

Postgraduate Diploma Sports Psychology Coaching

Endorsed by the NBA



tech technological
university



Postgraduate Diploma Sports Psychology Coaching

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/psychology/postgraduate-diploma/postgraduate-diploma-sports-psychology-coaching

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01

Introduction

The development of the figure of the sports coach has been established in recent years as a key element in every prestigious institution and organization. The distinctive contribution, both in terms of technique and psychological support, is a turning point in the development of work plans and the optimization of regularity in sports performance. Therefore, the psychologist who possesses an advanced and developed knowledge in Sports Psychology Coaching will have a significant competitive advantage to access the most prestigious positions and, therefore, better job and salary projection. This program responds to a growing demand for coaches who are more prepared for the situations and contingencies of today's sports environment. Thanks to its 100% online content, it is perfectly compatible with the most demanding professional activities and responsibilities.





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Add to your CV outstanding competences in top level Sports Coaching, with specific topics on how to deal with injuries and readaptation or the most important values and attitudes of an athlete"

A good sports coach should cover not only the most delicate psychological ailments and situations of their team or particular player, but also go deeper and beyond, acting as a facilitator and being an active part in the group dynamics, reinforcement, concentration and attitude of the athlete. To do so, it is necessary to be updated with the latest developments in the sector, which are multiple due to the emerging interest in this activity in the current decade.

TECH, together with a teaching team made up of experts in Sports Coaching, has developed a complete university program that combines current and rigorous psychological theory with the most successful professional practice. Thus, a syllabus has been created that covers everything from the origins of coaching and the design of modern work plans to the most effective facilitation tools or the effective diagnosis of frequent problems in teams and athletes.

All modules have been enriched with a good amount of real cases and eminently practical content, which favors a more advanced contextualization of neuroscience applied to sports performance, project development and applied research, the psychological training of specific sports or the effective methodology of a Sports Coaching process. This implies a reliable improvement of the psychologist throughout the program, incorporating all the knowledge acquired into their own daily practice.

In addition, total flexibility for the learner is contributed by providing all program content in a convenient downloadable format. The virtual classroom is available 24 hours a day, so it is up to the psychologist to decide when, where and how to take on the entire teaching load. Without fixed schedules or face-to-face classes, this program is the ideal academic option to continue promoting the psychologist's professional career, without abandoning or sacrificing their current responsibilities.

This **Postgraduate Diploma in Sports Psychology Coaching** is the most comprehensive and up-to-date educational program on the market. The most important features include:

- ◆ Development of case studies presented by experts in Coaching and Sports Psychology
- ◆ The graphic, schematic, and eminently 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



Deepen and modernize your knowledge about the dynamics of Sports Coaching at the highest level, with the advice of an expert team in the field"

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You will have at your disposal a library of high-quality multimedia content, with complementary readings and in-depth videos to expand on each of the topics covered”

You will be able to choose the most appropriate time to take on the course load, changing and adapting the pace of study according to your own interests

Join the largest online academic institution in the world, with the best technical and teaching staff possible

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

Coaching is a discipline in constant growth in the sports world, with an increasingly important relevance in all types of competitions and institutions. Therefore, the objective pursued by this Postgraduate Diploma is to guarantee the updating and adaptation of the psychologist to the most current demands of the sports panorama in Coaching. This is achieved through high quality theoretical and practical contents, which combine the most recent scientific postulates with the current professional reality.



COACH

ACH

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You will expand your Sports Coaching competencies progressively throughout the Postgraduate Diploma, resulting in an immediate improvement of your skills"



General Objectives

- ◆ Analyze the possible applications of the most common techniques and methodologies in sports coaching.
- ◆ Learn the psychological techniques most frequently used in the field of sports.
- ◆ Study the different interdisciplinary tools of the sports psychologist and coach
- ◆ Deepen the work of the psychologist as a facilitator in the context of sport.

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You will reach your most ambitious professional goals sooner than you think thanks to TECH's effective teaching methodology"





Specific Objectives

Module 1. 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 2. Facilitation Tools for the Sports Psychologist and Coach

- ◆ Further psychological training for specific sports.
- ◆ Learn to optimize the learning process of the athlete, seeking regularity in performance.
- ◆ Address injuries and rehabilitation of the professional athlete

