

# Master's Degree Sports Psychology

European Association  
of Applied Psychology

European Association  
of Applied Psychology

*Psychologia - accessibilitas, praxis, adhibitio*



Endorsed by the NBA



**tech** global  
university



## Master's Degree Sports Psychology

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

Website: [www.techtitute.com/en/sports-science/master-degree/master-sports-psychology](http://www.techtitute.com/en/sports-science/master-degree/master-sports-psychology)

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# 01

# Introduction to the Program

Various studies have demonstrated that psychological intervention significantly improves athletic performance. For example, research published by the American Psychological Association indicates that training in psychological skills can increase performance in competitions by up to 15%. Given that it is a key discipline for athletic performance, emotional management, and decision-making in high-pressure situations, TECH has developed this comprehensive postgraduate program. Through a holistic approach, the program will provide a complete understanding of intervention in competitive stress, sports coaching, high-performance psychology, burnout prevention, and optimization of group dynamics. All of this will be delivered through an innovative, 100% online methodology.





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*An exhaustive and 100% online program, exclusive to TECH, with an international perspective supported by our membership with the European Association of Applied Psychology”*

The impact of mental performance in sports has gained undeniable relevance in recent times. In fact, it is not only about physical preparation, but also about the development of psychological strategies that optimize concentration, motivation, and pressure management during competition. Additionally, the ability to manage emotions and strengthen resilience has become a fundamental pillar for high-level athletes and professional teams, who aim to maximize their potential and achieve outstanding results.

Therefore, this Master's Degree in Sport Psychology will provide professionals with the opportunity to refine their skills through an academic path that will transform their practice. With updated content based on scientific evidence, they will incorporate new intervention methodologies that strengthen the mindset of athletes and contribute to the development of personalized plans.

Additionally, with an innovative methodological model, TECH Global University will offer a fully online experience, available 24 hours a day, 7 days a week, and accessible from any device with an internet connection. Through the Relearning method, progressive and effective content assimilation will be ensured, fostering dynamic, practice-centered learning. Moreover, this university qualification will feature an International Guest Director who will deliver exclusive masterclasses, designed to further enrich the concepts acquired.

Therefore, thanks to the membership in the **European Association of Applied Psychology (EAAP)**, students will have access to specialized resources, continuous training, and an annual seminar at no additional cost. Additionally, they will have the opportunity to collaborate with professionals and related organizations, integrate into an international network, and benefit from different membership levels that recognize both professional commitment and outstanding contributions in applied psychology.

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

- ♦ The development of practical case studies presented by experts in Sport Psychology
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Special emphasis on innovative methodologies for mental performance in sports
- ♦ 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



*A prestigious International Guest Director will deliver 10 intensive masterclasses, allowing you to understand performance, mental processes, and well-being in sports environments"*

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*You will tackle topics such as the application of essential principles in Sport Psychology to enhance athlete performance”*

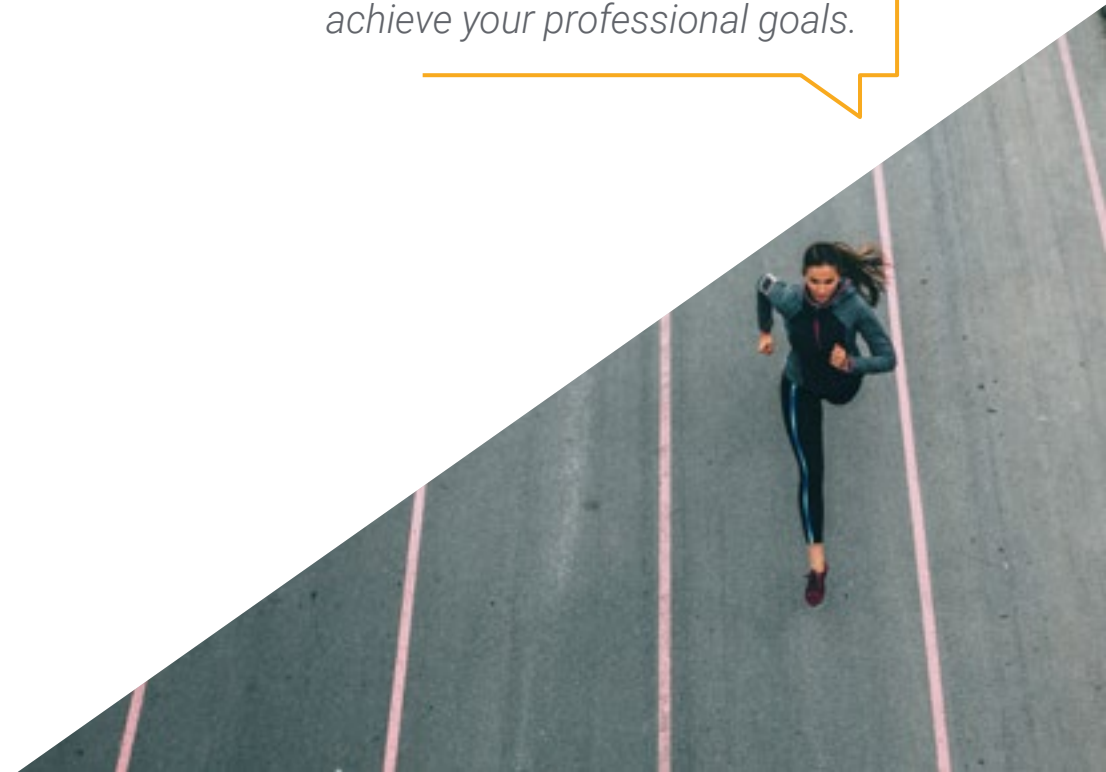
The faculty includes professionals from the field of Sport Psychology, who bring their real-world experience to this program, along with recognized specialists from leading professional associations and prestigious universities.

