

# Postgraduate Diploma Sports Psychology

Endorsed by the NBA





## Postgraduate Diploma Sports Psychology

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

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

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# 01

# Introduction

Sports psychology is a booming profession, especially as more and more people are choosing to further their careers in sports. Athletes explore psychological factors associated with participation and performance in sport, exercise and other types of physical activity and it is essential that they are supervised by a professional. This program studies in a theoretical-practical way how, why and under what conditions people involved in sports 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 for their activities"*

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

Therefore, in this Postgraduate Diploma, an approach is made from a multiple vision in terms of work possibilities, with different materials and techniques, allowing the sports psychologist a more accurate choice to achieve the best results with a positive physical and mental well-being.

In addition, being an 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 you reach the elite of sports psychology at any time of day, balancing, at their own pace, their work and personal life with the education.

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

- The development of practical cases presented by experts in Sports Coaching and 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



*Sport Psychology is a specialized area of the profession that is part of the sport sciences. Update your knowledge"*

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*Sports Psychology is a profession that is increasingly in demand due to the tendency to take more and more of one's health. Become a professional in the field"*

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 during the course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Study the skills and abilities of the athlete who trusts you, turning them into their strengths.*

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



02

# Objectives

Know the psychological functions involved in sports arbitration, studying in depth the techniques to generate confidence and emotional self-control, dealing with injuries and re-adaptation of the professional athlete, as well as delving into the training of sports coaches from a psychological point of view, are some of the objectives presented by this program, which is committed to putting into practice the knowledge acquired throughout the student's life in order to stay up to date as far as Sports Psychology concerns.







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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 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. Basic Fundamentals of Sports Psychology

- ♦ Investigate the main roles of the sports psychologist and 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 Sports

- ♦ Further understand inclusive and specific sports
- ♦ Unraveling the decision making process in sports
- ♦ Be familiar with the comprehensive target and competition plans
- ♦ Study in depth the techniques to generate confidence and emotional self-control

### Module 3. 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 4. 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

# Course Management

This academic program includes the most specialized teaching staff in the current educational market. They are specialists selected by TECH to develop the whole syllabus. In this way, starting from their own existence and the latest evidence, they have designed the most up-to-date content that provides a guarantee of quality in such a relevant subject.



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*TECH offers the most specialized teaching staff in the field of study. Enroll now and enjoy the quality you deserve”*

## International Guest Director

Dr. Barbara Roberts is a leading clinical psychologist with an internationally recognized career in the field of sports mental health. As such, she has played an important role as Director of Wellness and Clinical Studies for the Washington Commanders football team, a position that has made her one of the few professionals with a doctorate in Clinical Psychology working full time for an NFL franchise. Here, her work has focused on implementing a proactive approach to mental health management, seeking to build a solid foundation for player wellness and its impact on performance and overall health.

Additionally, her professional career has included significant roles at the Federal Bureau of Prisons and the U.S. Army Aberdeen Proving Ground, where she has developed programs to support inmates and military members with substance abuse issues. In addition, she has worked for the Substance Abuse and Mental Health Services Administration and the White House Office of National Drug Control Policy, which has allowed her to evaluate and improve treatment programs nationwide.

Dr. Barbara Roberts has also applied her expertise in evidence-based methods, such as motivational interviewing, to create an environment of trust with players, helping them face the challenges of their careers and personal lives. In this regard, her approach is unique in its ability to normalize mental health within the sporting environment and offer ongoing, personalized support. In turn, she has excelled in her commitment to helping players through various stages of their careers, from their early years in the NFL, to life after retirement.



## Dr. Roberts, Barbara

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- ♦ Director of Wellness and Clinical Services at the Washington Commanders, Washington D. C., United States
- ♦ Clinical Psychologist at Georgetown University Medical Center, Georgetown
- ♦ Analyst and Health Policy Coordinator in the White House Office of National Drug Control Policy
- ♦ Clinical Psychologist at the Substance Abuse and Mental Health Services Administration
- ♦ Doctor of Clinical Psychology from the University of Oklahoma
- ♦ B.A. in Psychology from Fisk University

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

# 04

# 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 Sports Psychology
- 1.2. Sociology of Sport and Classification
- 1.3. Basic Neurological Basis
- 1.4. Neurological Foundations 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. Current Sports Psychology

### Module 2. Psychological Techniques applied to Sports

- 2.1. Inclusive 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 Generating Awareness of What Has Been Learned about Confidence, Self-Efficacy, and Performance
- 2.7. Self-Instructional Education
- 2.8. Mindfulness applied to Sport
- 2.9. NLP applied to Sport
- 2.10. Motivation and Emotion



### Module 3. Personal Branding and Management of Digital Tools

- 3.1. Interdisciplinary Work (Physical Therapist, Physiotherapist, Nutritionist, Physician, etc.)
- 3.2. Athlete Assessment Tools
- 3.3. Psychological Training of Specific Sports
- 3.4. Optimization of the Athlete's Learning and Search for Consistency in their 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 Use 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



*A program that includes references that will differentiate you from other applicants for the position"*

# 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.





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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.



