Professional Master's Degree
Sports Psychology

Endorsed by the NBA

NBA

tech global university

Professional Master's Degree
Sports Psychology

- » Modality: **online**
- » Duration: **12 months**
- » Certificate: **TECH Global University**
- » Credits: **60 ECTS**
- » Schedule: **at your own pace**
- » Exams: **online**

Website: **www.techtitute.com/us/sports-science/professional-master-degree-sports-psychology**

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01
Introduction

Sports Psychology is gaining more and more relevance for its great contribution in helping athletes achieve their goals. Having a Masters to help in your field can mean, in many cases, the difference between reaching a goal or falling by the wayside. As a professional in Sports Science it is essential to know how to manage and control the psychological variables involved in the practice of the respective disciplines that can affect the performance and results of each athlete. This degree brings together the necessary tools to become a professional in the field of Sports Psychology.

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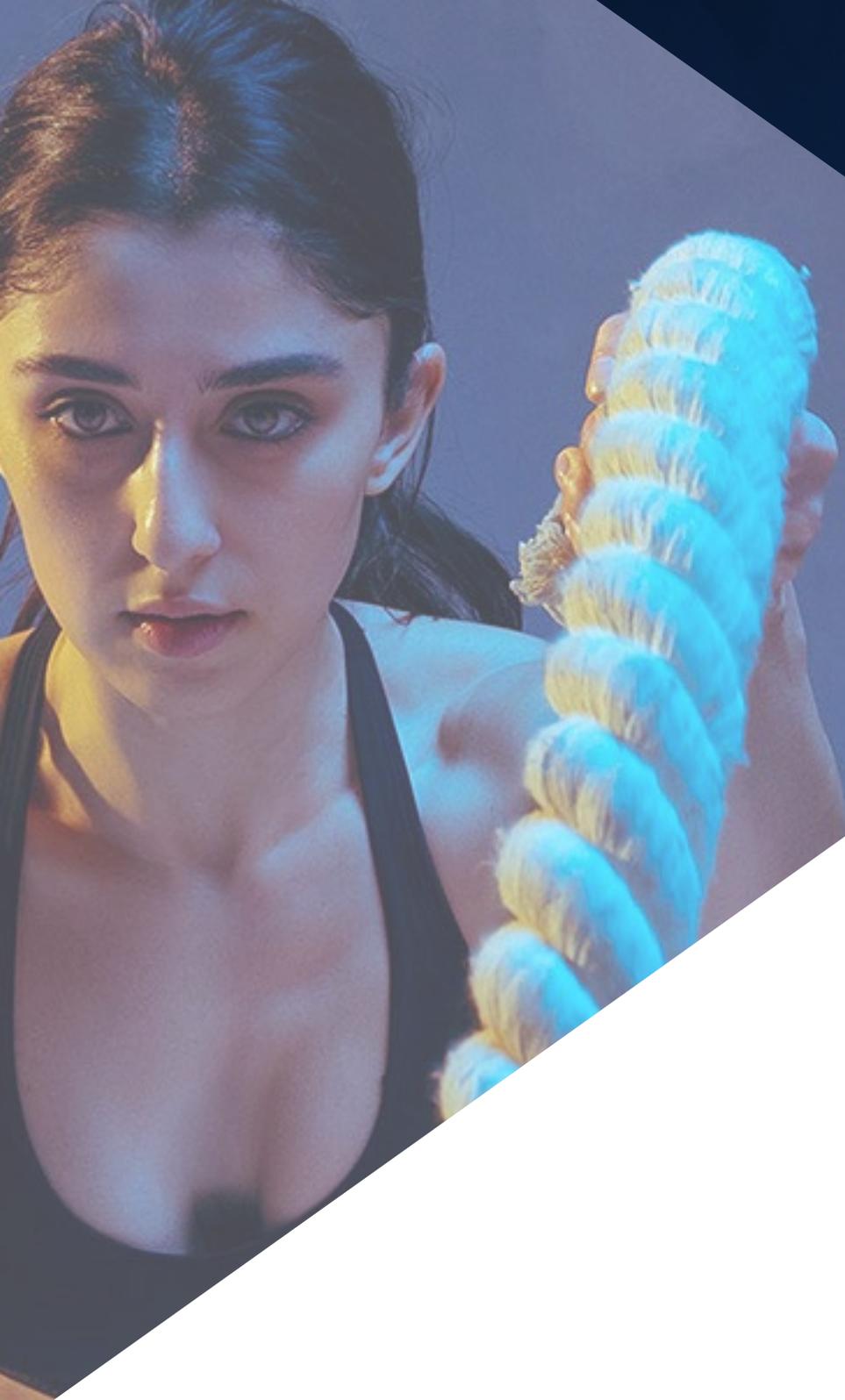
With this Master's Degree you will train the psychological skills necessary for the athlete to be able to face the situation of competition and improve performance with greater resources"

