

# Postgraduate Diploma Coaching in Sports Psychology

Endorsed by the NBA



**tech** global  
university



## Postgraduate Diploma Coaching in Sports Psychology

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

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

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# 01

# Introduction

Sports Psychology has long studied how to enhance the personal development of athletes. It has also contributed to identify the physical and mental problems caused by any sport practice. For this reason, professionals in this field are necessary before, during and after sports competitions. To this end, this program, under an online modality, focuses on showing the integral development of athletes, with the purpose of teaching the student to optimize sports performance, to cover the need to make a difference in the athlete and to attend to other aspects of great relevance, as is the case of mental and psychological health, which are playing an increasingly important role in the sports context.





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*Through our virtual campus, you will receive quality teaching with personalized attention for you"*



It is no longer enough for the athlete to prepare the physical, technical and strategic aspects. Now, there is a need to make a difference and attend to other aspects of great importance such as mental aspects, which play an increasingly important role in the sports field. Today, both athletes and coaches and people related to the world of sport seek to be closer every day to excellence and obtain optimal results. Therefore, the role of the coach in Sports Psychology is essential nowadays.

This Postgraduate Diploma prepares students to acquire the competencies, resources and skills necessary for the development and professional practice as a sports coach and to increase their tools in their daily professional life. The graduate will learn to effectively manage the emotions and feelings generated by sport and enhance principles, values, attitudes and positive behaviors to develop the coaching process with solvency.

Additionally, as it is an online program, students are not conditioned by fixed schedules or the need to move to another physical location. You will be able to access a rich content that will help you reach the elite of sports psychology coaching at any time of the day, balancing, at your own pace, your professional and personal life with your education.

This **Postgraduate Diploma in Coaching in Sports 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 coaching and sports psychology
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the 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



*The educational rigor provided by TECH is highly contrasted. Former students are now successful professionals in different areas of sports psychology"*

“

*You will be instructed in the most up-to-date content in this field, including individual and group coaching, addressing injuries and the rehabilitation of athlete”*

The program’s teaching staff includes professionals from the field who contribute their work experience to this educational 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 education programmed to learn 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 throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will learn the latest trends that are being applied in high-performance sports centers and in the most prominent clubs.*

*Thanks to the practical part of this Postgraduate Diploma, you will be able to perform, from the first day, as in the professional world.*



# 02 Objectives

Learning to design an effective work plan, dealing with injuries and rehabilitation, as well as delving into the training of sports coaches, are some of the objectives of this Postgraduate Diploma. The program is designed to put into practice the knowledge acquired throughout the student's life in order to keep up to date in the field of sports psychological coaching.







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*Update your knowledge while specializing in a sector in full expansion in the Sports Psychology market”*



## General Objectives

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- ♦ Analyze the possible applications of the most common techniques and methodologies in sports coaching
- ♦ Learn the most frequently used psychological techniques in the field of sports
- ♦ 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



*You will efficiently and sustainably manage high performance in sports and management, through the acquisition of coaching techniques and tools"*







## Specific Objectives

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

- ◆ Know the basic process of individual coaching
- ◆ Analyze the Methodology of a sports coaching process
- ◆ Learn to design an effective work plan

### Module 2. Personal Branding and Management of Digital Tools

- ◆ Learning the basic fundamentals and positioning of a personal brand
- ◆ Further develop the management and handling of social networks to achieve professional objectives
- ◆ Know the proper use of social networks by the athlete
- ◆ Study persuasion and influence techniques applicable to different blog, podcast or videoblogging platforms

### Module 3. The Psychologist and the Coach as Facilitators

- ◆ Study in depth the training of sports coaches from a psychological point of view
- ◆ Know the process of workshop design and research applied to Sports Psychology

# 03

## Structure and Content

Professionals in the sector have brought together in three modules the influence of mental control and personal balance for the improvement of sports performance. This Postgraduate Diploma covers from the applications of coaching in the world of sports to the facilitation tools for the sports psychologist and coach, highlighting the role of the psychologist and coach in sports progress.