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 an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will strengthen your knowledge of psychological techniques applied to sport, optimizing the athlete's well-being.*

*Do you want to master the mechanisms that influence an athlete's behavior to improve their emotional stability in competition? This comprehensive program will empower you to achieve your professional goals.*



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.





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*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

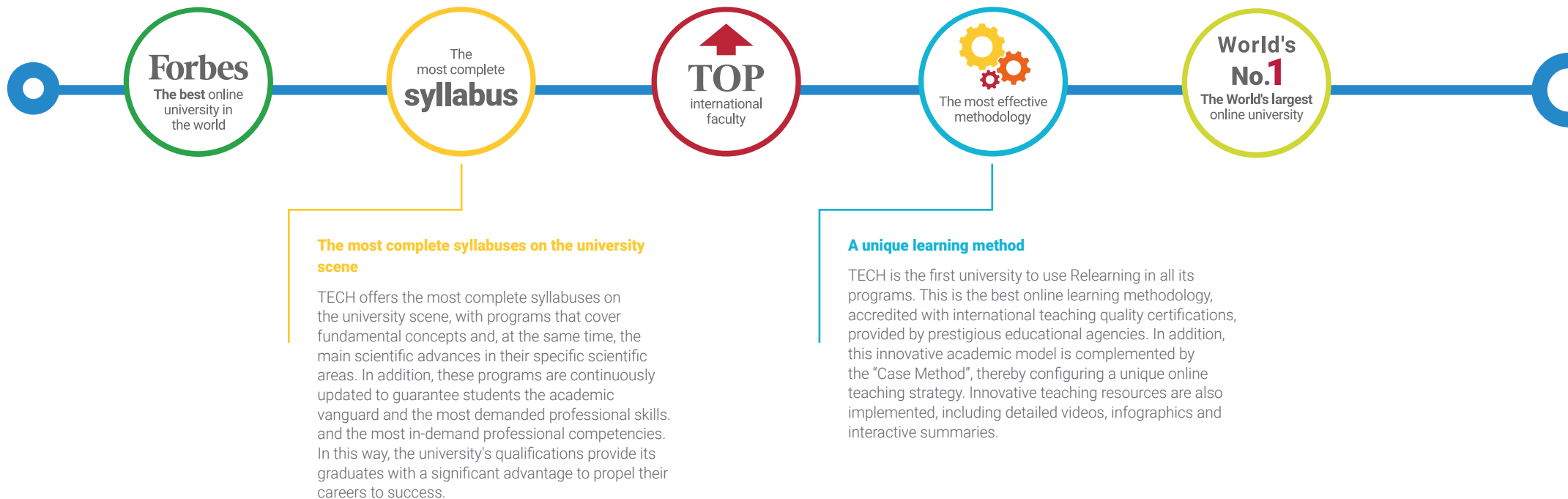
The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer 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 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 innovative academic pathway that complements this Master's Degree will delve into Sport Psychology from both a scientific and applied perspective, enabling you to understand the factors that influence athlete performance and well-being. Therefore, the program will explore the neurological foundations of movement and analyze the brain processes involved in motor execution and decision-making under pressure. Additionally, strategies for optimizing motor learning and adaptation will be examined. The program will also highlight the role of the psychologist and coach as facilitators, providing tools to enhance motivation, concentration, and resilience in high-performance sports contexts.