The most common demands in sport are usually aimed at resolving problems encountered by the athlete in competition, such as reducing the anxiety or pressure of competition, improving the level of confidence and increasing concentration during competition, demotivation for not achieving the expected results or for returning to the playing field after an injury. To this end, the main purpose of this program is for the student to acquire the necessary skills to enhance and develop the mental capabilities of athletes and thus increase the likelihood of achieving their goals.

Sports Psychology is very important for an athlete to be more motivated, which in turn leads to better performance. With this program, the Sports Science professional will be able to provide the athlete with psychological assistance so that they can learn to manage different situations and emotions derived from their daily work. The student will deepen in the techniques and tools that should provide the Professional Master's Degree, which will be totally focused on developing the potential of each athlete.

In addition, as it is a 100% online Master's 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 own pace, your work and personal life with the academic.

This **Professional Master's Degree 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

He excels in a booming discipline, being able to understand the performance, mental processes and well-being of people in sporting environments"

" *Sports Psychology is gaining more and more ground in our society. Specialize with this Professional Master's Degree and guide athletes in their training, goals and self-esteem"*

Empower and develop people's mental abilities to increase their chances of achieving their goals with this Professional Master's Degree

Behind the optimal performance of an athlete on the field of play is a sports psychologist doing a job effectively and professionally, and that will be you

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.
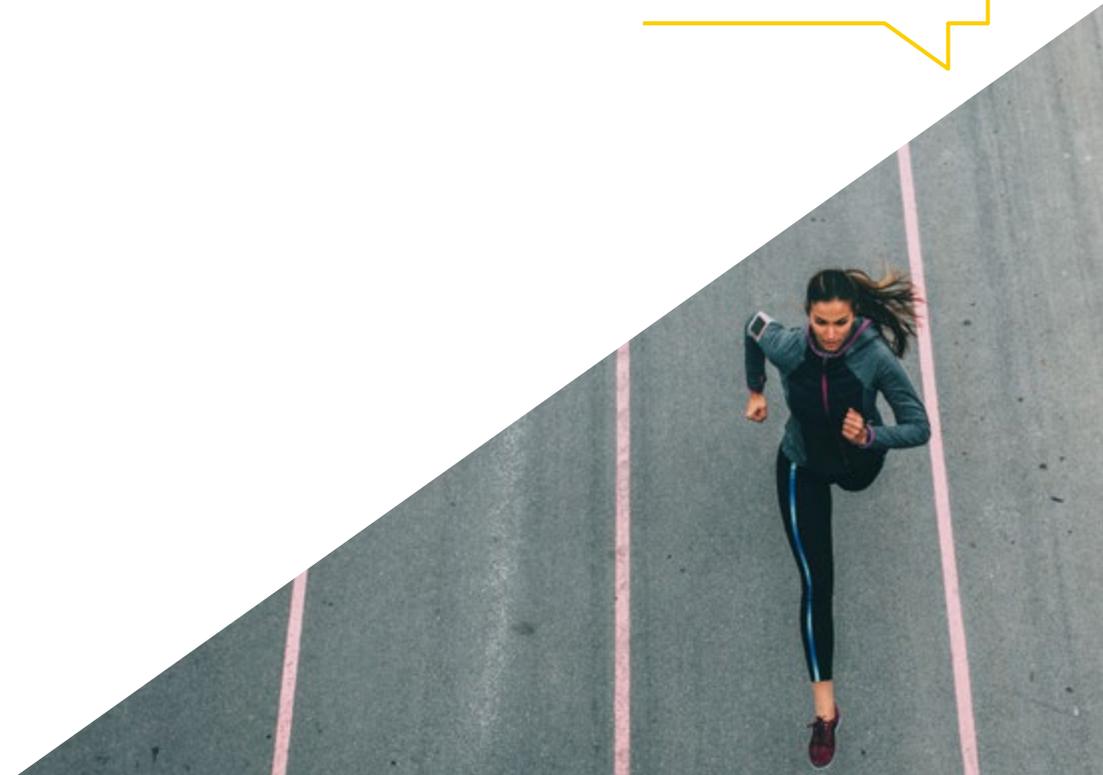
02
Objectives

The design of this Professional Master's Degree program will allow the graduate to generate confidence and positive influence on the athlete through the study of the most effective management models in high performance sports. You will also learn how to foster self-leadership and delve into methods and best practices for dealing with defeat. All this, through the adoption of psychological techniques for the management of individual and team relationships during the competition.

