

Hybrid Master's Degree Sports Psychology

Accreditation/Membership



tech global
university



Hybrid Master's Degree

Sports Psychology

Modality: Hybrid (Online + Internship)

Duration: 12 months.

Certificate: TECH Global University

Credits: 60 + 4 ECTS

Website: www.techtitude.com/us/sports-science/hybrid-master-degree/hybrid-master-degree-sports-psychology

Index

01

Introduction to the Program

p. 4

02

Why Study at TECH?

p. 8

03

Syllabus

p. 12

04

Teaching Objectives

p. 16

05

Internship

p. 22

06

Internship Centers

p. 28

07

Career Opportunities

p. 32

08

Study Methodology

p. 36

09

Teaching Staff

p. 46

10

Certificate

p. 50

01

Introduction to the Program

Athletic performance is not solely dependent on physical or technical preparation, as psychological factors play a decisive role in the performance of athletes and teams. Sports Psychology provides essential resources for mental training, managing competitive pressure, and emotional recovery after a defeat or injury. Experts agree that integrating psychological strategies into daily planning helps optimize performance, enhance concentration, and strengthen athletes' resilience in the face of high-level competitive challenges. In this context, TECH Global University promotes an innovative university degree aimed at training professionals capable of successfully applying these tools in the sports field.





“

*A comprehensive program, exclusive to TECH,
with an international perspective supported by
our membership with The Chartered Association
of Sport and Exercise Sciences”*

According to a new study by the World Health Organization, teams that incorporate psychological training programs report a 25% improvement in their competitive performance. In this regard, the most impacted variables have been group cohesion, communication, self-confidence, and decision-making under pressure. These findings highlight the need for professionals to integrate the psychological dimension as a structural part of training, especially in team sports where interaction between players and the emotional climate directly influence results.

With this in mind, TECH Global University has created an exclusive Hybrid Master's Degree in Sports Psychology. The academic curriculum will delve into subjects ranging from sports sociology and various psychological intervention models to cultural transformation in sports organizations.

This way, graduates will gain advanced competencies to design mental preparation programs tailored to different competitive contexts and provide emotional support to athletes during crisis processes. Additionally, students will complete a practical internship at a leading institution in the field of Sports Psychology. The curriculum also includes 10 rigorous Masterclasses delivered by a prestigious International Guest Director.

Additionally, thanks to the membership in **The Chartered Association of Sport and Exercise Sciences (CASES)**, students will gain access to exclusive educational resources, discounts on events and specialized publications, and practical benefits such as professional insurance. They will also be able to join an active community, participate in committees, and obtain accreditations that enhance their development, visibility, and professional prospects in the field of sports and exercise science.

This **Hybrid Master's Degree in Sports Psychology** contains the most complete and up-to-date university program on the market. Its most notable features are:

- ♦ Development of over 100 practical cases presented by professionals in Sports Psychology
- ♦ Its graphic, schematic and practical contents provide essential information on those disciplines that are indispensable for professional practice
- ♦ All of this will be complemented by 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
- ♦ Furthermore, you will be able to carry out an internship in one of the best companies



A renowned International Guest Director will offer 10 disruptive Masterclasses on the latest trends in Sports Psychology"

“

You will lead organizational change processes with a focus on well-being, motivation, and the development of athletic talent”

In this Hybrid Master's Degree, designed for professional development, the program is aimed at updating Sports Psychology professionals. The content is based on the latest scientific evidence and is designed in a way that integrates theoretical knowledge into everyday practice. The theoretical-practical elements will facilitate knowledge updating.

Thanks to its multimedia content, developed with the latest educational technology, this program will allow Sports Psychology professionals to experience situated and contextual learning. This means a simulated environment that will provide an immersive learning experience, designed to train for real-life situations. The design of this program is based on Problem-Based Learning, by means of which the student must try to solve the different professional practice situations that arise during the program. For this purpose, students will be assisted by an innovative interactive video system created by renowned experts.

Master the keys to leadership and high-performance team management, developing strategic skills to motivate, coordinate, and maximize collective talent.

Drive cultural transformation in sports organizations, promoting values, innovation, and adaptability to change to strengthen institutional identity.



02

Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.



“

Study at the largest online university in the world and ensure your professional success. The future begins at TECH”

The world's best online university, according to FORBES

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.



