

# Postgraduate Diploma Sports Psychology

Endorsed by the NBA





## Postgraduate Diploma 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/postgraduate-diploma-sports-psychology](http://www.techtitute.com/pk/sports-science/postgraduate-diploma/postgraduate-diploma-sports-psychology)

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# 01

# Introduction

Working as a sports psychologist is a booming profession, as more and more people are deciding to boost their sports careers. Athletes explore psychological factors associated with participation and performance in sport, exercise and other types of physical activity and professional supervision is essential. This program studies in a theoretical-practical way how, why and under what conditions people related to sport behave the way they do, as well as investigating the mutual influence between physical activity, well-being and personal development. The boom in this profession is the perfect opportunity to make a difference with the rest of the professionals.





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*You will gather the necessary pieces to enhance leadership skills and provide athletes with psychological tools”*



The profession of sports psychologist is growing and developing, being a professional option with a future. The individualized and specific assessment in order to know the psychological phenomena experienced by each athlete, taking into account his or her character and context, make the figure of this professional of vital importance in the present and future society.

For this reason, in this Postgraduate Diploma a multiple approach is taken in terms of the possibilities of working with different materials and techniques, allowing the sports psychologist to make the best choice in order to achieve the best results with a positive physical and mental wellbeing.

In addition, being an online degree, 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 you reach the elite of sports psychology at any time of day, combining, at your pace, your work and personal life with the academic.

This **Postgraduate Diploma 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 experts 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



*Sports Psychology is an area of specialization of the profession that is part of the Sports Sciences, update your knowledge"*

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*Sports psychology is a profession that is increasingly in demand due to the trend to take more and more care of health. Become a professional in the field"*

*Deepen the skills and abilities of the athlete who trusts you, translating them into success*

*Boost your talent through the Postgraduate Diploma in Sports Psychology to help athletes become aware of their abilities through their goals and objectives*

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.



# 02 Objectives

Some of the objectives of this Postgraduate Diploma are to learn about the psychological functions involved in sports arbitration, to deepen in the techniques to generate confidence and emotional self-control, to deal with injuries and readaptation of the professional athlete, as well as to deepen in the training of sports technicians from a psychological point of view. This Postgraduate Diploma is committed to put into practice the knowledge acquired throughout the student's life in order to keep updated in the field of sports psychology.







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*Immerse yourself in the study of this high-level Postgraduate Diploma and improve your skills as a sports psychologist”*



## General Objectives

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- ♦ 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.
- ♦ 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. Basic fundamentals of sports psychology

- ♦ Investigate the main roles of the sports psychologist and sports coach .
- ♦ Know the psychological functions involved in sports refereeing.
- ♦ Study the psychological process from the demand to the intervention itself.
- ♦ Analyze the existing social protection and coordination structures in sports psychology.

### Module 2. Psychological techniques applied to sport

- ♦ 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.

### Module 3. Facilitation tools for the sports psychologist and 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 4. 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 four modules the influence of mental control and personal balance for the improvement of sports performance. This Postgraduate Diploma covers from the basic fundamentals of sports psychology to the facilitation tools for the sports psychologist *and coach* , bringing together the psychological techniques applied to sport.



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*You will be able to communicate effectively with athletes, help them develop new skills, use assessment tests to monitor training progress and predict performance”*

## Module 1. Basic Fundamentals of Sports Psychology

- 1.1. Introduction to Sport Psychology
- 1.2. Sociology of Sport and Classification
- 1.3. Basic Neurological Basis
- 1.4. Neurological Bases of Movement
- 1.5. Motor Skills and Learning
- 1.6. Models of Psychological Intervention
- 1.7. From Demand to Intervention. Intervention in Training and Competition
- 1.8. Competitive Levels: High Performance Sport, Technification Sport and Grassroots Sport.
- 1.9. Effects and Usefulness of the Sports Psychologist
- 1.10. Psychology of Sport Today

## Module 2. Psychological Techniques Applied to Sport

- 2.1. Inclusive Sport and Specific Sports
- 2.2. Decision-making in Sport
- 2.3. Training the Trainer. Technical Support
- 2.4. Establishment of Objectives and Comprehensive Competition Plans
- 2.5. Techniques to Promote Confidence and Emotional Self-Control
- 2.6. Effects of Raising Awareness of Learning on Confidence, Self-Efficacy, and Performance
- 2.7. Self-instruction Training
- 2.8. *Mindfulness* Applied to Sport
- 2.9. NLP Applied to Sport
- 2.10. Motivation and Emotion





