

# Postgraduate Diploma

## Coaching and Sports Psychology in Applied Tennis

Endorsed by the NBA





## Postgraduate Diploma Coaching and Sports Psychology in Applied Tennis

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

Website: [www.techtitute.com/pk/sports-science/postgraduate-diploma/postgraduate-diploma-coaching-sports-psychology-applied-tennis](http://www.techtitute.com/pk/sports-science/postgraduate-diploma/postgraduate-diploma-coaching-sports-psychology-applied-tennis)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

Dealing with the pressure, stress and anxiety involved in preparing for championships such as Roland Garros or the *US Open* is a complex task for tennis players. For this reason, these professionals surround themselves with coaches who not only take care of their physical preparation, but also properly manage their mental situations to achieve success in an optimal way. Therefore, TECH has created this program, which will provide the student with the best knowledge in *coaching* and sports psychology to prepare top-level athletes. Through this program, they will learn the latest mental training techniques for tennis players or master the exercises that allow them to control their emotions on the court. All this, 100% online and without having to attend a study center.





“

*Identify, with this program, the most sophisticated techniques to help the tennis player to control their emotions and thoughts during the match and, consequently, to achieve their professional goals"*

Tennis players such as Roger Federer, Rafael Nadal or Novak Djokovic have had to face, throughout their careers, endless matches lasting up to 6 hours to win titles such as the Roland Garros or the Australian Open. In these matches, where the psychological strain has been highly exhausting, they have been able to make the most appropriate decisions because they have effective tools to manage their emotions on the court. Since coaches play a crucial role in the management of the athlete's feelings, they need a high level of knowledge in this field to guide them towards a mental well-being that allows them to achieve their goals.

For this reason, TECH has designed this academic program, with which the student will identify the most advanced methods of *Coaching* and Sports Psychology in Applied Tennis to increase their opportunities to train high prestige professionals. Throughout this academic period, they will establish the most appropriate psychological strategies to help the athlete overcome bad stages in their career or complex injuries. In addition, they will learn the techniques to control emotions and thoughts during matches or the mechanisms to increase self-confidence.

Because this program is developed through a 100% online modality, the student will obtain an excellent learning experience without having to give up their personal and academic obligations. In addition, they will have at their disposal didactic contents in cutting-edge formats such as the interactive summary, the explanatory video or the self-assessment test. In this way, they will achieve a fully resolute education that is completely adapted to their study preferences.

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

- ♦ Practical case studies are presented by experts in tennis of elite
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the 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
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*This Postgraduate Diploma will enable you to identify the most advanced strategies to help, from a mental point of view, tennis players overcome their injuries or negative stages"*

“

*Through this program, you will delve into the up-to-date methods to generate self-confidence in tennis players and help them achieve their competitive goals"*

*Expand your career prospects of coaching the best tennis players in the world by enrolling in this Postgraduate Diploma.*

*Take this program from anywhere in the world thanks to the completely online teaching at your disposal.*

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.



# 02 Objectives

TECH has designed this program with the intention of offering the student the most up-to-date and useful knowledge in terms of Coaching and Sports Psychology in Applied Tennis. Therefore, the student will detect the most efficient formulae for the mental training of the athlete or will delve into the planning of training adapted to the psychological particularities of the tennis player. This learning will be guaranteed by following these general and specific objectives.







“

*Increase your chances of working with ATP ranked tennis players thanks to this program offered by TECH”*



## General Objectives

---

- ♦ Distinguish the different stages of tennis training and know how to work in each of them
- ♦ Know the tennis regulations and how to apply them
- ♦ Understand the figure of the tennis coach from an ethical and moral point of view, and understand the crucial role played by the mental aspect in tennis players
- ♦ Delve into the physical preparation necessary for a tennis player and injury prevention
- ♦ Raising awareness of the importance of technology in today's tennis and analyzing its evolution



*Grow professionally in the world of tennis by assimilating knowledge about coaching and sports psychology that will enrich your work as a coach"*





