

Postgraduate Certificate

Psychology and Coaching as Tools in Sports





Postgraduate Certificate

Psychology and Coaching as Tools in Sports

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techitute.com/us/psychology/postgraduate-certificate/psychology-coaching-tools-sports

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01

Introduction

With the advance of psychological understanding in sport and the high level of competition, the figure of the sports psychologist and the coach has been reinforced, supporting each other in getting the best possible performance from the athlete. In this context, it is essential that the sports psychologist knows the main facilitation tools, as well as the essential relationship between psychologist and coach. This university program delves precisely into these issues, in which a team of expert teachers in the field have prepared a series of contents that address the Psychological Pyramid, Live Training, group dynamics and many other extremely useful tools. In addition, the format of the program is 100% online, which makes it easy to balance it with other demanding responsibilities.



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You will stand out professionally for your refined and honed use of sports concentration, performance neuroscience and psychological approach to injuries"

Given that the trainer and the coach are obliged to work closely together, often with only one person performing both functions, the psychologist must be prepared to assume competencies that go beyond sports psychology. Therefore, interdisciplinary work between physiotherapists, nutritionists or readaptation specialists becomes essential for a complete understanding of the athlete's psyche.

In this Postgraduate Certificate, the psychologist will master the main tools of psychological facilitation in the field of sports. Consequently, they will be able to position themselves as an indispensable figure in any team, dealing with the toughest moments such as injuries, personality, values and attitudes of the athlete themselves.

All this in a completely online format, in which face-to-face classes and fixed schedules have been eliminated in order to favor flexibility. The entire syllabus is available for download from day one, with the psychologist deciding how to take it on according to their own interests or personal responsibilities.

This **Postgraduate Certificate in Psychology and Coaching as Tools in Sports** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ 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



Take your psychological methodology to the highest level, with specific techniques for the evaluation and diagnosis of the most frequent problems in the sports field"

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Enroll today and gain access to a library of high-quality content by subject matter experts with the latest educational technology at your disposal"

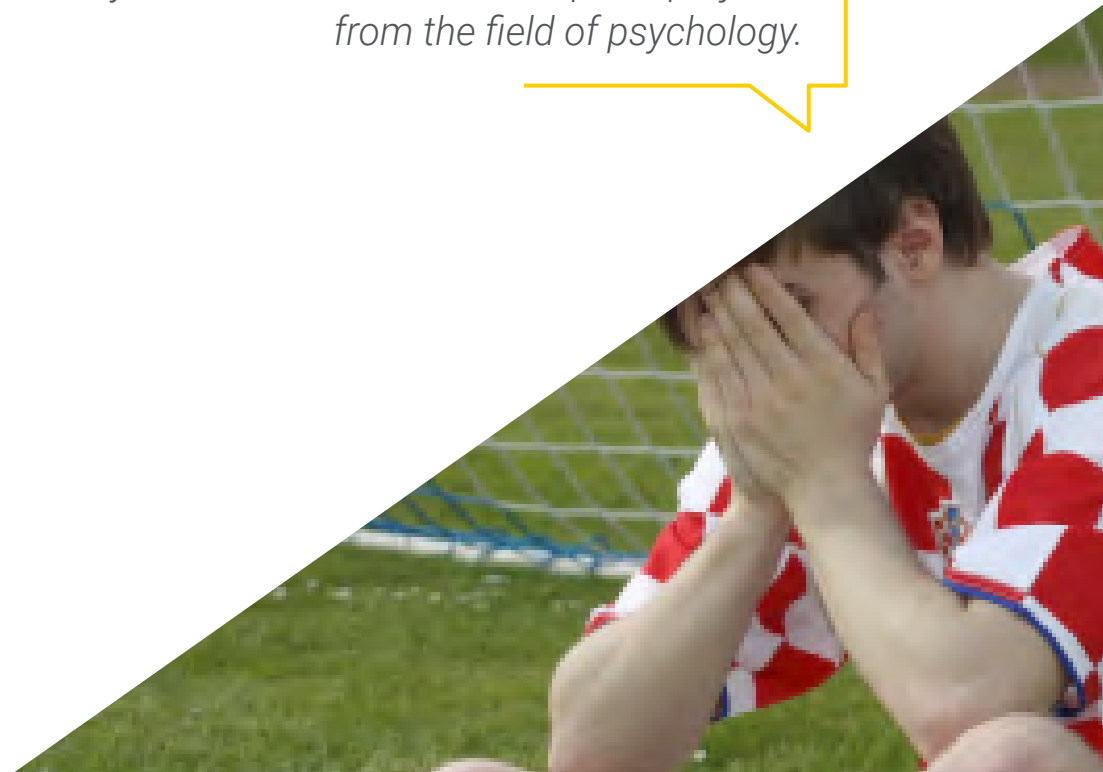
The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

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 throughout the program. This will be done with the help of an innovative system of interactive videos made by renowned experts.