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*You will analyze the role of the psychologist and coach as facilitators, who contribute to improving performance and well-being”*

### 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 Learning on 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 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. 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

**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. *Biofeedback*

**Module 7. Cultural Transformation in Sports Organizations**

- 7.1. Information and Communication Technologies (ICTs)
- 7.2. Basic Principles of Digital Marketing
- 7.3. Internet, the Web, Web 2.0 and Web 3.0
- 7.4. Personal Brand Positioning
- 7.5. Social 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, Video Blogging, etc.
- 7.8. Persuasion and Influence Techniques
- 7.9. Conflict and Negotiation

**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
- 8.8. The Coach and Team Management, Ethics and Coaching
- 8.9. Diagnostic Tools for Sports Teams and Organizations
- 8.10. Design of Intervention Plans for Teams and Organizational Development

**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



*This comprehensive academic pathway will provide you with the necessary tools to excel in the E-Sports field. What are you waiting for to enroll?"*

# 04 Teaching Objectives

This university program aims to enhance professionals' key competencies in Sport Psychology, allowing them to develop skills that optimize athlete performance and well-being. Through mastery of sports sociology, the program will foster the ability to analyze the social factors that influence sports participation. Moreover, understanding the neurological foundations of movement will facilitate the application of strategies that improve motor control and decision-making. Students will also have access to psychological intervention models that will strengthen their ability to design effective plans, promoting emotional stability in competitive environments.







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*You will enhance your competencies  
in the neurological foundations  
of movement, improving your  
understanding of brain processes”*



## General Objectives

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- ♦ Develop a comprehensive understanding of the fundamentals of Sport Psychology and its application to athlete and team performance
- ♦ Strengthen leadership and management skills to optimize the performance of high-performance teams in various sports contexts
- ♦ Apply coaching strategies aimed at improving motivation, concentration, and resilience in athletes
- ♦ Implement advanced psychological techniques to optimize mental preparation and emotional control during competition
- ♦ Differentiate leadership approaches in individual and team sports, enhancing strategic decision-making
- ♦ Manage personal branding and digital tools to enhance professional visibility and impact within the sports sector
- ♦ Analyze cultural transformation in sports organizations and its influence on performance and team management
- ♦ Explore the role of the psychologist and coach as facilitators in both traditional and emerging sports environments, including E-Sports







## Specific Objectives

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### Module 1. Basic Fundamentals of Sports Psychology

- ♦ Examine the fundamental principles of Sport Psychology and their impact on athletic performance
- ♦ Identify the neurological foundations of movement and their relationship with motor learning and control in sports
- ♦ Apply psychological intervention models to optimize training and competition across different levels of sport
- ♦ Analyze the role of the sport psychologist and its utility in the development of athletes in high-performance contexts, sports technology, and grassroots sports

### Module 2. Leadership and Management of High-Performance Teams

- ♦ Analyze leadership styles and their influence on the management of high-performance teams
- ♦ Design action plans to establish and maintain high-performance standards within the sports environment
- ♦ Assess the risk situations affecting athletes and develop strategies for their prevention
- ♦ Develop tools for self-care for athletes and professionals involved in their preparation

### Module 3. Applications of Coaching in Sports

- ♦ Examine the origins, history, and current trends in coaching within the sports context
- ♦ Differentiate coaching from other psychological approaches and apply the appropriate strategies in sports training
- ♦ Implement individual and team coaching methodologies to enhance athlete performance and well-being
- ♦ Design work plans and evaluate coaching processes to optimize their effectiveness

#### **Module 4. Psychological Techniques Applied to Sports**

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

#### **Module 5. Leadership Applied to Individual and Team Sports**

- ♦ Differentiate the role of the sport 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 address 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 assessment tools to optimize learning and performance consistency in sports
- ♦ Integrate psychological strategies into injury rehabilitation to aid in 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 associated with 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 enhance personal brand positioning in the sports sector
- ♦ Develop communication skills and social media management to optimize interaction with the media and audiences
- ♦ 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 environment
- ♦ Implement corporate and technological strategies to optimize organizational functionality
- ♦ 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 the development of athletic performance
- ♦ Implement reinforcement and concentration strategies to optimize athlete performance
- ♦ Design workshops and intervention sessions tailored to the psychological needs of both individuals and teams
- ♦ Apply assessment and diagnostic methods to identify and address common issues in the sports context