Module 3. The Psychologist and the Coach as Facilitators

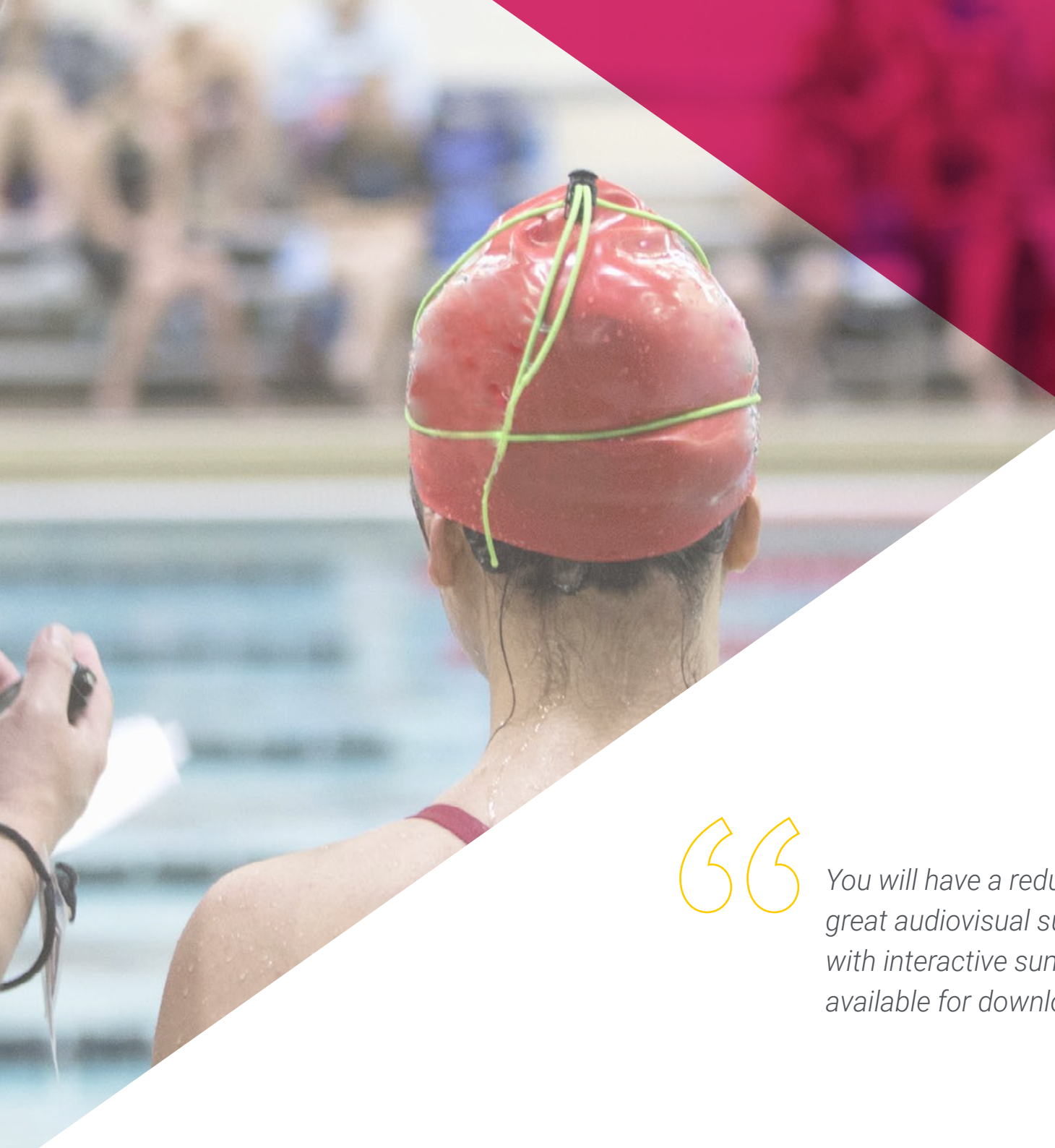
- ◆ In-depth training of sports coaches from a psychological point of view.
- ◆ Know the process of workshop design and research applied to sport psychology.

03

Structure and Content

In order to facilitate the student's studies as much as possible, TECH has perfected and incorporated the *Relearning* pedagogical methodology to all its academic programs. This means that, in the specific case of this Postgraduate Diploma, the most important terms and concepts of Sports Coaching are naturally reiterated throughout all the topics. Thus, the student will not have to invest long hours of study in acquiring the most advanced knowledge, since the pillars of sports psychology will have already been established naturally as they progress through the program.