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*A program that brings together high-value content for the sports science professional to boost their career”*



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

- 1.1. The 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. Coactive Coaching
- 1.7. Basic Process of Individual Coaching
- 1.8. Methodology of a Sports Coaching Process
- 1.9. Design of Work Plans and Systemic and Team Coaching
- 1.10. Evaluation Process of Coaching

### Module 2. Personal Branding and Management of Digital Tools

- 2.1. Interdisciplinary Work (Physical Therapist, Physiotherapist, Nutritionist, Physician, etc.)
- 2.2. Athlete Assessment Tools
- 2.3. Psychological Training of Specific Sports
- 2.4. Optimization of the Athlete's Learning and Search for Consistency in their Performance
- 2.5. Psychological Pyramid of Sports Performance
- 2.6. Psychological Approach to Injuries and Readaptation
- 2.7. Retirement in Professional Sports
- 2.8. Substance Use and Other Risks
- 2.9. Neuroscience Applied to Perception and Performance
- 2.10. Experiential Tools: Live Training



### Module 3. The Psychologist and the Coach as Facilitators

- 3.1. Psychologist and Coach: Protagonists of the Process
- 3.2. Group and Team Dynamics
- 3.3. Reinforcement and Punishment
- 3.4. Concentration and Visualization
- 3.5. Values and Attitudes of Sport
- 3.6. Athlete's Personality
- 3.7. Evaluation and Diagnosis of Common Problems
- 3.8. Design of Workshops and Intervention Sessions
- 3.9. Intervention Phases and Sessions
- 3.10. Project Development and Applied Research

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*A program focused on enhancing the strengths of sports coaching through a Relearning system"*





# 04 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.

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*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.



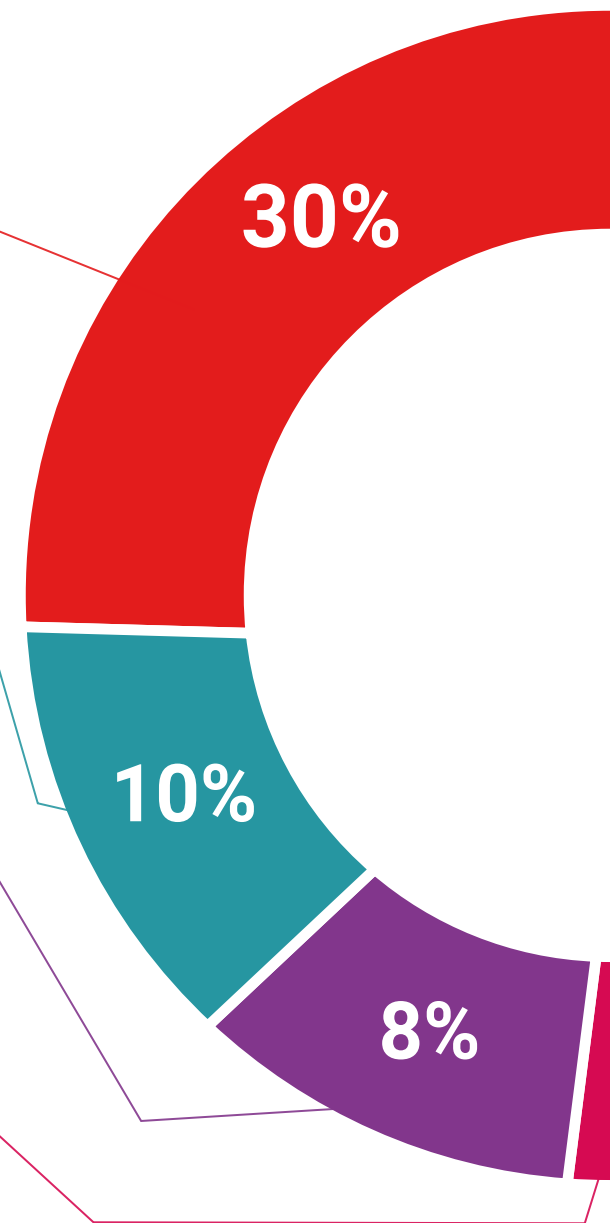
### Practising Skills and Abilities

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.





# 05

# Certificate

The Postgraduate Diploma in Leadership and Personal Branding in Sports Psychology guarantees students, in addition to the most rigorous and up-to-date education, access to a Advanced Master's Degree issued by TECH Global University.





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

This private qualification will allow you to obtain an **Postgraduate Diploma in Coaching in Sports Psychology** 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 private qualification**, 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.

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Accreditation: **18 ECTS**





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