

# Postgraduate Certificate Coaching and Psychology in Tennis

Endorsed by the NBA



**tech** technological  
university



## Postgraduate Certificate Coaching and Psychology in Tennis

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

Website: [www.techtitute.com/us/sports-science/postgraduate-certificate/coaching-psychology-tennis](http://www.techtitute.com/us/sports-science/postgraduate-certificate/coaching-psychology-tennis)

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# 01

# Introduction

A tennis coach must be able to be a leader for the players. This implies the ability to inspire and guide, managing psychological techniques that make tennis players overcome the obstacles they encounter. This is a crucial dimension in this sport, which is gaining more and more importance every day, so the sports professional will be able to consolidate their update through this program. Therefore, they will develop the necessary tools to become a positive leader, improving their work methodologies when directing the players according to the situation. All this and more will be available to the student from anywhere.





“

*Manage advanced coaching techniques with which you will get the full potential of your players thanks to this Postgraduate Certificate”*

It is well known that the mental aspect is nowadays crucial in any tennis player. At the professional level, there are players who have an excellent technique, bordering on perfection in terms of tactical skills and have a reference physical condition. However, if they do not develop the psychological aspect, the balance in a match may be declined in favor of the tennis player who has worked on their mental state.

For this reason, a specialization that focuses on this dimension is of enormous value for coaches, who will find a perfect option with this Postgraduate Certificate. Through its contents, they will analyze in detail the tools that will be useful to help the player in the psychological area, emphasizing the control of emotions and techniques to avoid losing concentration in competition.

With all this, the sports professional will get a high preparation in formulas for mental training, strengthening their position as a coach. For this, they will only need a device with an Internet connection, which will give them access to an extensive digital library of resources on Psychology in Tennis that they can access at any time. In fact, these academic materials have been elaborated by great specialists in Coaching applied to this sport.

This **Postgraduate Certificate in Coaching and Psychology in Tennis** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical cases presented by experts in Coaching and Psychology in Tennis
- ♦ The graphic, schematic and practical contents of the program provide Rehabilitation and practical information on those 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



*A unique opportunity to update on the different formulas of mental training for Tennis players”*

“

*Improve your training techniques to incorporate the psychological factor with the educational methodology that TECH offers”*

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

Its 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 education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Develop valuable strategies to address players depending on the specificities of each situation.*

*Delve into the ethical profile that a tennis coach should have thanks to a global qualification.*



# 02 Objectives

The design of this Postgraduate Certificate contains a series of objectives aimed at the successful acquisition of skills related to the most advanced coaching techniques to promote tennis players. In this sense, during the course of the program the student will develop through innovative theoretical and practical tools. With these they will master the applicability in Tennis of the aspects related to Psychology, always in line with the latest advances in this field.





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*Become a positive leader of  
the players at the end of this  
very comprehensive program”*



## General Objectives

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- ♦ Distinguish the different stages of tennis training and know how to work in each of them
- ♦ Know the tennis regulations and how to apply them
- ♦ Understand the figure of the tennis coach from an ethical and moral point of view, and understand the crucial role played by the mental aspect in tennis players
- ♦ Delve into the physical preparation necessary for a tennis player and injury prevention
- ♦ Raising awareness of the importance of technology in today's tennis and analyzing its evolution



*Upgrade yourself in techniques as effective as Autodiscourse or Visualization to transfer them to your players”*





## Specific Objectives

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- ♦ Knowing the different stages of tennis in training
- ♦ Know how to work in each of the different stages of the process
- ♦ Distinguish between the type of ball used at each stage
- ♦ Learn the dimensions of the tennis courts at each stage
- ♦ Have basic knowledge of different training systems: Hand Feeding, Racquet Feeding, coach Volley, etc
- ♦ Provide the necessary tools for the student to become a positive leader
- ♦ Introduce basic notions about psychology and understand its importance in working with tennis players
- ♦ Assimilate different formulas for mental training
- ♦ Understanding the hemispheres of the brain, their importance and applicability to tennis

03

# Course Management

The best possible specialization of the students in Coaching and Psychology in Tennis is more than guaranteed thanks to the incorporation in the teaching staff of true experts in the field. Illustrious coaches who have held positions of great responsibility in world-renowned professional tennis academies have not only prepared high-level tennis players with guarantees in the physical aspect, but have served as *Coaches* to help them get the best out of themselves and overcome their adversities. It is not surprising, therefore, that they are the people behind exceptional tennis players who have stood out for their mental strength.