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You will have a reduced teaching load thanks to the great audiovisual support provided in each module, with interactive summaries already prepared and available for downloading”

Module 1. Coaching Applications in the World of Sports

- 1.1. The Origins and Background of Coaching
- 1.2. Current Schools and Trends
- 1.3. Work Models
- 1.4. Differences Between Coaching and Other Approaches
- 1.5. Coach Competencies and Code of Ethics
- 1.6. Coactive Coaching
- 1.7. Basic Individual Coaching Process
- 1.8. Methodology of a Sports Coaching Process
- 1.9. Design of Work Plans and Systemic and Team Coaching
- 1.10. Evaluation Process of Coaching

Module 2. Facilitation Tools for the Sports Psychologist and Coach

- 2.1. Interdisciplinary Work (Physical Therapist, Physiotherapist, Nutritionist, Physician, etc.)
- 2.2. Athlete Assessment Tools
- 2.3. Psychological Training for Specific Sports
- 2.4. Optimization of the Athlete's Learning and Search for Regularity in Performance Sports
- 2.5. Psychological Pyramid of Sports Performance
- 2.6. Psychological Approach to Injury and Readaptation
- 2.7. Retirement in Professional Sports
- 2.8. Substance Use and Other Risks
- 2.9. Neuroscience Applied to Perception and Performance
- 2.10. Experiential Tools: *Live Training*





Module 3. The Psychologist and the Coach as Facilitators

- 3.1. Psychologist and Coach: Protagonists of the Process
- 3.2. Group and Team Dynamics
- 3.3. Reinforcement and Punishment
- 3.4. Concentration and Visualization
- 3.5. Values and Attitudes of Sport
- 3.6. Athlete's Personality
- 3.7. Evaluation and Diagnosis of Common Problems
- 3.8. Design of Workshops and Intervention Sessions
- 3.9. Intervention Phases and Sessions
- 3.10. Project Development and Applied Research



All the program material will even serve as a reference for your consultation after completing the program, as its content in Coaching and Sports Psychology has been taken care of down to the smallest detail"

04

Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.



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Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

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 abundant 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.



Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking 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 high socioeconomic profile and an average age of 43.5 years old.

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

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

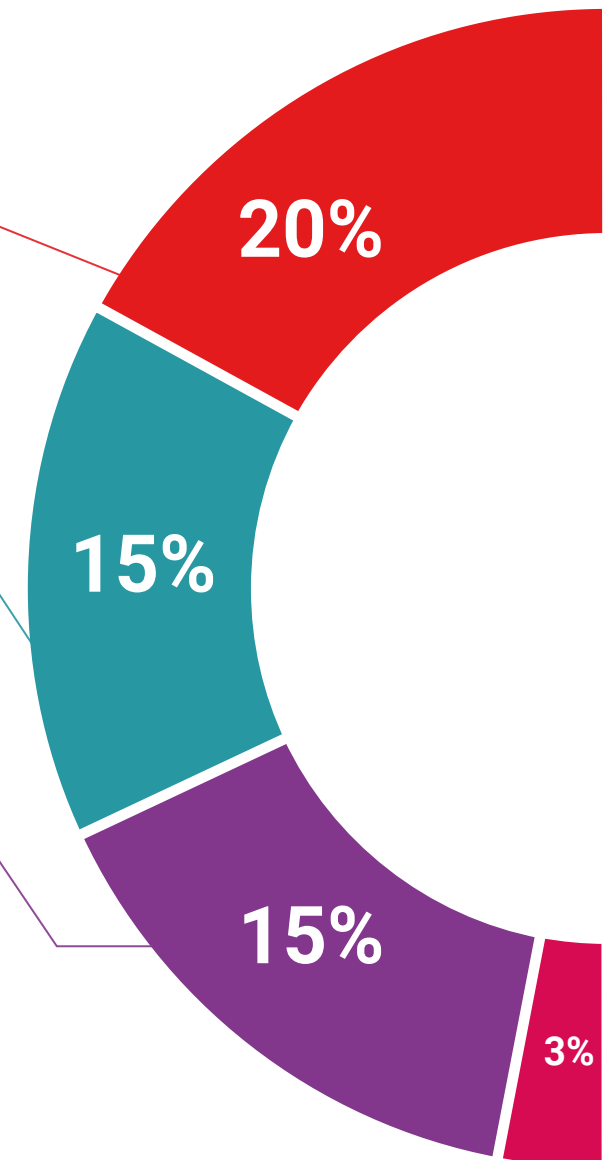
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