The most complete syllabuses on the university scene

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills. and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

A unique learning method

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

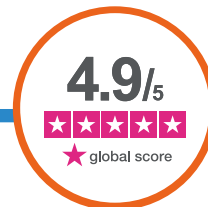
Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



03 Syllabus

The teaching materials for this Hybrid Master's Degree have been developed by a team of experts in Sports Psychology and Sports Sciences. Thanks to this, the syllabus delves into essential aspects such as leadership, psychological intervention in performance, emotional management, and cultural transformation in sports organizations. Furthermore, innovative content such as personal branding and digital tools are addressed, enabling graduates to perform confidently in current sports contexts, adapting to the real challenges of high performance and athlete mental health.



“

You will explore the application of strategies for maintaining high performance and preventing emotional burnout”

Module 1. Basic Fundamentals of Sports Psychology

- 1.1. Introduction to Sports Psychology
- 1.2. Sociology of Sport and Classification
- 1.3. Basic Neurological Principles
- 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, Technical 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. Applications of Coaching in 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 Team Sports

- 5.1. Sports 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. Managing Stress and Anxiety in Sports
- 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. Optimizing Athlete Learning and Building Performance Consistency
- 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: Blogging as a Marketing Tool, Podcast, Videoblogs, etc.
- 7.8. Media Communication Skills
- 7.9. Persuasion and Influence Techniques

Module 8. Facilitation 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 Psychologist and 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 Personality Traits
- 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 Media 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



Take full advantage of TECH's Relearning methodology, which will allow you to organize your study time and pace"

04

Teaching Objectives

The design of this comprehensive university degree program will allow students to acquire the necessary skills to update their knowledge in the field of Sports Psychology, after delving into key aspects of mental performance in competitive contexts. The curriculum content will drive professionals from a comprehensive perspective, providing full training to intervene in highly demanding sports environments.





“

You will be prepared to intervene in critical situations such as injuries, mental blocks, or performance drops”



General Objective

- The general objective of the Hybrid Master's Degree in Sports Psychology is to ensure that professionals acquire advanced skills to intervene effectively in the mental performance and emotional well-being of athletes. In this practical training, students will actively participate in psychological assessments, the design of individualized interventions, and team dynamics, thus refining their professional profile in high-demand sports contexts with a multidisciplinary approach.



You will foster resilience, commitment, and emotional self-regulation in the sports field"





Specific Objectives

Module 1. Basic Fundamentals of Sports Psychology

- ♦ Examine the fundamental principles of Sports Psychology and its impact on athletic performance
- ♦ Identify the neurological basis of movement and its relationship with learning and motor control in sports
- ♦ Apply psychological intervention models to optimize training and competition at various sports levels
- ♦ Analyze the role of the sports psychologist and their utility in athlete development within high-performance, technical, and grassroots sports contexts

Module 2. Leadership and Management of High-Performance Teams

- ♦ Analyze leadership styles and their influence on managing high-performance teams
- ♦ Design action plans to establish and maintain high-performance standards in sports
- ♦ Assess risk situations affecting athletes and strategies for their prevention
- ♦ Develop tools for self-care for athletes and professionals involved in their training

Module 3. Applications of Coaching in Sports

- ♦ Examine the origins, background, and current trends of coaching in the sports field
- ♦ Differentiate coaching from other psychological approaches to apply appropriate strategies in sports training
- ♦ Implement coaching methodologies for individuals and teams to enhance athlete performance and well-being
- ♦ Design work plans and evaluate sports coaching processes to optimize effectiveness

Module 4. Psychological Techniques Applied to Sports

- ♦ Apply psychological techniques to improve decision-making and performance in sports
- ♦ Implement strategies to strengthen confidence, emotional self-control, and motivation in athletes
- ♦ Integrate mindfulness and neuro-linguistic programming in training to optimize athletic performance
- ♦ Design competition plans that include psychological goals to enhance self-efficacy and resilience

Module 5. Leadership Applied to Individual and Team Sports

- ♦ Differentiate the role of the sports psychologist and coach to apply appropriate intervention strategies in each context
- ♦ Implement psychological training tools to improve team mentality and talent management
- ♦ Develop strategies to tackle stress, anxiety, and burnout in high-performance athletes
- ♦ Design intervention plans for teams and sports organizations to optimize their performance and cohesion