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*Count on all the keys in Coaching and Psychology in Tennis thanks to renowned coaches who are behind outstanding tennis players of great mental strength”*

## Management



### Mr. Ramos Camacho, Alejandro

- ♦ Tennis coach at the Rafa Nadal *Academy*
- ♦ Coach at the JMO Tennis Academy
- ♦ Coach at Valle de Aridane Tennis Club
- ♦ Graduate in Primary Education
- ♦ National Monitor by the Royal Spanish Federation
- ♦ RPT Level 2

## Professors

### Mr. Goldie Barrios, Federico

- ♦ Tennis coach at the Rafa Nadal Academy
- ♦ Trainer at the Uruguayan Tennis Association
- ♦ Tennis trainer at the Bigua Club
- ♦ Teacher of group and individual tennis lessons
- ♦ ITF Play Tennis AUT/ITF
- ♦ ITF Level I
- ♦ ITF Psychology applied to tennis



# 04

## Structure and Content

The syllabus of the Postgraduate Certificate in Coaching and Psychology in Tennis has multiple advantages. One of the main ones is that the student will be able to access it online and without fixed schedules, since TECH gives the students the control of the management of their academic time. In addition, when entering the Virtual Campus they will find an extremely dynamic educational experience, being able to delve deeper into the concepts taught by the teachers through videos, interactive diagrams, additional readings, case analysis and much more.



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*Through videos or interactive summaries, you will analyze the best psychological strategies for dealing with problems such as injuries”*

## Module 1. Training at Different Stages, Training, Planning and Periodization

- 1.1. General Aspects of Tennis at the Grassroots and their Importance
  - 1.1.1. Introduction to Basic Tennis
  - 1.1.2. Evolution of Grassroots Tennis Training
  - 1.1.3. Conceptualization and Definition of Tennis in Stages
  - 1.1.4. General Objectives for the Promotion of Tennis Work in Stages
- 1.2. General and Specific Objectives of Tennis Training
  - 1.2.1. Tennis Characteristics in Stages
  - 1.2.2. General Objectives of Tennis in Training
  - 1.2.3. Factors Influencing Tennis Initiation
  - 1.2.4. Specific Objectives for Each of the Existing Stages of Training
- 1.3. Stages of Tennis Training and How to Work on Each Stage
  - 1.3.1. Red Stage, Definition and Characteristics
  - 1.3.2. Yellow Stage, Definition and Characteristics
  - 1.3.3. Green Stage, Definition and Characteristics
  - 1.3.4. Coach Effectiveness at Different Stages
- 1.4. Post-training Stages, Concept and Objectives
  - 1.4.1. Precompetition Stage, General Characteristics
  - 1.4.2. Introduction to the Competition Stage, Characteristics and General Objectives
  - 1.4.3. High Performance Stage
  - 1.4.4. Professional Stage
- 1.5. Training Concept, Methodology and its Evolution
  - 1.5.1. Concept of Training and its Evolution Throughout History
  - 1.5.2. Modern Training System What does it consist of?
  - 1.5.3. What is the Methodology?
  - 1.5.4. Methodology Objectives
- 1.6. Tennis Training Systems
  - 1.6.1. Types of Tennis Training by Workload, Frequency, Volume and Intensity
  - 1.6.2. Continuous and Intervallic Training and its Main Characteristics
  - 1.6.3. Specific Training Systems (Buckets, Rallies, Points, etc.) and What Each of Them Consists of
  - 1.6.4. What are the Exercises during Tennis Training, the Procedure to be Carried Out and their Components
  - 1.6.5. Variability in Tennis Training
  - 1.6.6. Individual Training and Group Training, Theoretical and Practical Principles
- 1.7. The Training Session from a Theoretical and Practical Point of View
  - 1.7.1. Parts of the Tennis Session and What Each Part Consists of
  - 1.7.2. Elaboration of the Training Session According to the Objectives
  - 1.7.3. How to Elaborate a Training Session
  - 1.7.4. Theoretical-practical Examples of Training Session Design
- 1.8. Planning Concept, Phases and Models
  - 1.8.1. What is Planning and What are the Objectives of Planning
  - 1.8.2. Elements to Take Into Account When Planning and Setting Objectives: Facilities, Means, Player Characteristics, Competitions, etc
  - 1.8.3. Tips to Follow During Planning
  - 1.8.4. Phases of Planning and How to Develop It
  - 1.8.5. Current Planning Models
- 1.9. What is Periodization? General and Specific Concepts
  - 1.9.1. Concept of Periodization and Tennis Characteristics Related to Periodization
  - 1.9.2. Differences between Periodization and Planning
  - 1.9.3. What Benefits does Periodization Bring to Training and to the Tennis Player?
  - 1.9.4. Periodization Characteristics
- 1.10. Annual Phases of Tennis Players in Training and Competition
  - 1.10.1. The Life of a Tennis Player
  - 1.10.2. The Daily Phase
  - 1.10.3. The Microcycles
  - 1.10.4. The Mesocycles