Stand out in a field where psychologists are increasingly gaining strength, taking advantage of the most advanced coaching methods in your daily work.

Add this Postgraduate Certificate to your professional profile and start demonstrating your value to lead relevant sports projects from the field of psychology.



02

Objectives

To ensure that the psychologist assumes more demanding responsibilities with the appropriate tools and techniques, the teaching staff behind this Postgraduate Certificate has made a special effort to compile the main tools of sports psychology and coaching. Therefore, the most current and effective theory and practice is presented, so that the psychologist can boost their professional career through the most relevant use of specific psychological training.



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You will be able to incorporate the coaching techniques and tools used by top-level sports experts into your daily work"



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
- ♦ 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. 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
- ♦ Addressing injuries and rehabilitation of the professional athlete

Module 2. 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



Both your objectives and TECH's are aligned. You will have all the support you need to succeed in the field of sports psychology"

03

Course Management

For our program to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record in the field of education. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.



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Our professors bring their vast experience and their teaching skills to offer you a stimulating and creative specialized training program”

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. Barbara, Roberts

- 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”

03

Structure and Content

TECH has followed the Relearning teaching methodology for the development of all the contents of this Postgraduate Certificate. This means that the psychologist will acquire the expertise and mastery required in the use of sports coaching tools progressively throughout the entire program. By saving a considerable amount of study hours, the student will be able to dig into the large amount of supplementary and multimedia material to which they will gain access by enrolling in this program.





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Expand your psychological skills and abilities with a syllabus focused on the areas of greatest current interest in the field of sports psychology”

Module 1. Support Tools for the Sports Psychologist and Coach

- 1.1. Interdisciplinary Work (Physical Therapist, Physiotherapist, Nutritionist, Physician, etc.)
- 1.2. Athlete Assessment Tools
- 1.3. Psychological Training of Specific Sports
- 1.4. Optimization of the Athlete's Training and Search for Consistency in Sports Performance
- 1.5. Psychological Pyramid of Sports Performance
- 1.6. Psychological Approach to Injuries and Readaptation
- 1.7. Retirement in Professional Sports
- 1.8. Substance Use and Other Risks
- 1.9. Neuroscience Applied to Perception and Performance
- 1.10. Experiential Tools: Live Training

Module 2. The Psychologist and the Coach as Facilitators

- 2.1. Psychologist and Coach: Protagonists of the Process
- 2.2. Group and Team Dynamics
- 2.3. Reinforcement and Punishment
- 2.4. Concentration and Visualization
- 2.5. Values and Attitudes of Sport
- 2.6. Athlete's Personality
- 2.7. Evaluation and Diagnosis of Common Problems
- 2.8. Design of Workshops and Intervention Sessions
- 2.9. Intervention Phases and Sessions
- 2.10. Project Development and Applied Research





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Stand out in a sector with increasing professional drive by incorporating all this knowledge and techniques to your daily work methodology"

04

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"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH the psychologist experiences a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

The psychologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

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.

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.

The overall score obtained by our learning system is 8.01, according to the highest international standards.

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.



Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



Interactive Summaries

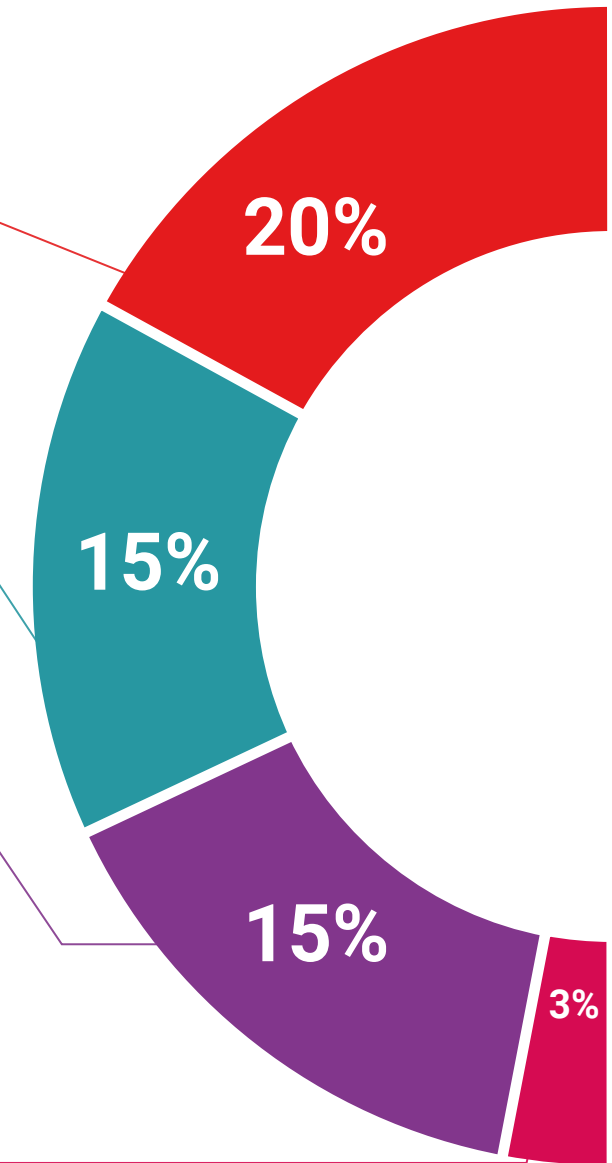
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