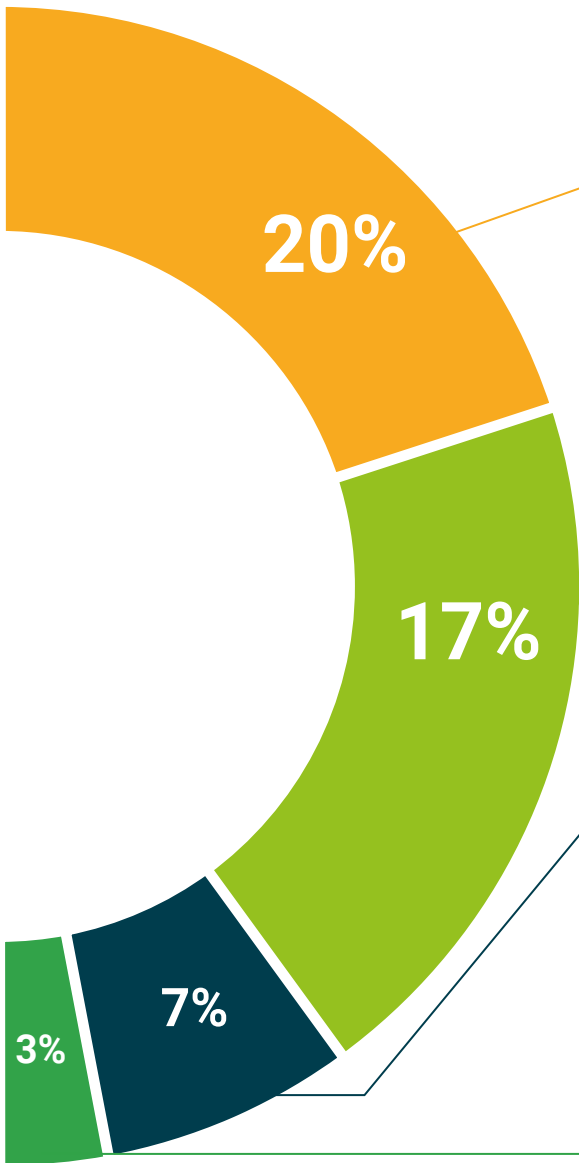
This exclusive multimedia content presentation training Exclusive system was awarded by Microsoft as a "European Success Story".



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.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Re-testing

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.



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.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



05

Certificate

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



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*Successfully complete this training program
and receive your diploma without travel or
laborious paperwork”*

This **Postgraduate Diploma in Sports Psychology Coaching** is the most comprehensive and up-to-date program on the market.

After you have passed the evaluations, you will receive your corresponding Postgraduate Diploma issued by **TECH - Technological University** via tracked delivery.

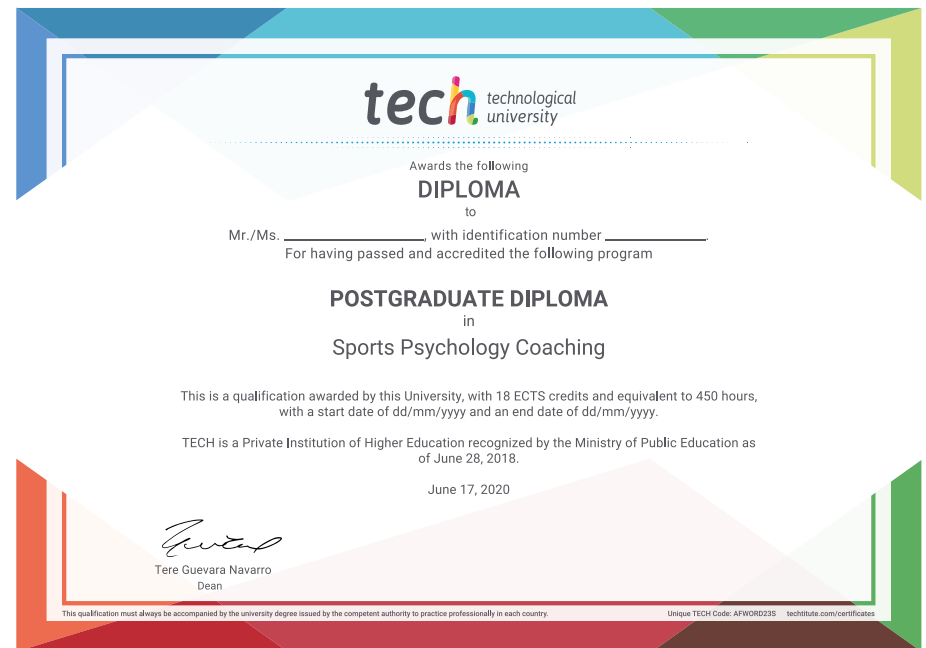
This program makes a significant contribution to the development of continuing education and contributes a high university curricular value to the professional's training, and it is 100% valid in all competitive examinations, professional careers and labor exchanges of any Spanish Autonomous Community.

Title: **Postgraduate Diploma in Sports Psychology Coaching**

ECTS: **18**

Official N° of Hours: **450 hours.**

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*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.

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