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/master-sports-psychology**

Index

01

Introduction

Sports Psychology is gaining more and more relevance for its great contribution to help athletes achieve their goals. Having an expert to help in your field can often mean 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 program brings together the necessary tools to become a professional in the field of Sports Psychology.

"

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

The most common demands in sport are usually aimed at resolving problems encountered by the athlete in competition. Examples include reducing the anxiety or pressure of competition, improving the level of confidence and increasing concentration during competition reducing lack of motivation for either not achieving the expected results or for returning to the field of play 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 thereby 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 study in depth the techniques and tools to be provided by the experts, which will be totally focused on developing the potential of each athlete.

In addition, as it is 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 your pace, your professional and personal life with yout education.

This **Professional Master's Degree 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

It stands out in a growing discipline, being able to understand the performance, mental processes and well-being of people in sporting environments"

Empower and develop people's mental capacities to increase the probabilities of reaching their objectives thanks to this Professional Master's Degree.

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

Behind an athlete's optimal performance on the field of play is a sports psychologist doing a job effectively and professionally, and that person will be you.
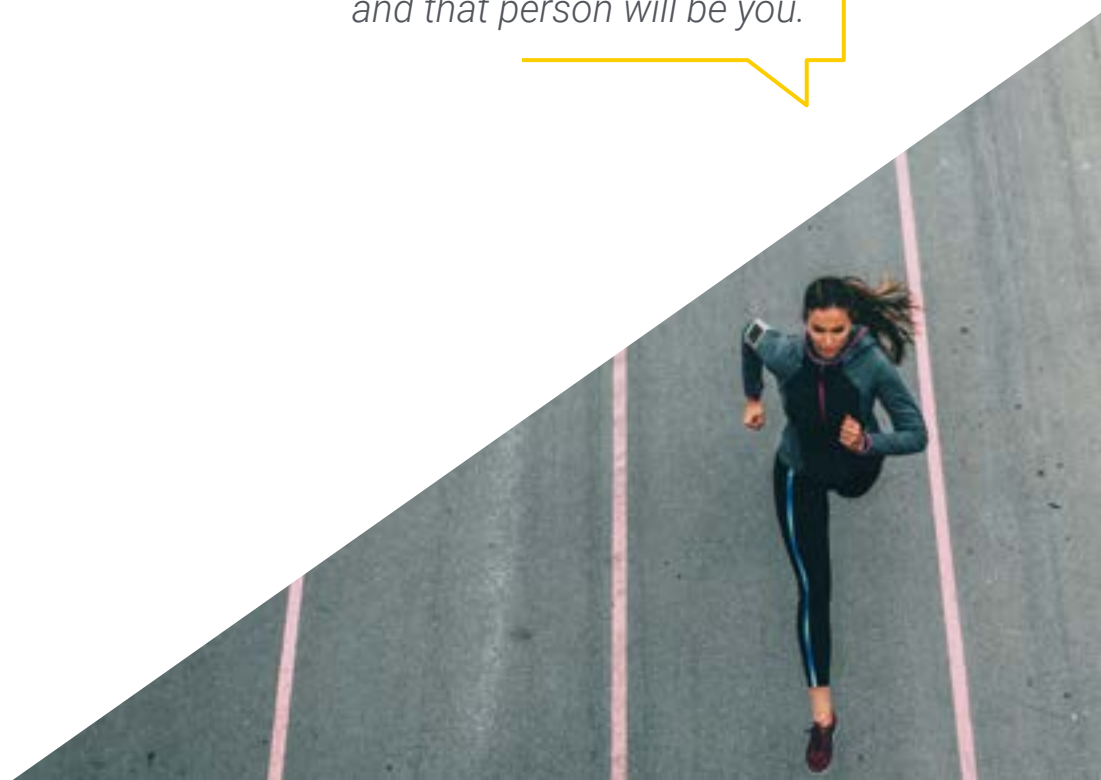
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

02
Objectives

The design of the program of this Professional Master's Degree 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 study 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

- Approach the most successful leadership styles 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 most frequently used psychological techniques in the field of sports.
- Know the figure of the leader in individual and team sports
- Understanding the importance of personal branding for professional development
- Updating the management of the different digital tools to disseminate the personal brand
- Study in depth 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 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. 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
- Learn to design an effective work plan

Module 4. 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 5. Leadership applied to Individual and Collective Sports