*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



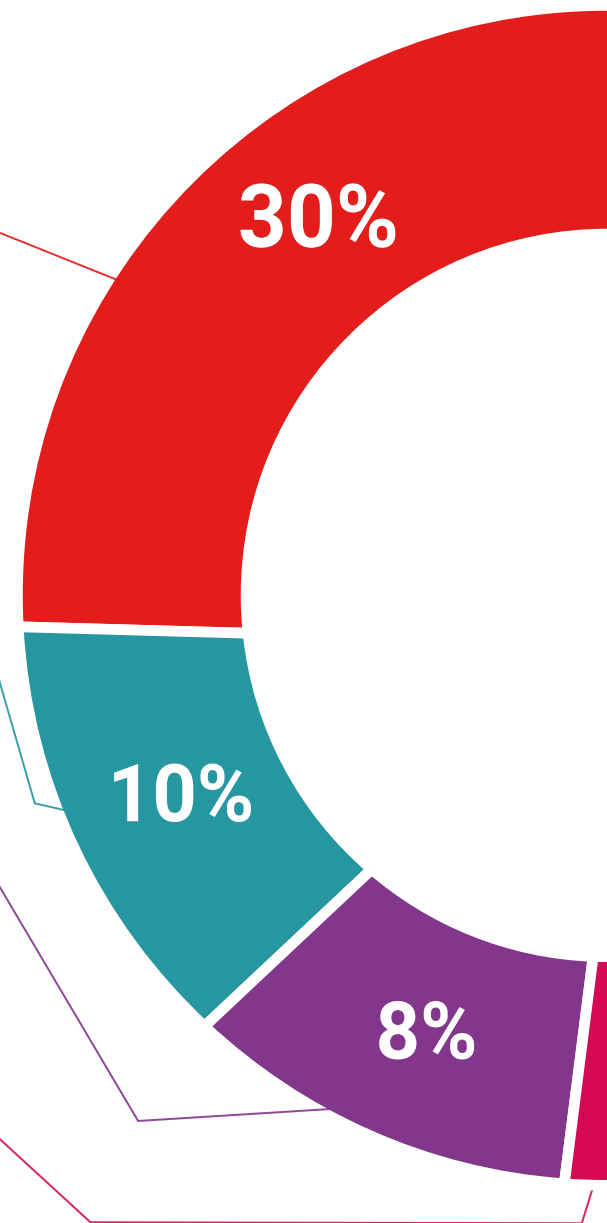
### Practising Skills and Abilities

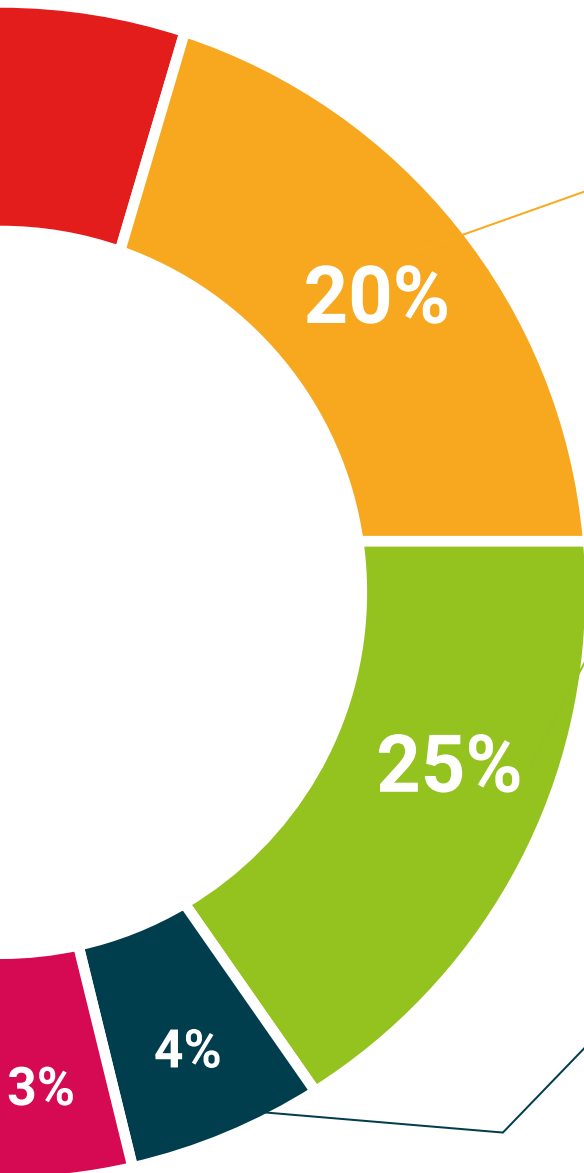
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing



### 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 Sports Psychology guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 a **Postgraduate Diploma 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.

Title: **Postgraduate Diploma in Sports Psychology**

Modality: **online**

Duration: **6 months**

Accreditation: **24 ECTS**

Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future  
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education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



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