Module 6. Personal Branding and Management of Digital Tools

- ♦ Apply evaluation tools to optimize learning and regularity in athletic performance
- ♦ Integrate psychological strategies in injury rehabilitation to aid the athlete's recovery
- ♦ Analyze the impact of neuroscience on perception and performance to improve decision-making in sports
- ♦ Develop intervention plans for managing professional retirement and preventing risks related to substance abuse

Module 7. Cultural Transformation in Sports Organizations

- ♦ Explore the impact of information and communication technologies on the cultural transformation of sports organizations
- ♦ Implement digital marketing strategies to strengthen personal brand positioning in the sports field
- ♦ Develop communication and social media management skills to optimize interaction with the media and the public
- ♦ Apply persuasion and influence techniques to enhance image and leadership in sports environments

Module 8. Facilitation Tools for the Sports Psychologist and Coach

- ♦ Examine the impact of values, mission, and vision on the structure and management of sports organizations
- ♦ Apply business tools to improve communication and coordination within the sports field
- ♦ Implement corporate and technological strategies to optimize organizational functioning
- ♦ Develop dynamics and intervention techniques to strengthen leadership and organizational culture in sports





Module 9. The Psychologist and Coach as Facilitators

- ♦ Analyze the role of the psychologist and coach as facilitators in developing sports performance
- ♦ Implement reinforcement and concentration strategies to optimize athlete performance
- ♦ Design workshops and intervention sessions tailored to the psychological needs of the team and the individual
- ♦ Apply evaluation and diagnostic methods to identify and address common issues in the sports field

Module 10. E-Sports

- ♦ Examine the impact of E-sports on the cognitive and emotional development of players
- ♦ Assess the role of psychologists in managing players and clubs within the video game industry
- ♦ Identify psychological risks associated with E-sports, such as addiction and the impact of social media
- ♦ Design intervention strategies for preventing emotional disorders in high-performance players

05 Internship

After completing the online theoretical period, this curriculum includes a practical internship at a leading institution in the field of Sports Psychology. During this immersive experience, graduates will receive support from an assigned tutor who will guide them throughout the process, ensuring the success of their activities.



“

You will participate in an Internship Program at a renowned company, where you will contribute to the design of individualized mental preparation plans tailored to various sports disciplines”

The Practical Training period for this Sports Psychology program consists of a hands-on internship at a prestigious institution, lasting 3 weeks, Monday to Friday, with 8-hour consecutive training sessions alongside an assigned specialist.

This internship will allow students to collaborate in the design of mental support strategies adapted to different competitive contexts.

In this completely practical training proposal, activities are aimed at developing and refining the competencies necessary for delivering Sports Psychology services.

Undoubtedly, this is an excellent opportunity to learn while working in a cutting-edge institution, where athlete psychological support and mental performance optimization are fundamental pillars of their professional culture.

The practical phase will be carried out with the active participation of the student, performing tasks and procedures in each competency area (learning how to learn and learning how to do), with the guidance and support of instructors and other training peers who will facilitate teamwork and multidisciplinary integration as cross-functional competencies for Sports Psychology practice (learning how to be and learning how to relate).

The procedures described below will be the basis of the practical part of the Internship Program, and its realization will be subject to the center's own availability and workload, being the proposed activities the following:





Module	Practical Activity
Effective Management of Sports Talent	Analyze interpersonal relationships, levels of cohesion, communication, and roles within the group to identify strengths and areas for improvement
	Advise coaches and team captains on the use of effective leadership styles based on the team's characteristics and competitive moment
	Implement interventions that reinforce a sense of belonging, mutual trust, and collaboration among team members
	Mediate in conflict situations, helping to restore harmony and performance within the group
Psychological Strategies Applied to Sports	Implement breathing exercises, progressive relaxation, or mindfulness to regulate activation levels and reduce stress
	Develop self-affirmation routines to strengthen personal security and mental focus before and during competition
	Guide athletes in setting short-, medium-, and long-term goals to maintain motivation and commitment
	Design activities to improve attention capacity, reduce distractions, and maintain focus during training or competition
Development of Athlete's Personal Brand	Advise on how to define values, attributes, and messages consistent with the athlete's identity and goals
	Guide athletes on how to communicate on digital platforms without compromising performance or privacy
	Teach the use of platforms for managing schedules, content, collaborations, performance statistics, and communication with the professional environment
	Prepare athletes for interviews, public events, and brand relationships without losing competitive focus
Cultural Change in the Sports Environment	Evaluate the values, beliefs, behaviors, and leadership styles prevalent in the institution to identify strengths and resistance to change
	Propose action plans to promote a culture based on respect, excellence, inclusion, and teamwork
	Improve communication channels between executives, coaches, athletes, and support staff, fostering transparency and cohesion
	Support coaches, athletes, and technical teams in emotional change management, minimizing the impact of stress or uncertainty