## Module 2. Coaching Ethics and Psychology in Tennis

- 2.1. Code of Ethics of a Tennis Coach
  - 2.1.1. Introduction and Definition of the Code of Ethics
  - 2.1.2. Obligations and Requirements of the Tennis Coach
  - 2.1.3. Loyalty and Corruption
  - 2.1.4. Competition Integrity
  - 2.1.5. Offer and Application
  - 2.1.6. Regulations and Sanctioning Processes
- 2.2. The Tennis Coach and Their Role
  - 2.2.1. Who is a Tennis Coach and What is Tennis Coaching
  - 2.2.2. Trainer's Identity
  - 2.2.3. Trainer's Objectives
  - 2.2.4. The Trainer's Role and Philosophy
- 2.3. Importance of the Psychology in Tennis
  - 2.3.1. Psychology in Sports and its Main Characteristics
  - 2.3.2. The Role of the Psychology in Tennis
  - 2.3.3. Psychological Benefits of Tennis
  - 2.3.4. Other Psychological Aspects of Tennis
- 2.4. Concentration and Control of Emotions and Thoughts
  - 2.4.1. What do we Understand as Concentration?
  - 2.4.2. Factors that Influence Concentration, Concentration Problems in Tennis and How to Work on Them
  - 2.4.3. Factors Influencing Emotions in Tennis and Guidelines for their Improvement
  - 2.4.4. Thoughts and their Relationship to Confidence and Self-esteem Among Other Factors
- 2.5. What is Mental Training and How Useful is it
  - 2.5.1. Definition of Mental Training
  - 2.5.2. Benefits of Mental Training and the Use of Psychology in the Tennis Player
  - 2.5.3. Preliminary Aspects to Consider When Performing Mental Training
  - 2.5.4. Establishment of Objectives at the Psychological Level of the Tennis Player
- 2.6. Mental Training Techniques for a Tennis Player. Part I
  - 2.6.1. Concentration Control Techniques
  - 2.6.2. Cognitive Training and Attention Control
  - 2.6.3. Self-talk
  - 2.6.4. Visualization
  - 2.6.5. Routines
- 2.7. Mental Training Techniques for a Tennis Player. Part II
  - 2.7.1. The Mental Training Program
  - 2.7.2. How the Psychological Training of the Tennis Player Should be Organized
  - 2.7.3. Stages of the Mental Training Program for Tennis Players
  - 2.7.4. Mental Training Professionals
- 2.8. The Competition and the Mental Side of the Tennis Player
  - 2.8.1. Phases that a Tennis Player Goes Through During their Career on the Psychological Level
  - 2.8.2. Momentum
  - 2.8.3. Psychology and its Importance in Dealing with Bad Stages of Life
  - 2.8.4. Psychology and its Importance in Dealing with Injuries
- 2.9. Practical Exercises to Work on the Mental Aspect of the Game of Tennis
  - 2.9.1. Psychology and Game Situations
  - 2.9.2. The Mental Aspect of Service and Return
  - 2.9.3. The Mental Aspect in the Background Game
  - 2.9.4. The Mental Aspect in the Net Game
  - 2.9.5. The Mental Aspect in Different Match Situations
- 2.10. Parents and Tennis. Psychological Aspects
  - 2.10.1. The Coach-Parent-Player Relationship
  - 2.10.2. Roles of the Tennis Player's Parent and the Positive Vision of the Tennis Player
  - 2.10.3. Parent-Coach Errors
  - 2.10.4. Tips for Tennis Player's Parents