**Module 10. E-sports**

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



*Thanks to this effective academic preparation, you will perfect the design of intervention sessions tailored to the psychological needs of both the team and the individual"*

05

# Career Opportunities

This high-level university qualification will drive professional development in the sports field, providing students with the necessary tools to work as sports psychologists in clubs, national teams, or high-performance centers. Additionally, it will equip them with key competencies to work as coaches in team management, enhancing leadership and performance. Moreover, this program will open doors to opportunities in sports organization consultancy, contributing to cultural and strategic transformation. With a comprehensive approach tailored to industry demands, graduates will have easy access to a constantly evolving market that increasingly demands specialization.





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*You will gain solid knowledge to work as a coach in team management, improving performance in high-level sports environments”*

### Graduate Profile

Graduates of this Master's Degree will be prepared to tackle the challenges of Sport Psychology with a strategic vision. They will have the tools to design effective intervention plans, optimize communication within teams, and apply psychological techniques that enhance confidence and resilience. Additionally, they will be able to identify the individual needs of athletes, adapting their methodologies to maximize performance. Thanks to this innovative perspective, graduates will integrate the use of technology and digital networks into their practice, contributing to the development of more dynamic, inclusive, and long-term success-oriented sports environments.

*Do you want to specialize in Sport Psychology?  
This university program will provide you with the  
essential strategies to strengthen resilience and  
apply innovative techniques.*

- ♦ **Critical Thinking and Decision-Making:** Analyze complex situations in the sports field, evaluate different options, and select the best strategy to improve athlete well-being and performance
- ♦ **Adaptability and Change Management:** Respond effectively to unforeseen situations by applying appropriate psychological approaches to each scenario
- ♦ **Emotional Intelligence:** Recognize, understand, and manage both your own emotions and those of others, facilitating better relationships with athletes, coaches, and other sports professionals
- ♦ **Professional Ethics and Responsibility:** Apply ethical principles in Sport Psychology, ensuring responsible and respectful interventions that maintain the integrity of athletes







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

1. **Sports Psychologist:** Responsible for designing strategies to strengthen the mindset of athletes, manage competitive pressure, and promote emotional balance in athletic performance.
2. **High-Performance Coach:** Responsible for guiding athletes and teams in the development of key psychological skills to maximize their performance in high-pressure situations.
3. **Sports Psychology Consultant:** Advisor to clubs, federations, and coaches on implementing psychological techniques to improve teamwork and motivation.
4. **Sports Talent Manager:** Manages the identification, development, and retention of athletes' potential through psychological strategies focused on motivation, resilience, and self-discipline.
5. **High-Performance Team Advisor:** Responsible for collaborating in the planning and execution of psychological programs designed to maintain cohesion, effective communication, and a winning mentality within a team.
6. **Wellness and Mental Health Manager in Sports Clubs:** Designs programs focused on the mental health of athletes, preventing stress, anxiety, and burnout in the competitive environment.
7. **Mental Coach for Athletes:** Responsible for applying psychological tools to strengthen confidence, concentration, and emotional management in high-pressure situations.
8. **Sports Psychology Researcher:** Contributes to the advancement of knowledge in the field through studies on psychological factors that influence athletic performance and recovery.
9. **Supervisor of Sports Injury Prevention and Psychological Rehabilitation:** Responsible for the emotional recovery after an injury, facilitating the process of reintegration into sport with a resilient mindset.

06

# 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.



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*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