Civil Liability Insurance

The university's main concern is to guarantee the safety of the interns, other collaborating professionals involved in the internship process at the center. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, the university commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the Internship Program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

1. TUTOR: During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, five days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the student does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

06 Internship Centers

Below are some of the internship centers selected by TECH for this program. However, if none of them meet your expectations or needs, TECH Global University is committed to facilitating the formalization of an agreement with an entity that aligns with your preferences, ensuring a fully personalized experience.



“

You will undertake a practical internship at a prestigious institution, where you will join an experienced team specializing in Sports Psychology”



The student will be able to complete the practical part of this Hybrid Master's Degree at the following centers:



Sports Science

Emotional Sport Psicología

Country	City
Spain	Madrid

Address: C. los Pintores, 7, 28923 Madrid
ALCORCÓN

Psychology department dedicated to optimizing athletes' performance and mental well-being

Related internship programs:
- Sports Psychology





Sports Science

Blal Psicología

Country City
Spain Alicante

Address: C. Reyes Católicos, 17, 1ª oficina 4,
03003 Alicante

Specialized Sports Psychology center

Related internship programs:

- Sports Psychology



Sports Science

Centro Sano San Pedro

Country City
Spain Burgos

Address: San Pedro y San Felices
nº15-nº17. 09001. Burgos

Business management consultant in Madrid

Related internship programs:

- Sports Physiotherapy



Sports Science

Centro Sano López Bravo

Country City
Spain Burgos

Address: C/ López Bravo 1, Puerta 4, módulo 4.
09001. Villalonquejar

Business management consultant in Madrid

Related internship programs:

- Sports Physiotherapy



Sports Science

Centro Sano Paseo de la Isla

Country City
Spain Burgos

Address: Paseo la Isla, 7. 09003. Burgos

Business management consultant in Madrid

Related internship programs:

- Sports Physiotherapy

07

Career Opportunities

This program from TECH Global University is an unparalleled opportunity for all professionals in Sports Sciences who wish to update their skills in the field of Sports Psychology. Through specialized knowledge in mental preparation, emotional management, and performance optimization, graduates of this program will expand their job opportunities and integrate into high-level multidisciplinary teams within the sports domain.



“

Train to boost athletes' motivation, manage their emotions effectively, and maximize their performance in competition”

Graduate Profile

Graduates of this Hybrid Master's Degree will be trained professionals able to apply advanced Sports Psychology techniques in high-performance settings. They will have skills to evaluate psychological variables, design individualized interventions, and optimize athletes' mental performance. Additionally, they will be able to lead emotional support processes, collaborate in multidisciplinary teams, and promote sports environments focused on well-being, resilience, and continuous athlete improvement.

You will provide strategic guidance on aspects such as motivation, leadership, and group cohesion in high-performance sports contexts.

- ♦ **Psychological Application in Sports Performance:** Ability to integrate psychological strategies into the physical and tactical preparation of athletes, optimizing their performance and well-being in demanding contexts
- ♦ **Problem Solving in Competitive Contexts:** Ability to use critical thinking in managing mental blocks, emotional pressure, or group conflicts during competition
- ♦ **Professional Ethics and Confidentiality:** Responsibility in applying ethical and deontological principles, ensuring confidentiality and respect in psychological interventions with athletes and teams
- ♦ **Work in Multidisciplinary Teams:** Ability to communicate and collaborate effectively with coaches, physical trainers, doctors, and physiotherapists, ensuring comprehensive care for the athlete





After completing the university program, you will be able to apply your knowledge and skills in the following positions:

1. **Applied Sports Psychology Technician:** Responsible for applying specific psychological techniques in training or competition environments, contributing to the improvement of individual and team performance.
2. **Mental Performance and Athlete Well-being Advisor:** A specialist who works with coaches and technical staff to optimize the psychological factors that influence sports performance.
3. **Sports Psychology and Talent Development Consultant:** Focused on designing and implementing psychological development programs for sports clubs or institutions, tailored to different stages of athlete training.
4. **Sports Psychology Program Manager in Sports Entities:** Responsible for planning, coordinating, and supervising the human and technical resources related to psychological support within a sports organization.