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

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



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

### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



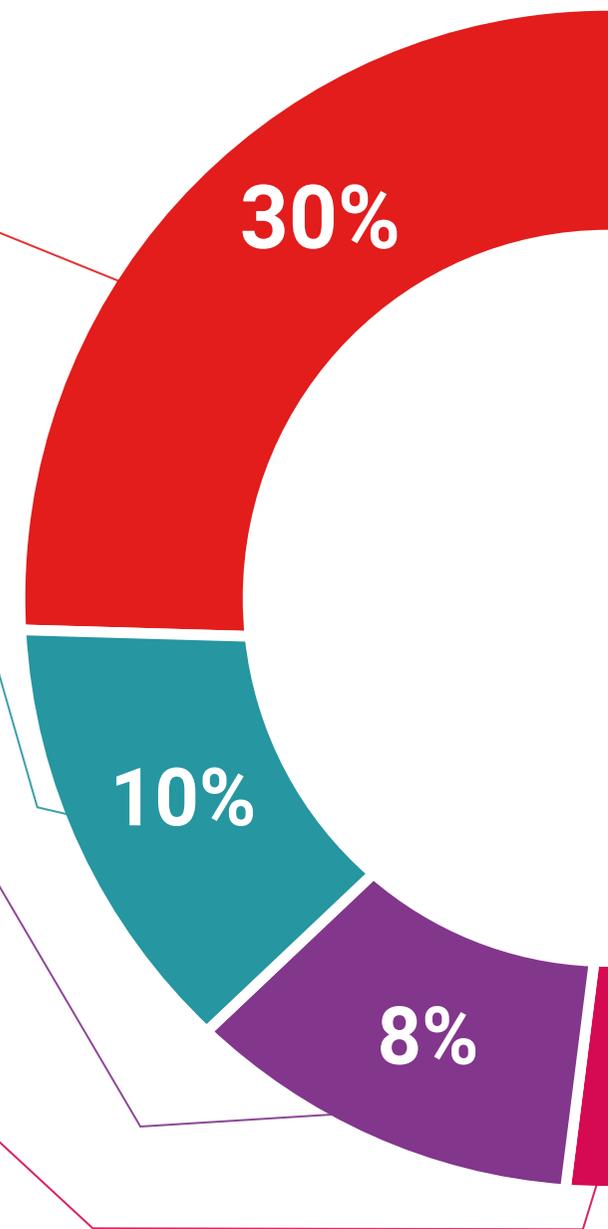
#### Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### Interactive Summaries

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

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



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



# 06 Certificate

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



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

This **Postgraduate Certificate in Coaching and Psychology in Tennis** contains the most complete and up-to-date scientific on the market.

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

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

Program: **Postgraduate Certificate in Coaching and Psychology in Tennis**

Official N° of Hours: **300 h.**

**Endorsed by the NBA**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



## Postgraduate Certificate Coaching and Psychology in Tennis

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