

# Postgraduate Diploma Coaching in Sports Psychology

Endorsed by the NBA





## Postgraduate Diploma Coaching in Sports Psychology

- » 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/coaching-sports-psychology](http://www.techtitute.com/pk/sports-science/postgraduate-diploma/coaching-sports-psychology)

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# 01

# Introduction

Sports psychology has long studied how to enhance the personal development of athletes. In addition, it has 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, such as 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 a quality education with personalized attention for you"*

It is no longer enough for the athlete to be fully prepared, physically, technically and strategically. 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, athletes, coaches and people related to the world of sports seek to be closer to excellence and obtain optimal results. Therefore, the role of the Sports Psychology Coach 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.

In addition, as it is an online degree, the student is 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 Coaching in Sports Psychology at any time of the day, combining, at your own pace, your work and personal life with your academic life.

This **Postgraduate Diploma in Coaching in Sports Psychology** 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



*The academic rigor provided by TECH is highly contrasted. Alumni are now practicing as successful professionals in different areas of sports psychology"*

“

*You will be instructed in the most updated contents of this field, including individual and collective coaching, dealing with injuries and athlete's readaptation"*

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.

*You will learn about the latest trends that are being applied in High Performance Sports Centers and in the most outstanding 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 deepening the training of sports technicians, are some of the objectives of this Postgraduate Diploma. The degree is committed to putting into practice the knowledge acquired throughout the student's life in order to keep up to date in terms of sports psychological coaching.







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*Update your knowledge while you specialize  
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 psychological techniques most frequently used 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 Sport**

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

### **Module 2. Facilitation Tools for the Sport Psychologist and the Coach**

- ◆ 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

### **Module 3. The Psychologist and the Coach as Facilitator**

- ◆ Further 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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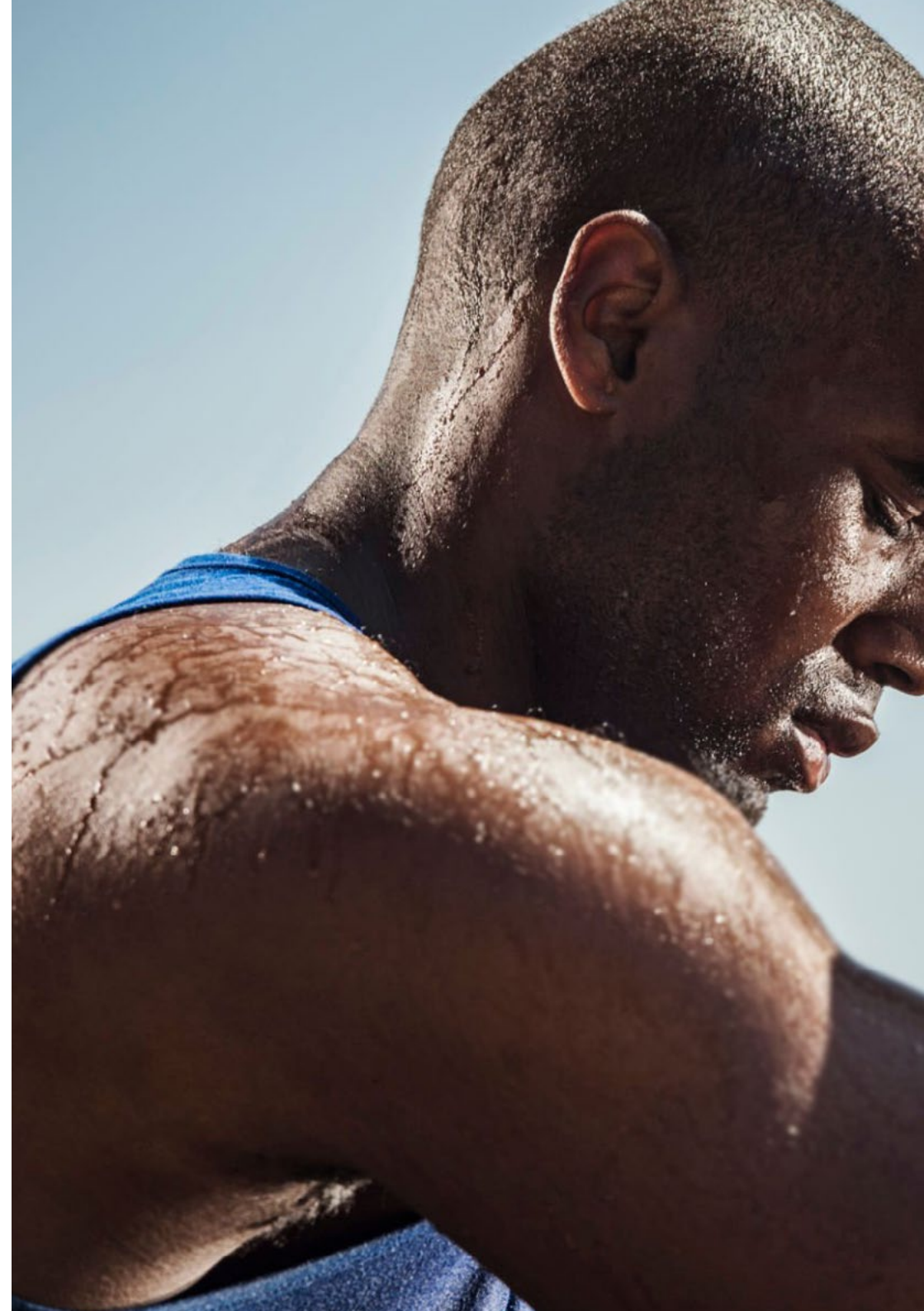
*A Postgraduate Diploma that brings together high-value content for the sports science professional to boost their career”*

### 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. Coactive Coaching
- 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

### Module 2. Facilitation Tools for the Sport Psychologist and the Coach

- 2.1. Interdisciplinary Work (physical therapist, physiotherapist, nutritionist, physician, etc.).
- 2.2. Athlete Assessment Tools
- 2.3. Psychological Training for Specific Sports
- 2.4. Optimization of the Athlete's Learning and Search for Regularity in Sports 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 Abuse 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 Facilitator

- 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 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.