08

Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



“

TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

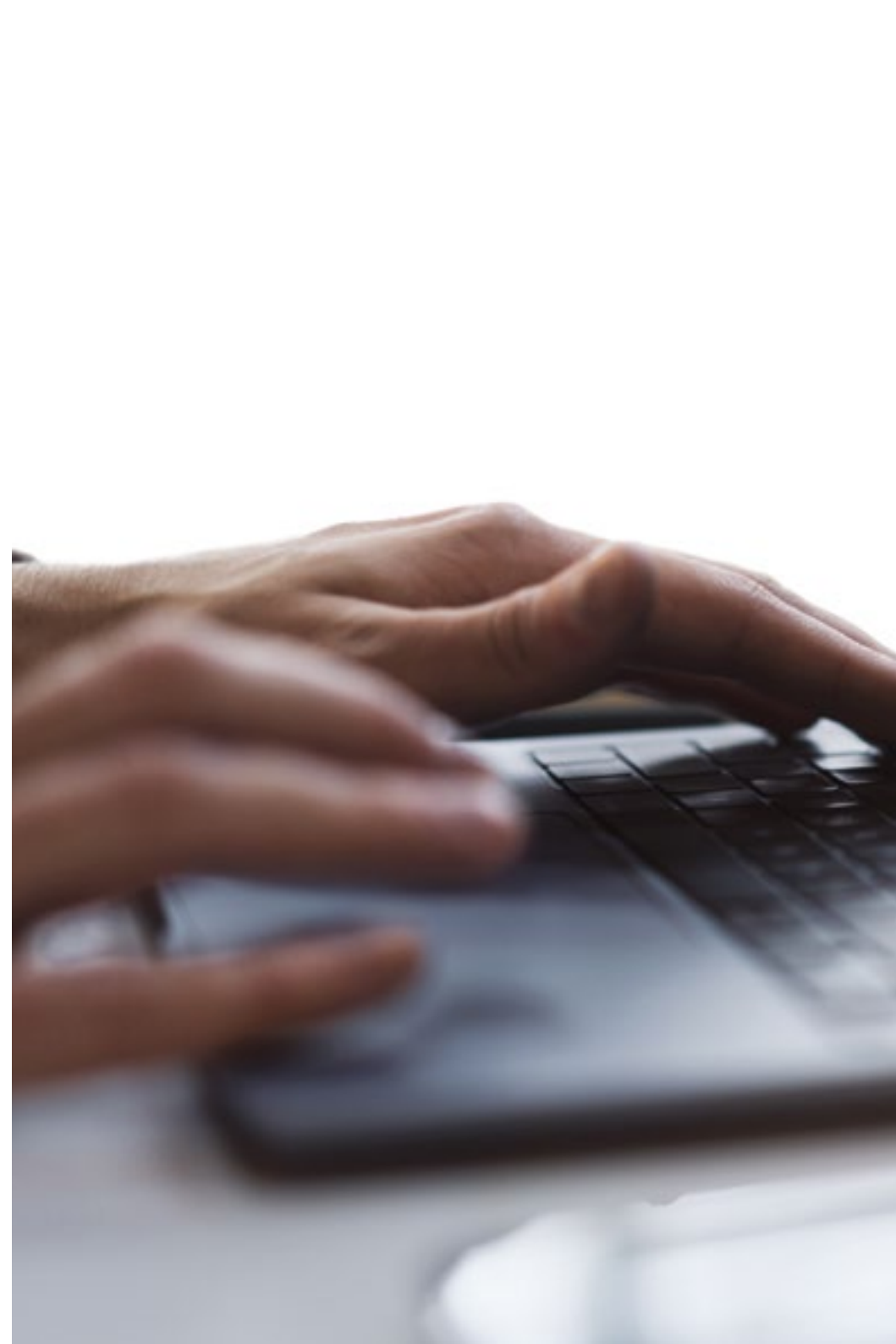
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”

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

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

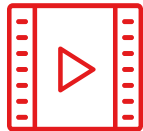
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