## Specific Objectives

---

### Module 1. Coaching Ethics and Psychology in Tennis

- ♦ Provide the necessary tools for the student to become a positive leader
- ♦ Introduce basic notions about psychology and understand its importance in working with tennis players
- ♦ Assimilate different formulas for mental training
- ♦ Understanding the hemispheres of the brain, their importance and applicability to tennis

### Module 2. Training at Different Stages, Training, Planning and Periodization

- ♦ Knowing the different stages of tennis in training
- ♦ Know how to work in each of the different stages of the process
- ♦ Distinguish between the type of ball used at each stage
- ♦ Learn the dimensions of the tennis courts at each stage
- ♦ Have basic knowledge of different training systems: Hand Feeding, Racquet Feeding, coach Volley, etc

### Module 3. Game Pattern, Tactics and Strategy

- ♦ Understand the concept of game pattern, tactics and strategy and differentiate between each one of them
- ♦ Know the existing game situations
- ♦ Comprehend at a tactical level how to play correctly depending on the position on the court and the ball received
- ♦ Delve into the tactics in the doubles modality
- ♦ Identify the concept of the dominant eye and its importance

03

# Course Management

With the idea in mind of designing academic programs of the highest level, TECH has selected coaches and tennis trainers of reference as those responsible for directing and teaching this program. In addition, the teaching resources available to the student throughout this Postgraduate Diploma are developed by these specialists. Therefore, the contents that these teachers will provide will be completely applicable in their work experiences.





“

*This teaching staff is made up of top-level active tennis coaches and trainers, who will provide you with the most up-to-date knowledge in coaching and sports psychology”*

## Management



### Mr. Ramos Camacho, Alejandro

- ♦ Tennis coach at the Rafa Nadal Academy
- ♦ Coach at the JMO Tennis Academy
- ♦ Coach at Valle de Aridane Tennis Club
- ♦ Graduate in Primary Education
- ♦ National Monitor by the Royal Spanish Federation
- ♦ RPT Level 2

## Professors

### Mr. Goldie Barrios, Federico

- ♦ Tennis coach at the Rafa Nadal Academy
- ♦ Trainer at the Uruguayan Tennis Association
- ♦ Tennis trainer at the Bigua Club
- ♦ Teacher of group and individual tennis lessons
- ♦ Course at the ITF Play Tennis, Uruguayan Tennis Association
- ♦ Course at the ITF Level I
- ♦ Course at the ITF with Applied Psychology in Tennis



# 04

## Structure and Content

The syllabus of this program is made up of 3 modules through which the student will assimilate the most advanced knowledge regarding Coaching and Sports Psychology in Applied Tennis. The teaching materials that students will benefit from during the duration of this program are available in formats such as explanatory videos, self-assessment tests or additional readings.. As a result, and through a 100% online methodology, the sports professional will acquire a completely enjoyable and personalized learning experience.





“

*It has a syllabus designed by top-level tennis coaches and trainers to provide the most advanced knowledge in coaching and psychology applied to this discipline"*

## Module 1. Coaching Ethics and Psychology in Tennis

- 1.1. Code of Ethics of a Tennis Coach
  - 1.1.1. Introduction and Definition of the Code of Ethics
  - 1.1.2. Obligations and Requirements of the Tennis Coach
  - 1.1.3. Loyalty and Corruption
  - 1.1.4. Competition Integrity
  - 1.1.5. Offer and Application
  - 1.1.6. Regulations and Sanctioning Processes
- 1.2. The Tennis Coach and Their Role
  - 1.2.1. Who is a Tennis Coach and What is Tennis Coaching
  - 1.2.2. Trainer's Identity
  - 1.2.3. Trainer's Objectives
  - 1.2.4. The Trainer's Role and Philosophy
- 1.3. Importance of the Psychology in Tennis
  - 1.3.1. Psychology in Sports and its Main Characteristics
  - 1.3.2. The Role of the Psychology in Tennis
  - 1.3.3. Psychological Benefits of Tennis
  - 1.3.4. Other Psychological Aspects of Tennis
- 1.4. Concentration and Control of Emotions and Thoughts
  - 1.4.1. What do we Understand as Concentration?
  - 1.4.2. Factors that Influence Concentration, Concentration Problems in Tennis and How to Work on Them
  - 1.4.3. Factors Influencing Emotions in Tennis and Guidelines for their Improvement
  - 1.4.4. Thoughts and their Relationship to Confidence and Self-esteem  
  