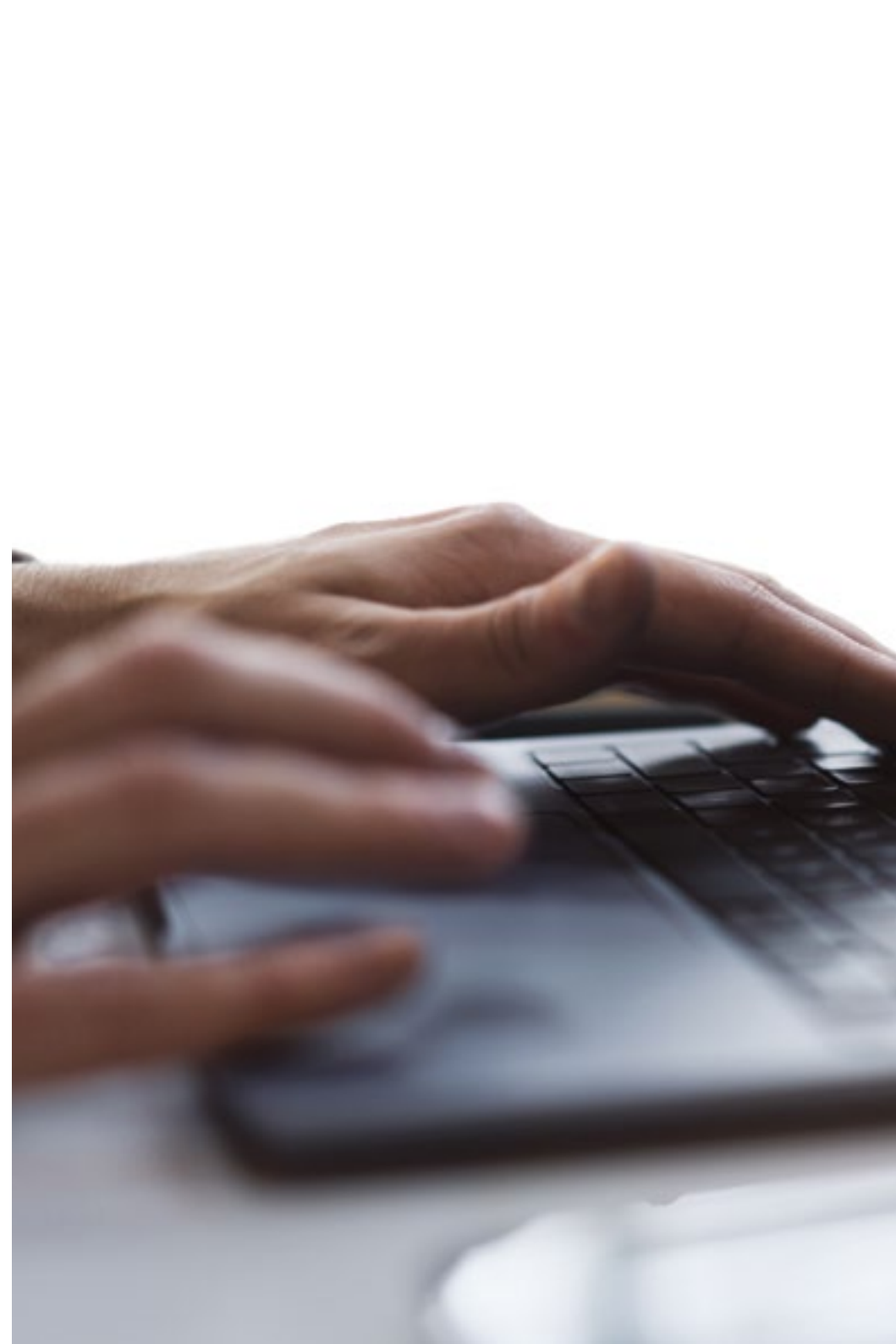
In TECH's study methodology, the student is the main protagonist.

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.

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*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.