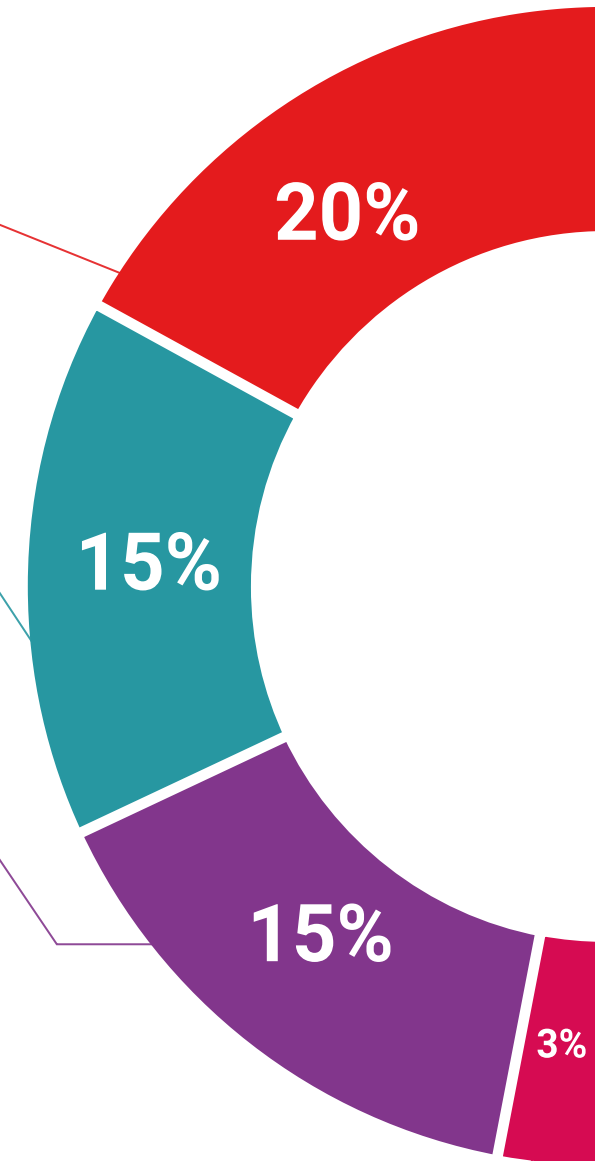
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

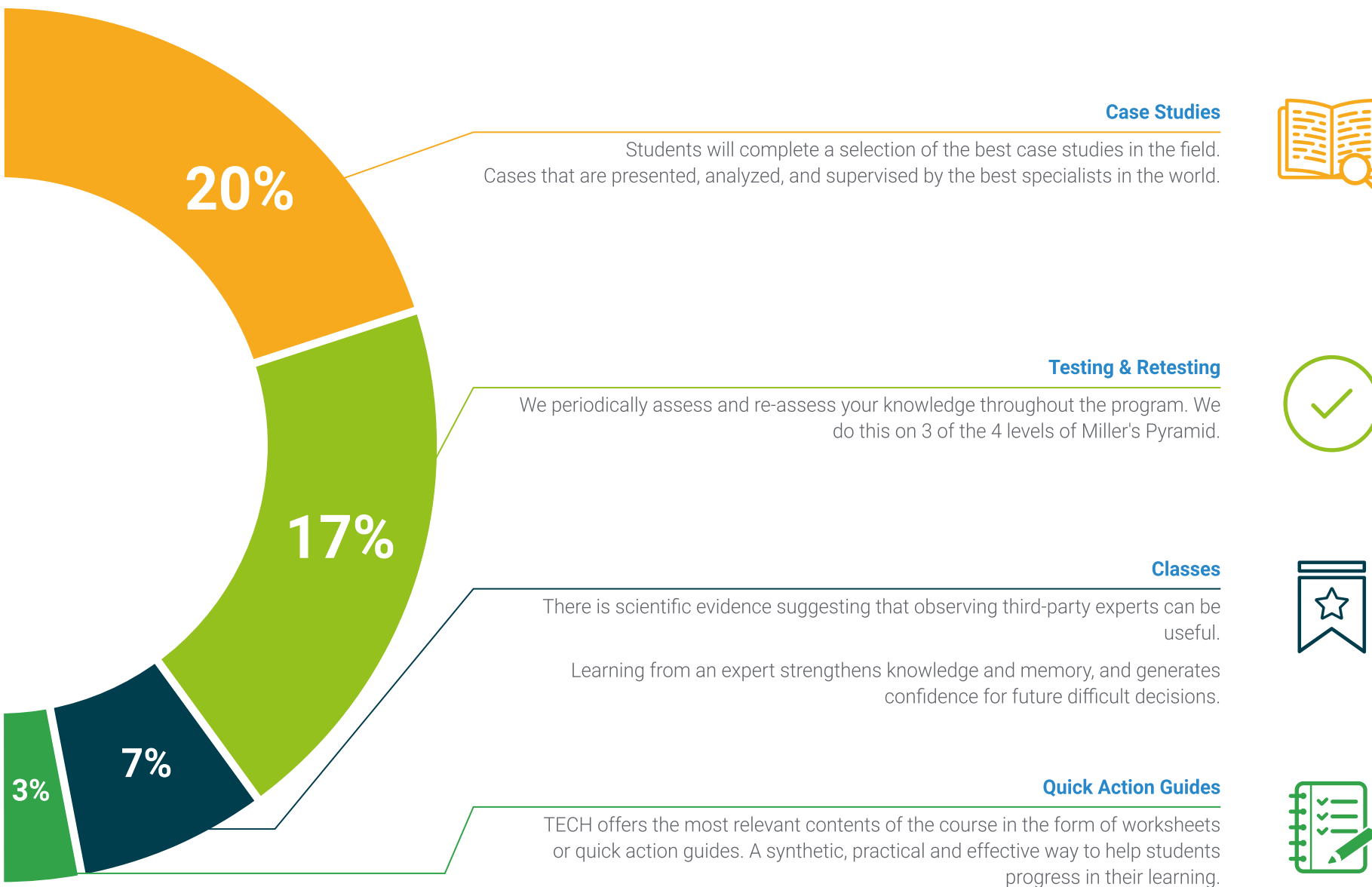
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