Among Other Factors
- 1.5. What is Mental Training and How Useful is it
  - 1.5.1. Definition of Mental Training
  - 1.5.2. Benefits of Mental Training and the Use of Psychology in the Tennis Player
  - 1.5.3. Preliminary Aspects to Consider When Performing Mental Training
  - 1.5.4. Establishment of Objectives at the Psychological Level of the Tennis Player
- 1.6. Mental Training Techniques for a Tennis Player. Part I
  - 1.6.1. Concentration Control Techniques
  - 1.6.2. Cognitive Training and Attention Control
  - 1.6.3. Self-talk
  - 1.6.4. Visualization
  - 1.6.5. Routines
- 1.7. Mental Training Techniques for a Tennis Player. Part II
  - 1.7.1. The Mental Training Program
  - 1.7.2. How the Psychological Training of the Tennis Player Should be Organized
  - 1.7.3. Stages of the Mental Training Program for Tennis Players
  - 1.7.4. Mental Training Professionals
- 1.8. The Competition and the Mental Side of the Tennis Player
  - 1.8.1. Phases that a Tennis Player Goes Through During their Career on the Psychological Level
  - 1.8.2. *Momentum*
  - 1.8.3. Psychology and its Importance in Dealing with Bad Stages of Life
  - 1.8.4. Psychology and its Importance in Dealing with Injuries
- 1.9. Practical Exercises to Work on the Mental Aspect of the Game of Tennis
  - 1.9.1. Psychology and Game Situations
  - 1.9.2. The Mental Aspect of Service and Return
  - 1.9.3. The Mental Aspect in the Background Game
  - 1.9.4. The Mental Aspect in the Net Game
  - 1.9.5. The Mental Aspect in Different Match Situations
- 1.10. Parents and Tennis. Psychological Aspects
  - 1.10.1. The Coach-Parent-Player Relationship
  - 1.10.2. Roles of the Tennis Player's Parent and the Positive Vision of the Tennis Player
  - 1.10.3. Parent-Coach Errors
  - 1.10.4. Tips for Tennis Player's Parents