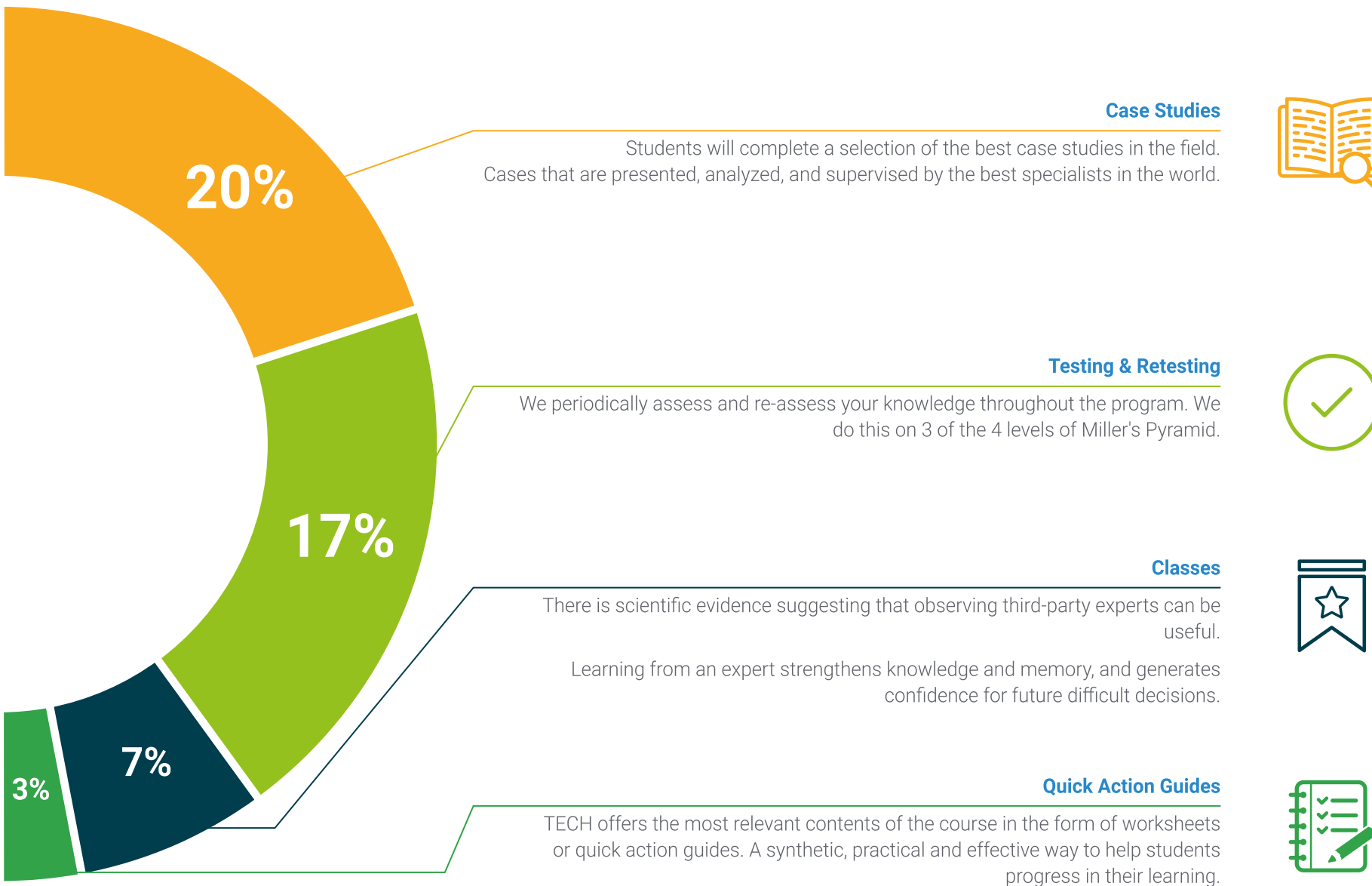
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

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





07

# Teaching Staff

The priority of TECH Global University is to offer the most comprehensive and up-to-date university qualifications in the academic landscape. To achieve this, they undertake a meticulous process to form their faculty teams. As a result, this Master's Degree features contributions from leading experts in the field of Sport Psychology. These experts combine advanced theoretical knowledge with an applied approach, providing a deep understanding of performance psychology, motivation, and intervention in sports contexts. In this way, students will have access to an immersive experience that will allow them to make a significant leap in the quality of their professional careers.





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*The teaching team, specialized in Sports Psychology, has designed hours of additional content for you to expand each section of the syllabus in a personalized way”*



## 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

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- 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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**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.

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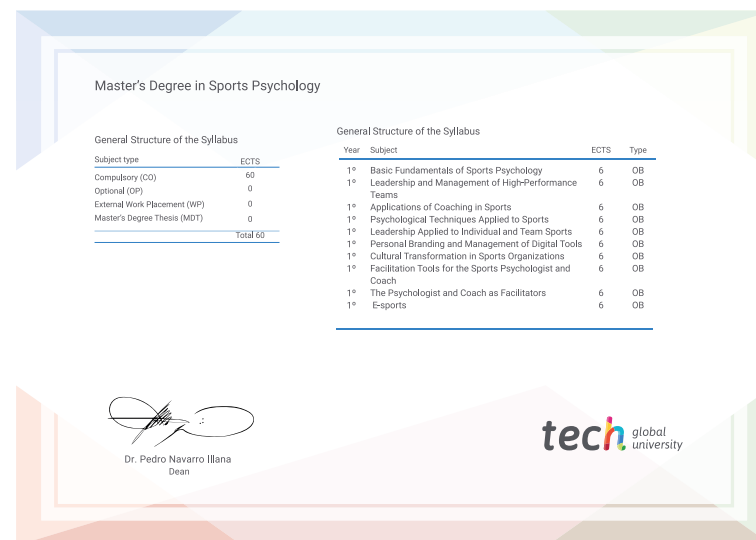


Title: **Master's Degree in Sports Psychology**

Modality: **online**

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