Our goal is to achieve academic excellence and help you achieve professional success. Don't wait any longer and join TECH"

General Objectives

- Cover the different leadership styles with the greatest success in the sporting arena
- Study high performance team management at the psychological and motivational level.
- 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.
- Know the figure of the leader in individual and team sports.
- Understand the importance of personal branding for a good professional development.
- Update the management of the different digital tools to disseminate the personal brand.
- Deepen understanding of the cultural transformation of sports organizations.
- 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.

Specific Objectives

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 existing social protection and coordination structures in Sports Psychology.

Module 2. Leadership and management of high performance teams
- Study the most effective management models in high performance sports.
- Learn how to apply effective leadership in the sports environment.

Module 3. Coaching applications in the world of sports
- Know the basic process of individual coaching
- Analyze the methodology of a sports coaching process.
- Learning to design an effective work plan

Module 4. Psychological techniques applied to sports
- 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 5. Leadership applied to individual and team sports

- Know the differences between the sports psychologist and the coach
- Delve into the concept of psychological training.
- Learning to generate a team mentality
- Knowing how to promote self-leadership
- Deepening the methods for dealing with defeat

Module 6. 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 7. Personal branding and management of digital tools

- Learning the basic fundamentals and positioning of a personal brand
- Deepen in the management and handling of social networks to achieve professional objectives.
- Knowing the proper use of social networks by the athlete.
- Study persuasion and influence techniques applicable to different blog, podcast or videoblogging platforms
- Study the psychological pyramid of sports performance.

Module 8. Cultural transformation in sports organizations

- Covering team management as a sports coach
- Analyze the values that drive sports organizations.
- Know the design of intervention plans carried out in teams and organizations.

Module 9. The psychologist and the coach as facilitators

- Further training of sports coaches from a psychological point of view.
- Know the process of workshop design and research applied to Sports Psychology.

Module 10. The eSports

- Deepen the understanding of eSports
- Understand the current importance of the video game industry and its psychological impact.
- Deepen and learn about the different roles of the psychologist in the video game industry.
- Understand the future prospects of the eSports world.
- Deepen the means of prevention of psychological pathologies such as depression in the video game industry.

03
Skills

Sports psychology is so extensive that the best professionals in the field must have a broad command of a multitude of competencies. Therefore, the syllabus focuses on a series of leadership skills, psychological management and motivational factors that are decisive in the day-to-day work of the most advanced professional in sports psychology. Thanks to these multidisciplinary skills, which cover individual, collective and electronic sports, the student will be able to highlight his or her true professional value after completing the degree.

"Increase your skills with our high quality training and give your career a boost"

General Skills

- Lead high performance teams in different sports environments, including e-sports.

- Mastering Sports Psychology, both in its basic and more advanced stages.

- Knowing which psychological strategies to use in each situation

- Captaining both teams and individuals, clearly differentiating strategies in individual and team sports

- Develop a strong and prominent personal brand in the sports arena of your choice.

- Understand the cultural specificities of sports organizations

- Employ the different facilitation tools specific to sports coaching

Specific Skills

- Distinguish the strategies to follow according to the level of sport, whether it is high performance, technification or grassroots sport.
- Psychological intervention in risk situations of the athlete.
- Acquire and develop a working methodology for sports coaching.
- Promote confidence and emotional self-control in the athlete.
- Apply the *Live Training* to sports coaching
- Effectively diagnose the psychological state of sports teams or organizations.
- Addressing retirement in professional sports in a timely manner
- Employing *mindfulness* and neuroscience to the athlete's perception and performance
- Designing workshops and intervention sessions in different sports settings

Structure and Content

Professionals in the sector have brought together in ten modules the importance of psychological control and personal balance to improve sports performance both on and off the field. This Professional Master's Degree covers everything from leadership and management of high-performance teams to the future of e-sports and the figure of the psychologist, as well as coaching applications in the world of sports and personal branding, among others.

"

There is an increased demand for sports psychologists and this program will position you in the job market with all the tools you need to be the best professional"

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. Leadership and Management of High-Performance Teams

2.1. Origin and History of Leadership Styles
2.2. Transformational and Transactional Leadership Style
2.3. Leadership Style and Followers
2.4. Bases of High Performance Teams
2.5. Define the High Performance Challenge
2.6. Action Plan
2.7. Sustainability and Maintenance of High Performance
2.8. Types of Leadership and Coaches in Sports
2.9. Athlete Risk Situations
2.10. Self-care of High-performance Athletes and their " Caregivers".