09

Teaching Staff

At TECH Global University, our core principle is to offer the most holistic and up-to-date programs in the academic landscape. This is why we carry out a meticulous process to build our faculty teams. Thanks to this, this Hybrid Master's program benefits from the collaboration of recognized experts in Sports Psychology. In this way, they have developed various educational materials characterized by their high quality and full adaptation to the demands of the job market. As a result, students will enjoy an immersive experience that will significantly broaden their professional horizons.



“

*The faculty for this university
program is made up of true experts
in the field of Sports Psychology”*

International Guest Director

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

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

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



Dr. Roberts, Barbara

- 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

“

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

10 Certificate

The Hybrid Master's Degree in Sports Psychology guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Hybrid Master's Degree 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 **Master's Degree Hybrid 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.

TECH is a member of the distinguished professional organization **The Chartered Association of Sport and Exercise Sciences (CASES)**. This membership reaffirms its commitment to excellence in management and specialized training in the sports field.

Accreditation/Membership

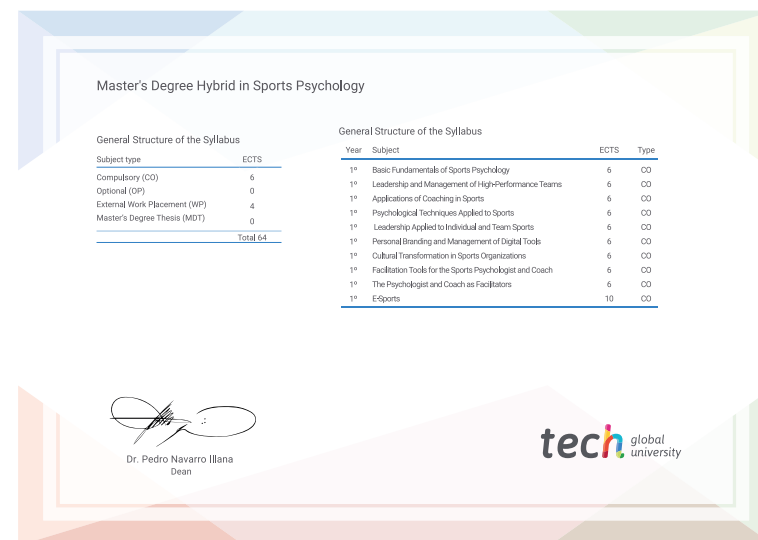


Title: **Master's Degree Hybrid in Sports Psychology**

Modality: **Hybrid (Online + Internship)**

Duration: **12 months.**

Credits: **60 + 4 ECTS**





Hybrid Master's Degree Sports Psychology

Modality: Hybrid (Online + Internship)

Duration: 12 months.

Certificate: TECH Global University

Credits: 60 + 4 ECTS

Hybrid Master's Degree Sports Psychology

Accreditation/Membership



tech global
university