- Know the differences between a sports psychologist and a coach
- Delve into the concept of psychological training
- Learn to generate a team mentality
- Know how to promote self-leadership
- Study in depth the methods for dealing with defeat

Module 6. 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 7. Cultural Transformation in Sports Organizations

- Cover Team Management as a Sports Coach
- Analyze the values that drive sports organizations
- Gain knowledge of the design of intervention plans that are carried out in teams and organizations on blog platforms, podcasts or videoblogs

Module 8. Support Tools for the Sports Psychologist and Coach

◆ Delve into the psychological training of specific sports

◆ Learn to optimize the learning process of the athlete, looking for consistency in performance

◆ Address injuries and rehabilitation of the professional athlete

Module 9. 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

Module 10. e-Sports

◆ Study in depth what e-sports is all about

◆ Understand the current importance of the video game industry and its psychological impact

◆ Gain in-depth knowledge of the different roles of psychologists in the video game industry

◆ Understand the future prospects of the world of e-sports

◆ Study in depth the means of prevention of psychological pathologies such as depression in the video game industry

The sports field requires prepared professionals and we give you the keys to position yourself among the professional elite"

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 Sports Psychology professional. Thanks to these multidisciplinary skills, which cover individual, collective and electronic sports, the student will be able to highlight their true professional value after completing the program.

"Increase your skills with our high quality program 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
- Leading 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 particularities that concern sports organizations
- Employ the different Support Tools specific to sports coaching

Specific Skills

- Distinguish the strategies to follow according to the level of sport, whether it is high performance, advanced or basic 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 Live Training to sports coaching
- Effectively diagnose the psychological state of sports teams or organizations
- Address retirement in professional sports in an integrated and agile manner
- Apply Mindfulness and neuroscience to the perception and performance of the athlete
- Design workshops and intervention sessions in different sports settings

A unique, key, and decisive training experience to boost your professional development"

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 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. 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. The 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. Coactive Coaching
3.7. Basic Process of Individual Coaching
3.8. Methodology of a Sports Coaching Process
3.9. Design of Work Plans and Systemic and Team Coaching
3.10. Evaluation Process of Coaching

Module 4. Psychological Techniques applied to Sports

4.1. Inclusive 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 What Has Been Learned about Confidence, Self-Efficacy, and Performance
4.7. Self-Instructional Education
4.8. Mindfulness applied to Sport
4.9. NLP applied to Sport
4.10. Motivation and Emotion

Module 5. Leadership applied to Individual and Collective Sports

5.1. Sports Psychology 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 Coach and Team Management, Ethics and Coaching
5.12. Diagnostic Tools for Sports Teams and Organizations
5.13. Design of Intervention Plans for Teams and Organizational Development

Module 6. Personal Branding and Management of Digital Tools

6.1. Interdisciplinary Work (Physical Therapist, Physiotherapist, Nutritionist, Physician, etc.)
6.2. Athlete Assessment Tools
6.3. Psychological Training of Specific Sports
6.4. Optimization of the Athlete's Training and Search for Consistency 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 Use and Other Risks
6.9. Neuroscience Applied to Perception and Performance
6.10. Experiential Tools: Live Training

Module 7. Cultural Transformation in Sports Organizations

7.1.　Information and Communication Technologies (ICT)
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 Network 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, Videoblogs, etc.
7.8.　Media Communication Skills
7.9.　Persuasion and Influence Techniques

Module 8. Support Tools for the Sports Psychologist and Coach

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 Pychologist and the Coach as Facilitators

9.1. Psychologist and Coach: Protagonists of the Process
9.2. Group and Team Dynamics
9.3. Reinforcement and Punishment
9.4. Concentration and Visualization
9.5. Values and Attitudes of Sport
9.6. Athlete's Personality
9.7. Evaluation and Diagnosis of Common Problems
9.8. Design of Workshops and Intervention Sessions
9.9. Intervention Phases and Sessions
9.10. Project Development and Applied Research

Module 10. e-Sports

10.1. What are e-Sports?
10.2. The Video Game Industry and its Importance for Psychology
10.3. Player Management
10.4. Club Management
10.5. The Figure of the Psychologist, Role and Functions
10.6. Addiction to Video Games
10.7. Risks of Social Networks within e-Sports
10.8. Psychological Evaluation and Intervention
10.9. Prevention of Depression and Suicide
10.10. Future of e-Sports and the Figure of the Psychologist

A program that covers all the fundamental aspects for you to become a reference in Sports Psychology"

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.

