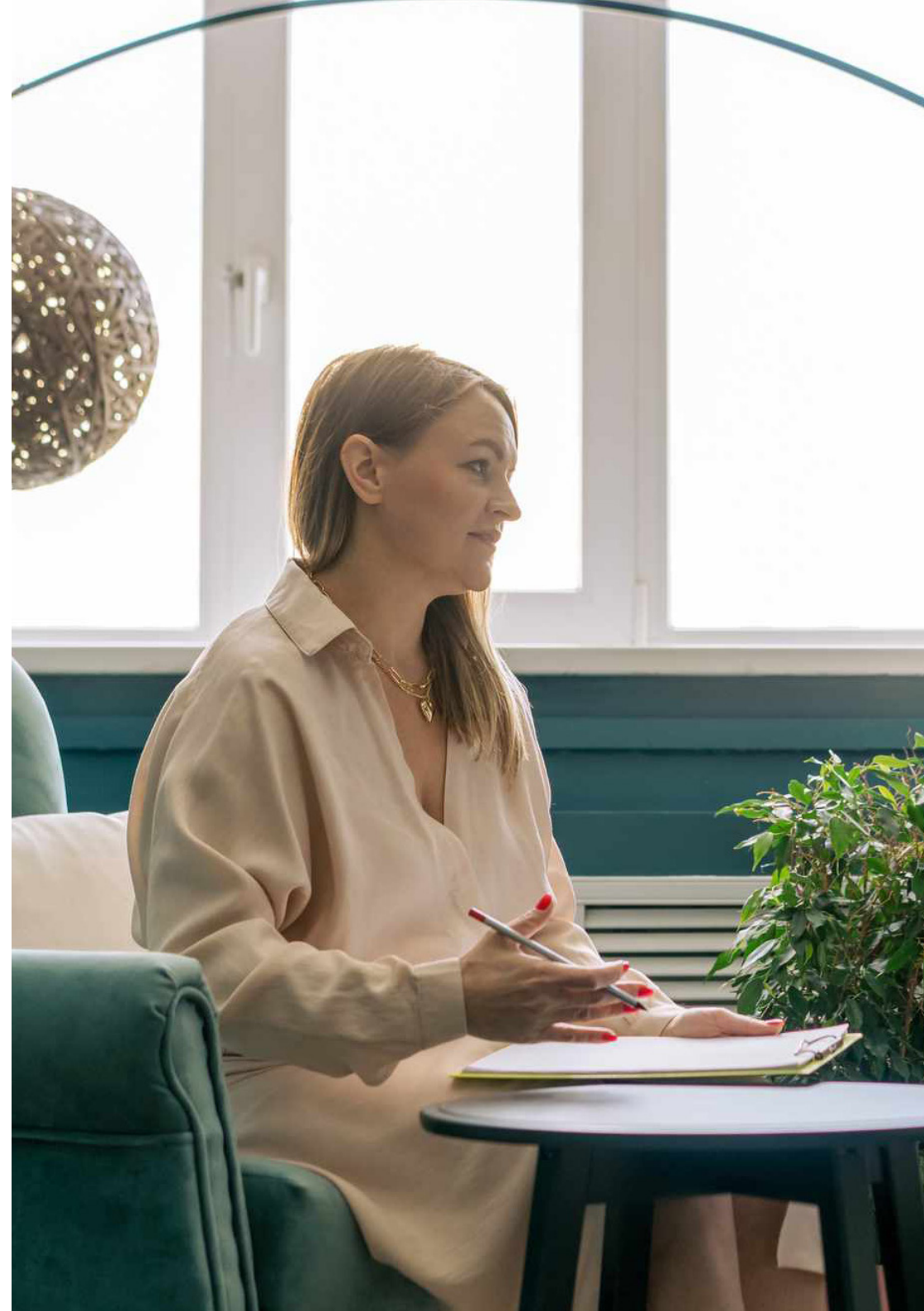


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*Enroll and acquire better skills thanks to the most comprehensive and updated vision of Psychological Intervention Techniques Applied to Rugby”*

## Module 1. Applied Psychology

- 1.1. Psychology and Sports Coaching
  - 1.1.1. Important Aspects
  - 1.1.2. The importance of psychology in sports
  - 1.1.3. The role of the sports psychologist / coach
- 1.2. Psychological preparation for sport and physical activity: Rugby schools
  - 1.2.1. Sport, health and psychology
  - 1.2.2. Intervention with coaches and families of young athletes
  - 1.2.3. Advice on the relationship between athletes, families and sports coaches: the importance of education in values in sport
- 1.3. Counseling and psychological techniques for sportsmen and women: training the future elite
  - 1.3.1. Optimization of the Athlete's Learning and Search for Consistency in their Performance
  - 1.3.2. Psychological intervention with young athletes and the transition to professional sport
  - 1.3.3. Talent Management
- 1.4. Psychological intervention in competitive sport: sports elite
  - 1.4.1. Optimal level of activation and emotional management in sports practice
  - 1.4.2. Stress and Anxiety Intervention
  - 1.4.3. Locus of control of the elite athlete
- 1.5. Psychological variables in sports performance
  - 1.5.1. Positive and emotional psychology
  - 1.5.2. Self-confidence and self-concept in the athlete
  - 1.5.3. Athlete's Personality
- 1.6. Individual and group intervention in sports coaching: planning and implementation of a psychological program
  - 1.6.1. Psychological intervention techniques
  - 1.6.2. Design of individualized intervention plans
  - 1.6.3. Design of intervention plans in the teams
- 1.7. Tools in sports coaching: M.E.T.A., D.A.F.O. and Wheel of Life
  - 1.7.1. M.E.T.A. Model
  - 1.7.2. SWOT Analysis
  - 1.7.2. Wheel of life



- 1.8. Burnout in the athlete
  - 1.8.1. Symptoms of the syndrome
  - 1.8.2. Actions with the athlete
  - 1.8.3. Prevention of new cases
- 1.9. Health and emotional well-being of the athlete
  - 1.9.1. Effects of overtraining
  - 1.9.2. Psychological implications of sports injury prevention and recovery of sports injuries
  - 1.9.3. Flow
- 1.10. Withdrawal from sporting activities
  - 1.10.1. Transition from elite sport and return to normalcy
  - 1.10.2. Redefining the athlete's identity
  - 1.10.3. New roles acquired

“*Acquire new knowledge in a progressive and natural way, thanks to the most efficient teaching methodology, TECH Relearning*”



# 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"*

### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



## A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career*”

*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.





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.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*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.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



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.



#### 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.



#### Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### 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".



#### 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.



# 06 Certificate

The Postgraduate Certificate in Applied Psychology guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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*Successfully complete this program  
and receive your university qualification  
without having to travel or fill out  
laborious paperwork”*

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

Title: **Postgraduate Certificate in Applied Psychology**

Official N° of hours: **150 h.**



\*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 language  
virtual classroom



## Postgraduate Certificate Applied Psychology

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- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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