Module 3. Coaching Applications in the World of Sports

3.1. Origins and Background of *Coaching*
3.2. Current Schools and Trends
3.3. Work Models
3.4. Differences between *Coaching* and Other Approaches
3.5. Coach *Competencies* and Code of Ethics
3.6. *Coaching* Coactivo
3.7. Basic Individual *Coaching* Process
3.8. Methodology of a Sports *Coaching* Process
3.9. Design of Work Plans and Systemic and Team *Coaching*
3.10. *Coaching* Evaluation Processes

Module 4. Psychological Techniques Applied to Sport

4.1. Inclusive Sport and Specific Sports
4.2. Decision-making in Sport
4.3. Training the Trainer. Technical Support
4.4. Establishment of Objectives and Comprehensive Competition Plans
4.5. Techniques to Promote Confidence and Emotional Self-Control
4.6. Effects of Generating Awareness of Learning on Confidence, Self-Efficacy and Performance
4.7. Self-instruction Training
4.8. *Mindfulness* Applied to Sport
4.9. NLP Applied to Sport
4.10. Motivation and Emotion

Module 5. Leadership Applied to Individual and Team Sports

5.1. Sport Psychologist vs. *Coach*
5.2. Psychological Training
5.3. Psychological Determinants of Performance and Talent Management
5.4. Team Mentality and Basic Elements of Intervention
5.5. Communication Skills
5.6. Stress and Anxiety Intervention
5.7. Coping with Defeat/ *Burnout* Prevention
5.8. Experiential Tools: *Live Training* applied to sports Coaching
5.9. Extreme Sports: Talent, Mental Strength, and Ethics in Sports Development
5.10. Self-leadership. Self-management
5.11. The leader *Coach* and Team Management, Ethics and *Coaching*
5.12. Diagnostic Tools for Sports Teams and Organizations
5.13. Design of Intervention Plans in Teams and Organizational Development

Module 6. Facilitation Tools for the Sport Psychologist and the Coach

6.1. Interdisciplinary Work (physical therapist, physiotherapist, nutritionist, physician, etc.).
6.2. Athlete Assessment Tools
6.3. Psychological Training for Specific Sports
6.4. Optimization of the Athlete's Learning and Search for Regularity in Sports Performance
6.5. Psychological Pyramid of Sports Performance
6.6. Psychological Approach to Injuries and Readaptation
6.7. Retirement in Professional Sports
6.8. Substance Abuse and Other Risks
6.9. Neuroscience Applied to Perception and Performance
6.10. Experiential Tools: *Live Training*

Module 7. Personal Branding and Management of Digital Tools

7.1.   Information and Communication Technologies (ICTs)
7.2.   Basic Principles of Digital Marketing
7.3.   Internet, the Web, Web 2.0 and Web 3.0
7.4.   Personal Brand Positioning
7.5.   Social Media Management
7.6.   Athletes and the Use of their Networks and Interventions in the Media
7.7.   Content Marketing Generation through Different Platforms: Blog, Podcast, Video Blogging, etc.
7.8.   Media Communication Skills
7.9.   Persuasion and Influence Techniques

Module 8. Cultural Transformation in Sports Organizations

8.1.   Values-driven Sports Organizations. Mission and Vision
8.2.   Business Tools for Communication and Coordination
8.3.   Corporate Strategy and Technology Strategy
8.4.   Organizational Culture and Climate
8.5.   Organizational Leadership
8.6.   Executive Coaching Tools
8.7.   Dynamics and Intervention Techniques in Sport Organization

Module 9. The Psychologist and the Coach as Facilitators

Module 10. The eSports

05
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.

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.

"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 Global 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.

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

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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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. This methodology has 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, and financial markets and 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:
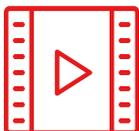
Study Material

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.