**Module 2. Training at Different Stages, Training, Planning and Periodization**

- 2.1. General Aspects of Tennis at the Grassroots and their Importance
  - 2.1.1. Introduction to Basic Tennis
  - 2.1.2. Evolution of Grassroots Tennis Training
  - 2.1.3. Conceptualization and Definition of Tennis in Stages
  - 2.1.4. General Objectives for the Promotion of Tennis Work in Stages
- 2.2. General and Specific Objectives of Tennis Training
  - 2.2.1. Tennis Characteristics in Stages
  - 2.2.2. General Objectives of Tennis in Training
  - 2.2.3. Factors Influencing Tennis Initiation
  - 2.2.4. Specific Objectives for Each of the Existing Stages of Training
- 2.3. Stages of Tennis Training and How to Work on Each Stage
  - 2.3.1. Red Stage, Definition and Characteristics
  - 2.3.2. Yellow Stage, Definition and Characteristics
  - 2.3.3. Green Stage, Definition and Characteristics
  - 2.3.4. Coach Effectiveness at Different Stages
- 2.4. Post-training Stages, Concept and Objectives
  - 2.4.1. Precompetition Stage, General Characteristics
  - 2.4.2. Introduction to the Competition Stage, Characteristics and General Objectives
  - 2.4.3. High Performance Stage
  - 2.4.4. Professional Stage
- 2.5. Training Concept, Methodology and its Evolution
  - 2.5.1. Concept of Training and its Evolution Throughout History
  - 2.5.2. Modern Training System What does it consist of?
  - 2.5.3. What is the Methodology?
  - 2.5.4. Methodology Objectives
- 2.6. Tennis Training Systems
  - 2.6.1. Types of Tennis Training by Workload, Frequency, Volume and Intensity
  - 2.6.2. Continuous and Intervallic Training and its Main Characteristics
  - 2.6.3. Specific Training Systems (Buckets, Rallies, Points, etc.) and What Each of Them Consists of
  - 2.6.4. What are the Exercises during Tennis Training, the Procedure to be Carried Out and their Components
  - 2.6.5. Variability in Tennis Training
  - 2.6.6. Individual Training and Group Training, Theoretical and Practical Principles
- 2.7. The Training Session from a Theoretical and Practical Point of View
  - 2.7.1. Parts of the Tennis Session and What Each Part Consists of
  - 2.7.2. Elaboration of the Training Session According to the Objectives
  - 2.7.3. How to Elaborate a Training Session
  - 2.7.4. Theoretical-practical Examples of Training Session Design
- 2.8. Planning Concept, Phases and Models
  - 2.8.1. What is Planning and What are the Objectives of Planning
  - 2.8.2. Elements to Take Into Account When Planning and Setting Objectives: Facilities, Means, Player Characteristics, Competitions, etc
  - 2.8.3. Tips to Follow During Planning
  - 2.8.4. Phases of Planning and How to Develop It
  - 2.8.5. Current Planning Models
- 2.9. What is Periodization? General and Specific Concepts
  - 2.9.1. Concept of Periodization and Tennis Characteristics Related to Periodization
  - 2.9.2. Differences between Periodization and Planning
  - 2.9.3. What Benefits does Periodization Bring to Training and to the Tennis Player?
  - 2.9.4. Periodization Characteristics
- 2.10. Annual Phases of Tennis Players in Training and Competition
  - 2.10.1. The Life of a Tennis Player
  - 2.10.2. The Daily Phase
  - 2.10.3. The Microcycles
  - 2.10.4. The Mesocycles

### Module 3. Game Pattern, Tactics and Strategy

- 3.1. General Concepts and Differentiation
  - 3.1.1. General Concepts of Game Pattern
  - 3.1.2. General Tactical Concepts
  - 3.1.3. General Strategy Concepts
  - 3.1.4. Differentiation Between Pattern of Play, Tactics and Strategy
- 3.2. Strategies and Positive Vision in Singles Play
  - 3.2.1. Strategy Definition
  - 3.2.2. Tennis Strategy
  - 3.2.3. Strategic Concepts to Consider When Planning a Match
  - 3.2.4. Most Used Strategies in Tennis
- 3.3. What is a Game Pattern? Player Classification and Identity
  - 3.3.1. Game Pattern Definition
  - 3.3.2. Types of Patterns or Styles of Play
  - 3.3.3. Player Identity
  - 3.3.4. Profile of the Opposing Player, How to Identify Them and How to Carry out Tactics and Strategy Depending on Them
- 3.4. Conceptualization of Tactics and General Features
  - 3.4.1. Definition of Tactics and Importance
  - 3.4.2. Evolution of Tactical Throughout the History of Tennis
  - 3.4.3. Tactical Principles
  - 3.4.4. Professional Tactics
- 3.5. Game Situations, Tennis Moves and Their Types
  - 3.5.1. What is a Gambling Situation
  - 3.5.2. Existing Game Situations
  - 3.5.3. Definition of Tennis Moves
  - 3.5.4. Types of Moves
- 3.6. General and Specific Tactical Considerations of the Baseline Game
  - 3.6.1. Introduction to the Background Game
  - 3.6.2. Zones of the Court in the Baseline Game and How to Play from Each One of Them
  - 3.6.3. Targets from Each Area of the Track
  - 3.6.4. Tips for Playing with Correct Tactics in the Background Game





