

Postgraduate Certificate Psychology and Coaching as Tools in Sports

Endorsed by the NBA



tech technological
university





Postgraduate Certificate Psychology and Coaching as Tools in Sports

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/postgraduate-certificate/psychology-coaching-tools-sports

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01

Introduction

Although it is true that sports psychologists have a profile that goes beyond that of the coach, the figure of the latter can be useful to enrich the relationship between the athlete and the psychologist where individualization, awareness and active participation are challenges to be faced on a daily basis. The development of coaching itself has been responsible for incorporating guidelines to regulate the professionalism of its services and to recognize the contribution of psychology. This 100% online program has conducted specialized instruction in this area because, although the student may possess many of the competencies and knowledge that apply, training in concepts and skills is required.





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Thanks to this Postgraduate Certificate you will be able to access a rich content that will help you reach the elite of sports psychology”

Sport psychology is in a constant process of development, an example of this is the birth of Coaching, which has served to enhance the new contributions of psychology, but also to provide effectiveness of the humanistic profession. Coaching can help establish and enrich the relationship between athletes and coaches.

This Postgraduate Certificate has carefully selected each one of the topics that are included in two modules treated with a unique didactic and depth in the current academic offer. Ensuring the highest level of knowledge in the field, so that the student completes the degree and is able to combine the role of psychologist and coach in sport.

Moreover, as this is a 100% online program, the student 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 develop sports psychology and coaching at any time of the day, combining, at their own pace, their work and personal life with their academic life.

This **Postgraduate Certificate in Psychology and Coaching as Tools in 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



Obtain excellence in your professional area thanks to this 100% online Postgraduate Certificate"

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Sports psychology is gaining more and more ground in our society. Specialize with this degree and stand out in a sector in full expansion”

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.

This Postgraduate Certificate updates your knowledge and provides you with different digital tools to disseminate sports psychology and coaching

This program will position you in the job market with all the necessary tools to be the best professional



02 Objectives

The design of the program of this Postgraduate Certificate will allow the student to adopt the most frequently used psychological techniques in the sports field. You will also learn how to optimize the learning process of the athlete, seeking regularity in performance, while addressing injuries and the readaptation of the professional athlete. All this, by deepening the training of sports technicians from a psychological point of view.





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Achieve your goals thanks to our high quality training and give your career a boost"



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 the psychological training of specific sports.
- ◆ Learning to optimize the learning process of the athlete, seeking regularity in performance.
- ◆ Addressing injuries and rehabilitation of the professional athlete
- ◆ Further training of sports coaches from a psychological point of view.
- ◆ Know the process of workshop design and research applied to Sports Psychology.

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You will be able to relate the role of the psychologist and that of the coach to become a facilitator in the area of Sports Psychology”

03

Structure and Content

This course brings together in two modules the facilitation tools for the sports psychologist and sports coach. This Postgraduate Certificate covers from interdisciplinary work to the phases and sessions of intervention, including the psychological approach to injuries and rehabilitation, as well as group and team dynamics or reinforcement and punishment, among others.





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A course that provides facilitation tools for the sports psychologist and coach”

Module 1. Facilitation Tools for the Sport Psychologist and the Coach

- 1.1. Interdisciplinary Work (physical therapist, physiotherapist, nutritionist, physician, etc.).
- 1.2. Athlete Assessment Tools
- 1.3. Psychological Training for Specific Sports
- 1.4. Optimization of the Athlete's Learning and Search for Regularity in Sports Performance
- 1.5. Psychological Pyramid of Sports Performance
- 1.6. Psychological Approach to Injuries and Readaptation
- 1.7. Retirement in Professional Sports
- 1.8. Substance Abuse and Other Risks
- 1.9. Neuroscience Applied to Perception and Performance
- 1.10. Experiential Tools: Live Training

Module 2. The psychologist and the coach as facilitator

- 2.1. Psychologist and Coach: Protagonists of the Process
- 2.2. Group and Team Dynamics
- 2.3. Reinforcement and Punishment
- 2.4. Concentration and Visualization
- 2.5. Values and Attitudes of Sport
- 2.6. Athlete's Personality
- 2.7. Evaluation and Diagnosis of Common Problems
- 2.8. Design of Workshops and Intervention Sessions
- 2.9. Intervention Phases and Sessions
- 2.10. Project Development and Applied Research





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Contents designed to update your knowledge and make you stand out in the sector"

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.

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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.



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

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.

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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.

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.



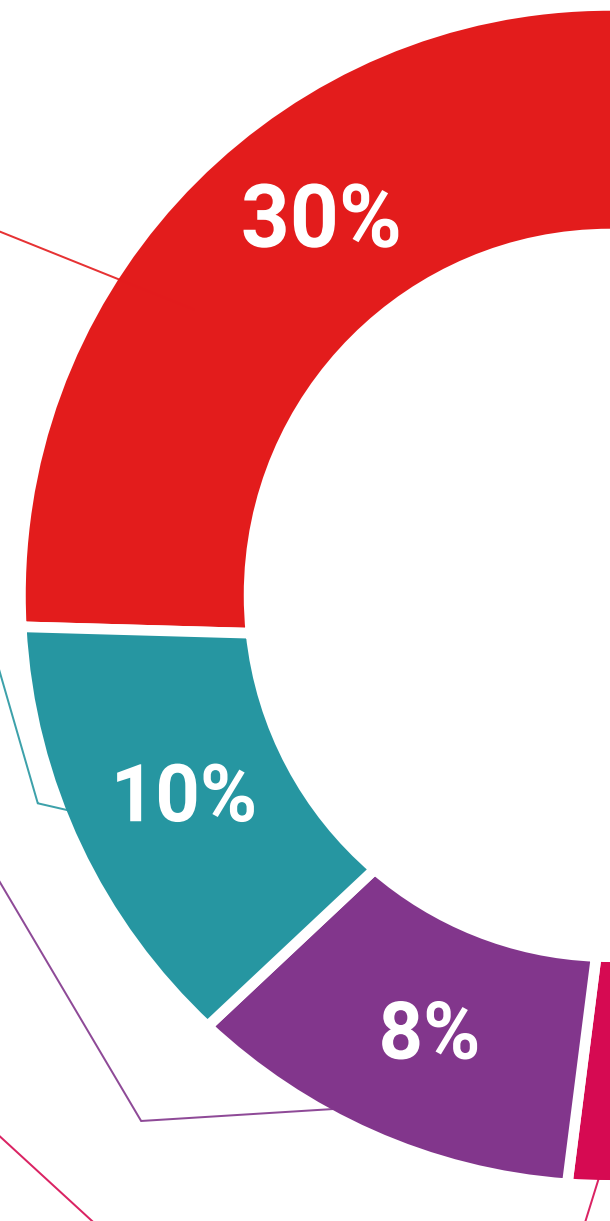
Practising Skills and Abilities

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 Psychology and Coaching as Tools in Sports 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 course and receive your certificate without travel or laborious paperwork"

This **Postgraduate Certificate in Psychology and Coaching as Tools in Sports** 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 Psychology and Coaching as Tools in Sports**

ECTS: **6**

Official Number 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
development language
virtual classroom



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