

# Postgraduate Certificate

## Coaching Applications in the World of Sport

Endorsed by the NBA



**tech** technological  
university



## Postgraduate Certificate Coaching Applications in the World of Sport

- » 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/coaching-applications-world-sport](http://www.techtute.com/us/sports-science/postgraduate-certificate/coaching-applications-world-sport)

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# 01

# Introduction

Athletes often accumulate problems such as stress and anxiety resulting from poor emotional and mental management of their sports career. In this context, the figure of the sports coach emerges, the professional in charge of helping the athlete in his or her integral development process to achieve optimal sports performance. This degree, under an online modality, gives the student the keys to guide the athlete in the process and achieve their goals. A program focused on sports enthusiasts who want to specialize in a profession that is on the rise and can enhance the performance of an athlete taking into account the mental factors to achieve their goals.



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*This Postgraduate Certificate will become the best opportunity to understand the role of the Sports Coach as a fundamental part in the field of sport"*

Sports coaching is playing a fundamental role in today's sport. More and more athletes need someone to guide them on their way to achieving their goals and objectives. Discipline, dedication and commitment are aspects that the professional should help the athlete to work on. The aim is to increase their performance and improve their performance, achieving an emotional balance so that the athlete stays motivated.

Leadership, power of communication or knowing how to channel emotions are some of the tasks of the sports coach, who applies certain values related to self-improvement, willpower and perseverance. Therefore, this professional becomes a guide for the athlete. This title covers a series of tools for the student to make the athlete forget all the pressure of his professional career, focusing on his person, on what motivates him and what he wants to achieve.

As it is a 100% online training, the graduate is not conditioned by fixed schedules or the need to move to another physical location, but can access a rich content that will help them reach the top of coaching in the sports world at any time of the day, combining, at their own pace, their work and personal life with their academic life.

This **Postgraduate Certificate in Coaching applications in the world of sports** contains the most complete and up to date educational program on the market. The most important features include:

- ♦ The development of case studies presented by Masters in coaching and sports psychology.
- ♦ The graphic, schematic and eminently practical contents of the book provide practical information on those disciplines that are essential for professional practice.
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Access to content from any fixed or portable device with an Internet connection.



*Prepare yourself in all aspects of Coaching to know how to apply Sports Psychology and achieve the best possible results"*

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*Participate in a program focused on achieving your professional goals by carrying out an excellent work plan as a Sports Coach”*

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

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an 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.

*This degree will allow you to advance in your career comfortably combining your studies with your professional and personal activities*

*Don't miss the opportunity to study at the world's largest private online university*



# 02 Objectives

Among a series of objectives, the design of this Postgraduate Certificate program will allow the graduate to generate confidence and positive influence on the athlete through the design of an effective work plan. It will also explore the role of the sports coach, while delving into the methodology of a sports coaching process. All this, through the adoption of psychological techniques for the basic process of individual coaching.







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*Immerse yourself in the study of this high-level Postgraduate Certificate and improve your skills as a Sports Coach”*



## General Objectives

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- ♦ Cover the different leadership styles with the greatest success 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 popular techniques and methodologies in sports coaching.
- ♦ Learn the psychological techniques most frequently used in the field of sport.
- ♦ Know the figure of the leader in individual and team sports.
- ♦ Understand the importance of personal branding for a good professional development.
- ♦ Updating the management of the different digital tools to disseminate the personal brand
- ♦ Deepen understanding of the cultural transformation of sports organizations.
- ♦ To study the different interdisciplinary tools of the psychologist and sports coach
- ♦ Delve into the work of the psychologist as a facilitator in the context of sport.





## Specific Objectives

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- Know the basic process of individual coaching
- Analyze the methodology of a sports coaching process.
- Learning to design an effective work plan

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*Thanks to the updated content and the Relearning method presented in this Postgraduate Certificate, you will specialize in a branch of Sports Psychology in full expansion"*

03

# Structure and Content

Experts in the sector have put together an agenda that covers the importance of psychological control and personal balance for the improvement of sports performance both on and off the field. This Postgraduate Certificate covers from work models, plan design and systemic and team coaching to coach competencies and the code of ethics, including evaluation processes, among others.