**“** *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.



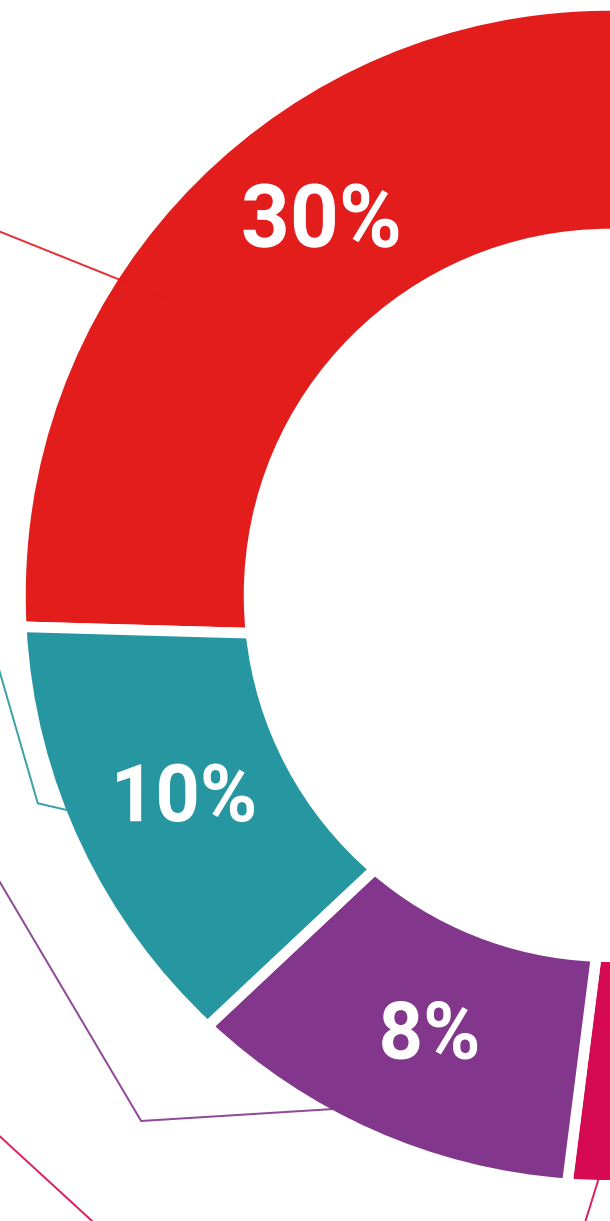
### Practising Skills and Abilities

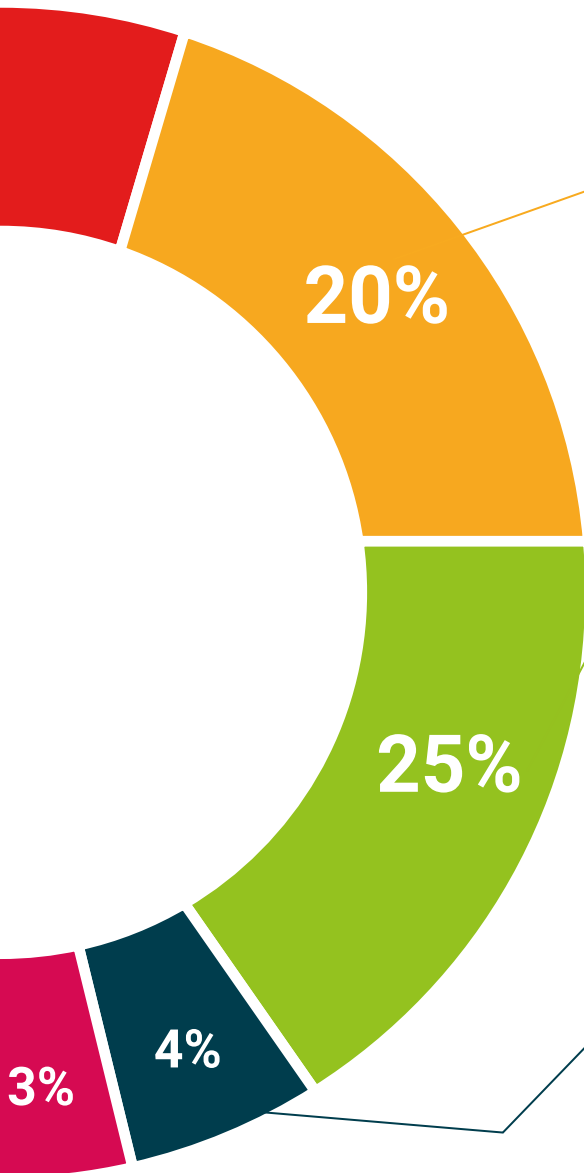
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization we live in.



### 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 Diploma in Coaching in Sports Psychology guarantees you, in addition to the most rigorous and up to date training, access to a certificate issued by TECH Technological University.







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

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

After passing the evaluation, the student will receive the corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery.

This qualification contributes significantly to the professional's continuing education and enhances their training with a highly regarded university syllabus, and is 100% valid for all public examinations, professional careers and job vacancies.

Title: **Postgraduate Diploma in Coaching in Sports Psychology**

Official N° of Hours: **450 hours**.

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  
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community commitment  
personalized service innovation  
knowledge present quality  
development languages  
virtual classroom

**tech** technological  
university

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