" *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.

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. 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

30%

10%

8%

20%

25%

4%

3%
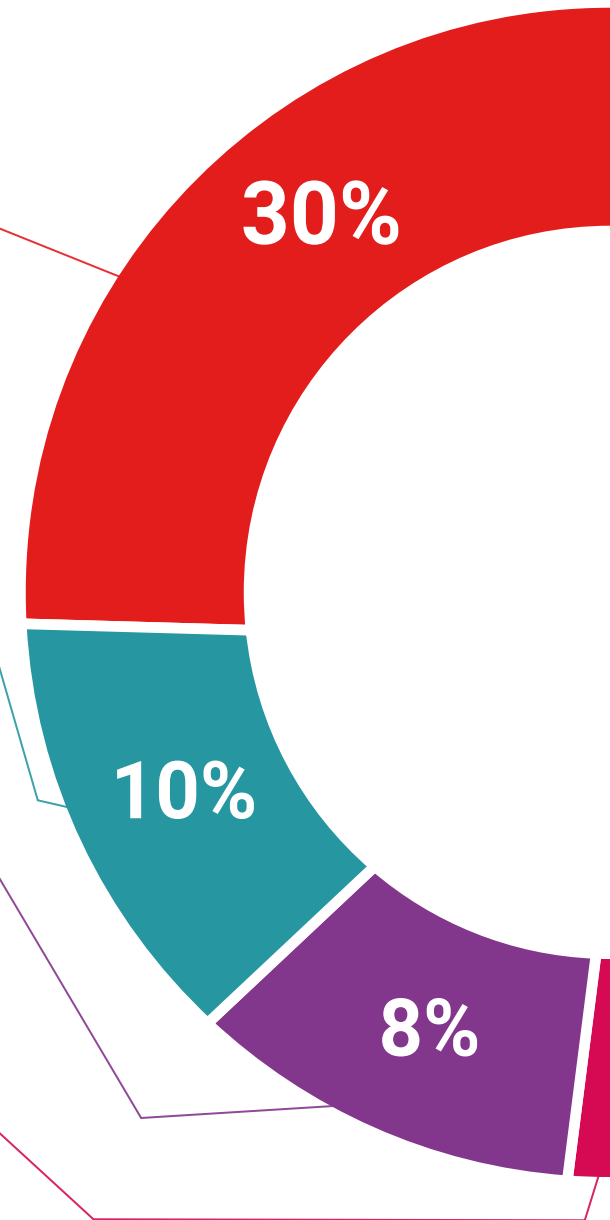
Case Studies

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

Certificate

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

" *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 **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** 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: **Professional Master's Degree in Sports Psychology**
Modality: **online**
Duration: **12 months**

Accreditation: **60 ECTS**

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tech *global university*

Mr./Ms. _____ , with identification document _____
has successfully passed and obtained the title of   :

Professional Master's Degree in Sports Psychology

This is a private qualification of 1,800 hours of duration equivalent to 60 ECTS, with a start   date of dd/mm/yyyy and an end date of dd/mm/yyyy .

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 202 4

Dr. Pedro Navarro Illa na
Dean

NBA
The Official Online
University of the NBA

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.   Unique TECH Code: AFWORD23S   techtitute.com/certificates

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Professional Master's Degree in Sports Psychology

General Structure of the Syllabus

Subject type	ECTS
Compulsory (CO)	60
Optional (OP)	0
External Work Placement (WP)	0
Master's Degree Thesis (MDT)	Total 60

General Structure of the Syllabus

Year	Subject	ECTS	Type
1°	Basic Fundamentals of Sports Psychology	6	CO
1°	Leadership and Management of High Performance Teams	6	CO
1°	Coaching Applications in the World of Sports	6	CO
1°	Psychological Techniques applied to Sports	6	CO
1°	Leadership applied to Individual and Collective Sports	6	CO
1°	Personal Branding and Management of Digital Tools	6	CO
1°	Cultural Transformation in Sports Organizations	6	CO
1°	Support Tools for the Sports Psychologist and Coach	6	CO
1°	The Pychologist and the Coach as Facilitators	6	CO
1°	e-Sports	6	CO
1°			CO
1°			CO

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*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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