30%

10%

8%

20%

25%

4%

3%
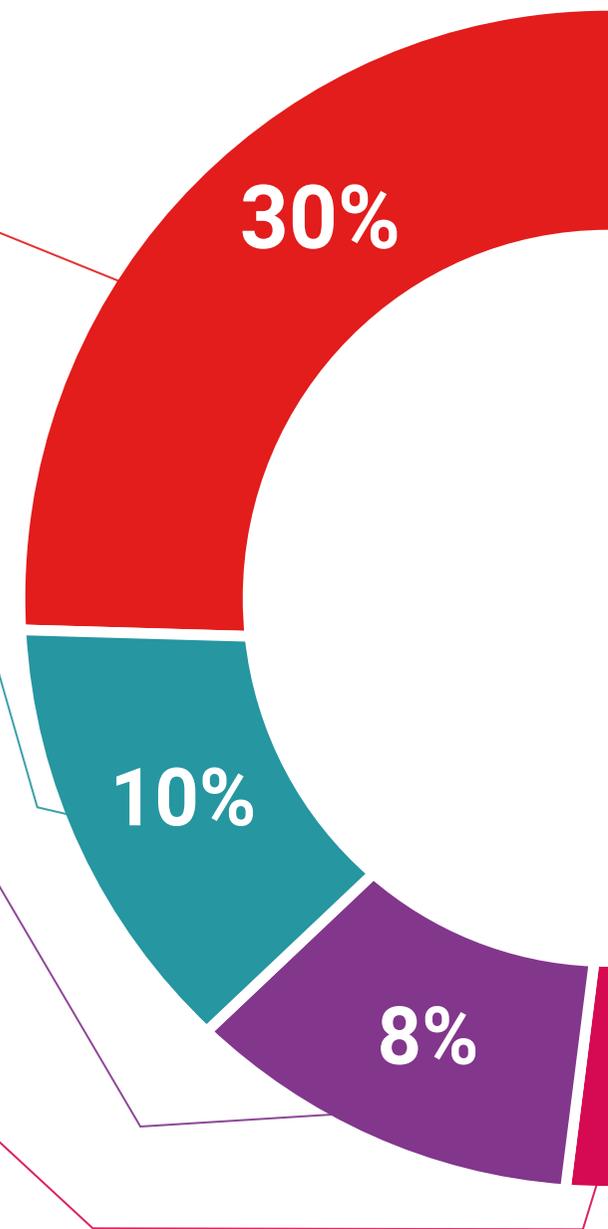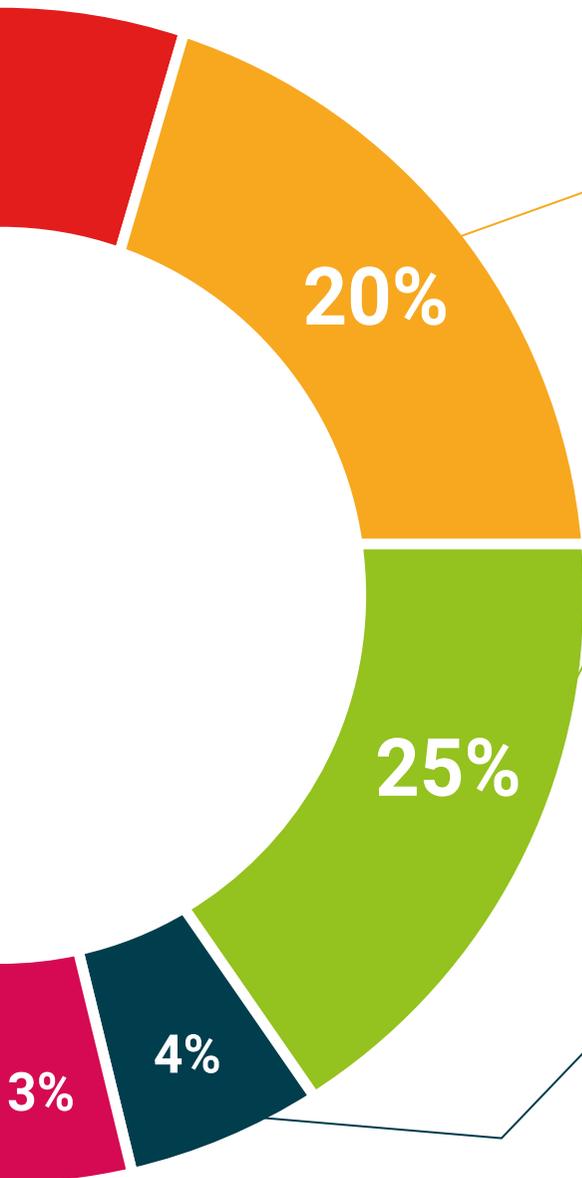
Case Studies

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.

06
Certificate

The Professional Master's Degree in Sports Psychology guarantees, in addition to the most rigorous and up to date training, access to a Master's Degree issued by TECH Global University.

Successfully complete this training program and receive your university certificate without travel or laborious paperwork"

This program will allow you to obtain your **Professional Master's Degree 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** title 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: **Professional Master's Degree in Sports Psychology**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**

*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.

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