*Design systemic and team coaching work plans to become a great professional in the sector"*

## Module 1. Coaching Applications in the World of Sport

- 1.1. Origins and Background of *Coaching*
- 1.2. Current Schools and Trends
- 1.3. Work Models
- 1.4. Differences between *Coaching* and Other Approaches
- 1.5. Coach *Competencies* and Code of Ethics
- 1.6. *Coaching Coactivo*
- 1.7. Basic Individual *Coaching* Process
- 1.8. Methodology of a Sports *Coaching* Process
- 1.9. Design of Work Plans and Systemic and Team *Coaching*
- 1.10. *Coaching* Evaluation Processes





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*Acquire the skills of a good coach and become a reference in the sports world”*

# 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

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

“

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



*Our university is the first in the world to combine Harvard Business School case studies with a 100%-online learning system based on repetition.*



### A learning method that is different and innovative.

This intensive Sports Science program at TECH Technological University prepares you to face all the challenges in this field, both nationally and internationally. We are committed to promoting your personal and professional growth, the best way to strive for success, that is why at , TECH you will use Harvard *case studies*, with which we have a strategic agreement that allows us to provide our students with material from the best university the world.

“ We are the only online university that offers Harvard materials as teaching materials on its courses”

The case method is the most widely used learning system by 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.

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

## Re-learning Methodology

Our university is the first in the world to combine Harvard University case studies with a 100%-online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance Harvard case studies with the best 100% online teaching method: Re-learning.

*In 2019 we obtained the best learning results of all Spanish-language 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 Re-learning.

Our university is the only Spanish-speaking university qualified 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 Spanish 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.

*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*

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 really 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.



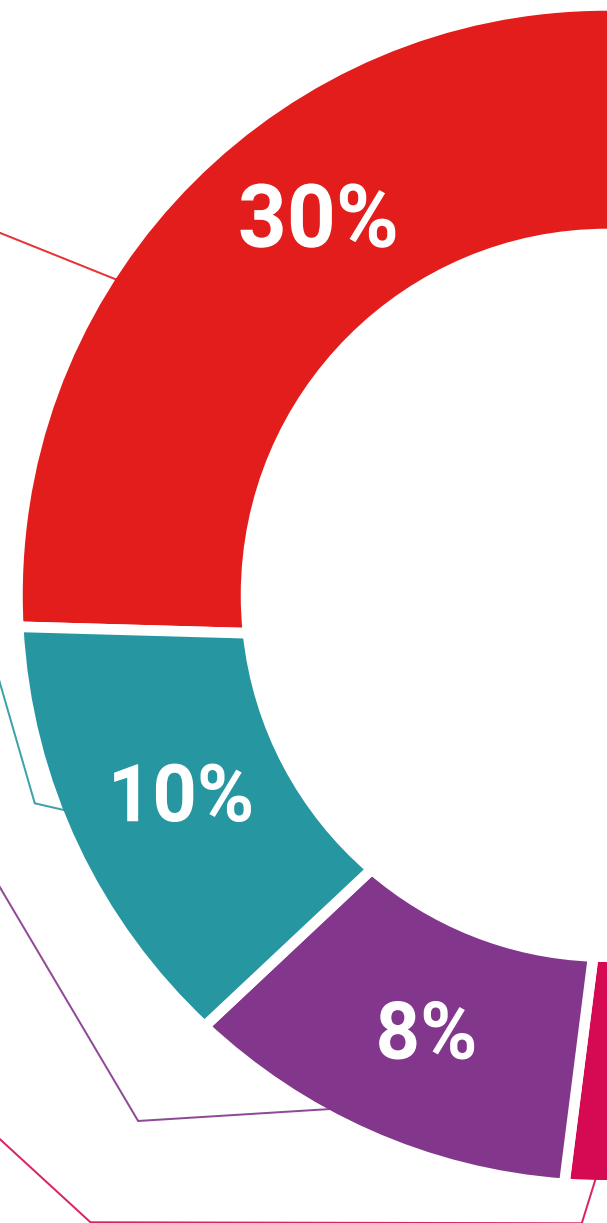
### Practising Skills and Abilities

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 we live in.



### 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

They will complete a selection of the best case studies in the field used at Harvard. Cases that are presented, analyzed, and supervised by the best senior management specialists in Latin America.



#### 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".



#### 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 your goals.



# 05 Certificate

The Postgraduate Certificate in Coaching Applications in the World of Sport guarantees, in addition to the most rigorous and up to date training, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Certificate in Coaching Applications in the World of Sport** 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 Coaching Applications in the World of Sport**

Official N° of Hours: **150 hours**.

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\*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  
online training  
development languages  
virtual classroom



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