### Module 3. Facilitation tools for the sports psychologist and coach

- 3.1. Interdisciplinary Work (physical therapist, physiotherapist, nutritionist, physician, etc.).
- 3.2. Athlete Assessment Tools
- 3.3. Psychological Training for Specific Sports
- 3.4. Optimization of the Athlete's Learning and Search for Regularity in Sports Performance
- 3.5. Psychological Pyramid of Sports Performance
- 3.6. Psychological Approach to Injuries and Readaptation
- 3.7. Retirement in Professional Sports
- 3.8. Substance Abuse and Other Risks
- 3.9. Neuroscience Applied to Perception and Performance
- 3.10. Experiential Tools: *Live Training*

### Module 4. The Psychologist and the Coach as Facilitators

- 4.1. Psychologist and Coach: Protagonists of the Process
- 4.2. Group and Team Dynamics
- 4.3. Reinforcement and Punishment
- 4.4. Concentration and Visualization
- 4.5. Values and Attitudes of Sport
- 4.6. Athlete's Personality
- 4.7. Evaluation and Diagnosis of Common Problems
- 4.8. Design of Workshops and Intervention Sessions
- 4.9. Intervention Phases and Sessions
- 4.10. Project Development and Applied Research

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*



### 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 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.



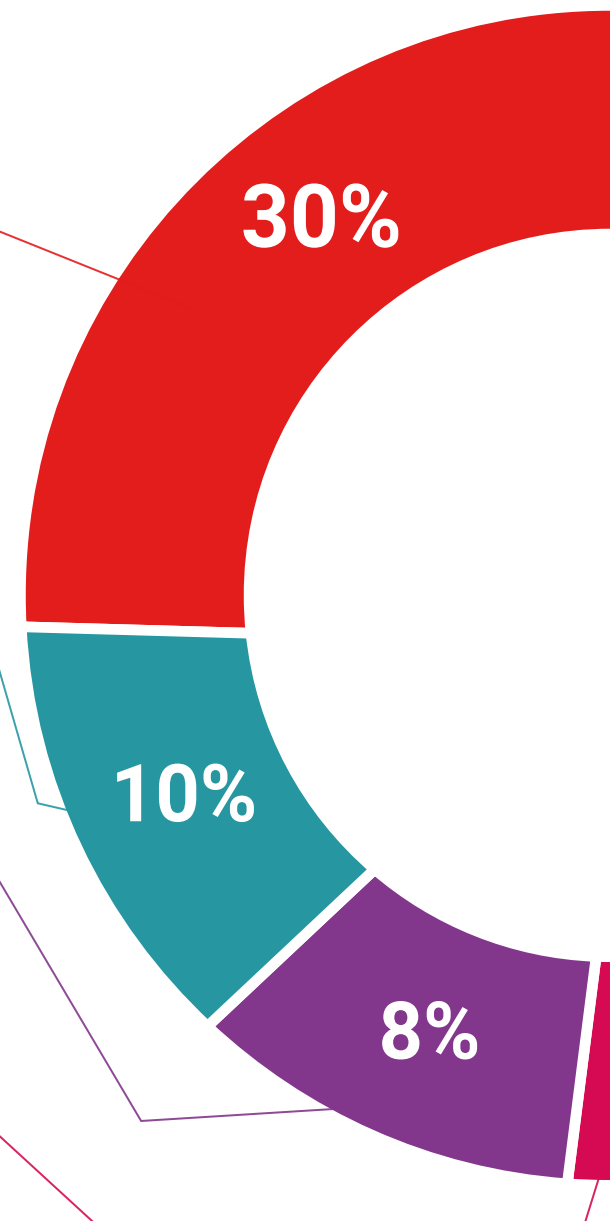
### Practising Skills and Abilities

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.





# 05 Certificate

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





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

This **Postgraduate Diploma 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**

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 Certificate in Sports Psychology**

Official N° of Hours: **600 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 quality  
development languages  
virtual classroom



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