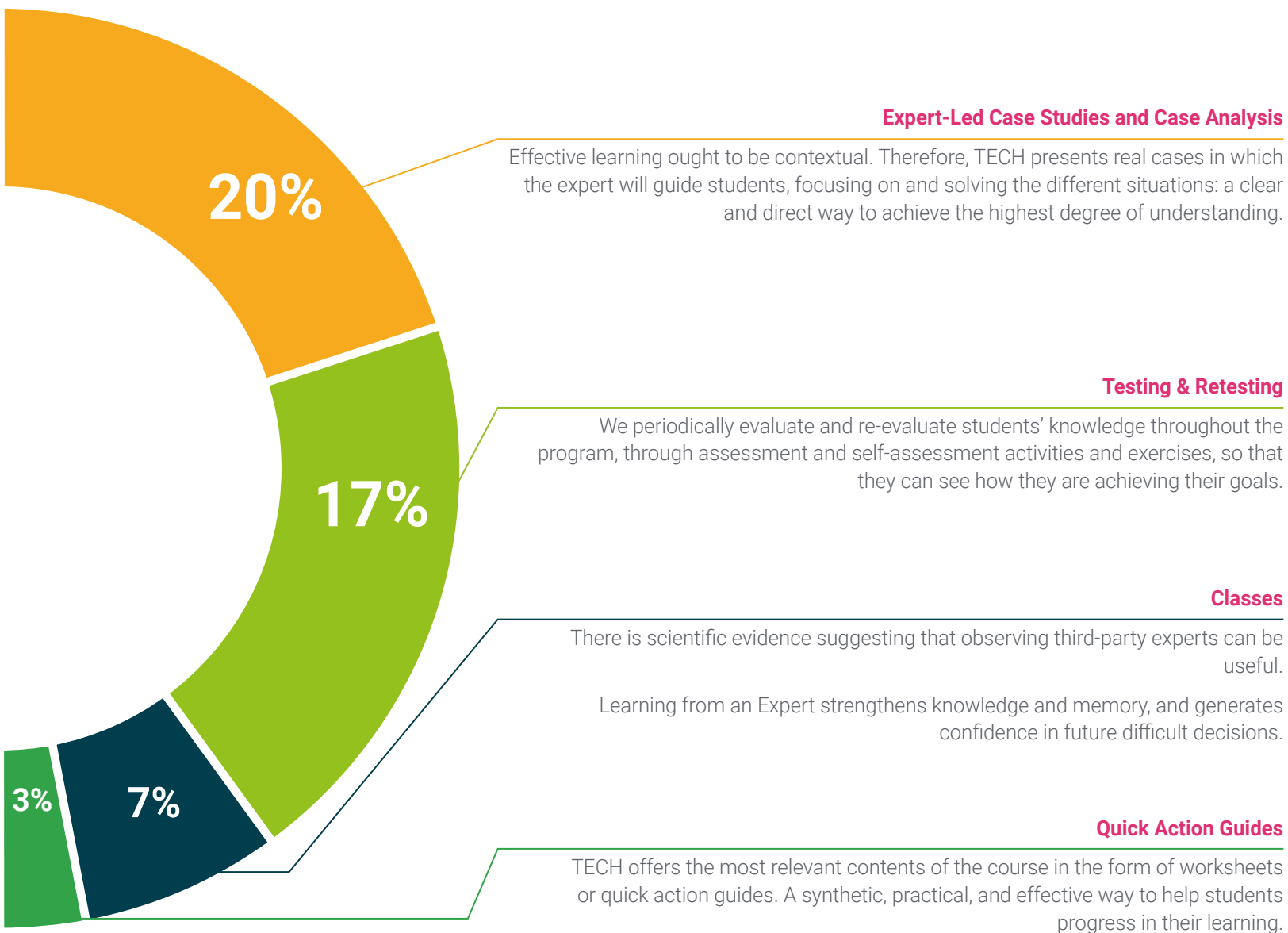
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.





05 Certificate

The Postgraduate Certificate in Psychology and Coaching as Tools in Sports guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This **Postgraduate Certificate in Psychology and Coaching as Tools in Sports** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Psychology and Coaching as Tools in Sports**

Official N° of hours: **300 h.**



*Apostille Convention. In the event that the student wishes to have their paper diploma 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
development languages
virtual classroom



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