- 3.7. General and Specific Tactical Considerations for Net Play
  - 3.7.1. Introduction to the Network Game
  - 3.7.2. The First Four Strokes and the Approach to the Grid
  - 3.7.3. Covering the *Passing Shot*
  - 3.7.4. Where to Play the Volley?
- 3.8. General and Specific Tactical Service and Return Considerations
  - 3.8.1. General Tactical Aspects of the Service
  - 3.8.2. Tactical Intent with the Service
  - 3.8.3. Service Areas
  - 3.8.4. General Tactical Aspects of the Return
- 3.9. Tactics and Strategy in the Doubles Modality
  - 3.9.1. The Doubles Game and its Tactical Evolution
  - 3.9.2. Modern View of Doubles Tactics
  - 3.9.3. Doubles Game Situations
  - 3.9.4. Types of Moves in Doubles Play
- 3.10. Laterality, General Aspects and Tactical Applicability
  - 3.10.1. What is Laterality, Concept and Meaning
  - 3.10.2. Homogeneous and Heterogeneous Laterality
  - 3.10.3. Importance in Tennis and Identification of Laterality Type
  - 3.10.4. Use of Tactics According to One's Own and the Opponent's Laterality



*Get, by taking this program, an excellent learning experience through didactic materials available in a wide variety of textual and multimedia formats"*

# 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.





“

*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.*





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

### 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 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.



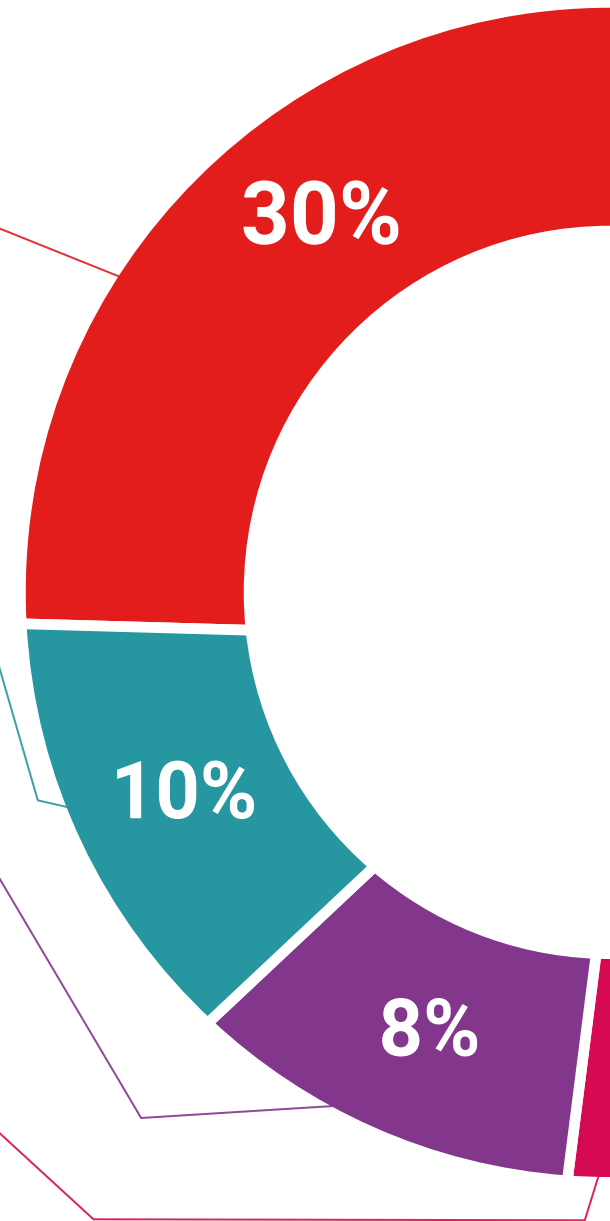
#### Practising Skills and Abilities

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



“

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

This **Postgraduate Diploma in Coaching and Sports Psychology in Applied Tennis** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Coaching and Sports Psychology in Applied Tennis**

Official N° of Hours: **450 h.**

Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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



**Postgraduate Diploma**  
Coaching and  
Sports Psychology  
in Applied Tennis

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

# Postgraduate Diploma

## Coaching and Sports Psychology in Applied Tennis

Endorsed by the NBA

