

Postgraduate Certificate

Psychological Techniques Applied to Sports

Endorsed by the NBA



tech global
university





Postgraduate Certificate Psychological Techniques Applied to Sports

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

Website: www.techtute.com/us/sports-science/postgraduate-certificate/psychological-techniques-applied-sports

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01

Introduction

The determination of the efficacy of psychological interventions in the field of sports is a task that has been widely followed in recent years. Sports psychology carries with it the search for performance, one of its fundamental objectives. The role of the sports psychologist is very important both on and off the field, in preparation for competitions and during the recovery process. Therefore, this 100% online degree aims for the student to acquire the latest psychological techniques that will be of great help when setting objectives and setting goals in the athlete.





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Sports Science professionals must continue their training to adapt to new developments in the field"

Behind all the achievements and merits obtained by an athlete and his team, there is an engine much more important than his physical strength, speed or tactics, and that is his mind. This is one of the main reasons why an athlete should have a psychologist among his team, in charge of developing the athlete's mental stability to achieve success.

The sports psychologist plays a very important role in an athlete's career, as he/she has a direct influence in many areas such as crisis and stress management, motivation, group cohesion and connection, among others. This degree will enable the student to advance in his profession as he updates his knowledge, to make him a fully qualified professional.

As it is a 100% online University Course, the student is not conditioned by fixed schedules or the need to move to another physical location. Using a device with internet access, you can consult the rich content that will help you acquire psychological techniques to reach the elite in the Sports Science sector. All this, at any time of the day, combining, at your own pace, your work and personal life with your academic life.

This **Postgraduate Certificate in Psychological Techniques Applied to 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 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



Combine your studies with your professional work while increasing your knowledge in this field"

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This Postgraduate Certificate is the best investment you can make in choosing an updated program to update your knowledge in Sport Psychology"

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.

We are the only online University that offers Harvard materials as teaching material in its trainings

This course will open doors to new career opportunities. Do not miss this opportunity



02

Objectives

Among a number of objectives, the program design of this Postgraduate Certificate will enable the graduate to build confidence and positive influence on the athlete through the study of inclusive and sport-specific sports. It will also unravel the decision-making process in sport, while delving into comprehensive goal and competition plans. All this, through the adoption of psychological techniques to generate confidence and emotional self-control in the athlete.





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If you are looking to boost your professional career, TECH is the university for you”



General Objectives

- ◆ 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 common techniques and methodologies in sports coaching.
- ◆ Learn the psychological techniques most frequently used in the field of sports.
- ◆ Know the figure of the leader in individual and team sports.
- ◆ Understand the importance of personal branding for a good professional development.
- ◆ Update the management of the different digital tools to disseminate the personal brand.
- ◆ Deepen understanding of 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

- ◆ Delve into inclusive sport and specific sports.
- ◆ Unraveling the decision making process in sports
- ◆ Be familiar with comprehensive target and competition plans.
- ◆ Deepen understanding of the techniques to generate confidence and emotional self-control.



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

03

Course Management

This academic program includes the most specialized teaching staff in the current educational market. They are specialists selected by TECH to develop the whole syllabus. In this way, starting from their own existence and the latest evidence, they have designed the most up-to-date content that provides a guarantee of quality in such a relevant subject.



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TECH offers the most specialized teaching staff in the field of study. Enroll now and enjoy the quality you deserve”

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. Roberts, Barbara

- ♦ 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

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 techniques to promote confidence and emotional self-control to training in self-instructions, through the application of *Mindfulness* and NLP to sport, among others.





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A complete course, structured in perfectly developed didactic units, compatible with your personal and professional life"

Module 1. Psychological Techniques Applied to Sports

- 1.1. Inclusive Sport and Specific Sports
- 1.2. Decision-making in Sport
- 1.3. Training the Trainer. Technical Support
- 1.4. Establishment of Integral Competition Objectives and Plans
- 1.5. Techniques to Promote Confidence and Emotional Self-Control
- 1.6. Effects of Generating Awareness of Learning on Confidence, Self-Efficacy and Performance
- 1.7. Self-instruction Training
- 1.8. Mindfulness Applied to Sport
- 1.9. NLP Applied to Sport
- 1.10. Motivation and Emotion





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*A unique learning experience,
key and decisive to boost your
professional development”*

05 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.

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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 Global 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.

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

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

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.

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.



06 Certificate

The Postgraduate Certificate in Psychological Techniques Applied to Sports guarantees, in addition to the most rigorous and up to date training, access to a Postgraduate Certificate issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Certificate in Psychological Techniques Applied to Sports** 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 Psychological Techniques Applied to Sports**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

Endorsed by the NBA



*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.

health future confidence people education information tutors guarantee accreditation teaching institutions technology learning community commitment personalized service innovation knowledge present online training development language virtual classroom



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