

# Postgraduate Certificate

## Sports Psychology Applied to e-Sports

Endorsed by the NBA



**tech** technological  
university





## Postgraduate Certificate

### Sports Psychology Applied to e-Sports

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

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

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# 01

# Introduction

The professionalization of the e-Sports sector has been considerably rapid and the rise of video game competitions has given wings to the figure of the sports psychologist. The psychological challenges that a professional e-Sports player and a soccer player may face are similar. In addition, their exposure on social networks represents a differential component, since they work in an eminently digital environment. Therefore, this 100% online degree gives the student an understanding of the current importance of the video game industry and its psychological impact, while understanding the future prospects of the world of e-Sports.





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*A high-level educational course that will allow you to achieve professional success in a booming sector with great projection"*

In e-Sports, each player's mind works in a certain way. Knowing how to manage electronic video game teams and how to get the best out of each competitor is an attraction that many teams are already incorporating through the role of a sports science expert such as a psychologist. These will give the player a sense of mastery at all times over the actions they take during the games.

Considering that we are talking about a sport, in this case e-Sports, as in any sporting discipline, psychology is fundamental as it seeks to get the most out of the players. Therefore, this training prepares the graduate in an increasingly popular sector by providing the necessary knowledge to provide full concentration at the time of the game and leaving aside, as far as possible, all those emotions that obstruct the gameplay.

In addition, being a 100% online Postgraduate-Certificate, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access a rich content that will help you understand the rise of Sports Psychology Applied to e-Sports. All this, at any time of the day, combining, at your own pace, your work and personal life with your academic life.

This **Postgraduate-Certificate in Sports Psychology Applied to e-Sports** contains the most complete and up to date educational program on the market. The most important features include:

- ♦ The development of case studies presented by Masters in coaching and sports psychology.
- ♦ The graphic, schematic and eminently practical contents of the book provide practical information on those disciplines that are essential for professional practice.
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Access to content from any fixed or portable device with an Internet connection.



*You will delve into the means of prevention of psychological pathologies such as depression in the video game industry"*

“ *As with traditional sports, e-Sports also need mental health specialists to prepare players to deal with stressful situations”*

*Become an expert in Sports Psychology Applied to e-Sports, a sport that is becoming more and more popular*

*We offer you the most complete Postgraduate-Certificate with the best teaching methodology*

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

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



# 02 Objectives

Among a series of objectives, the design of this Postgraduate-Certificate program will allow the graduate to delve into and learn about the different functions of the psychologist in the video game industry while learning about the current importance of the video game industry and its psychological impact. Likewise, they will unravel the decision-making process in sports, while understanding the future prospects of the world of e-Sports. All this, by deepening the means of prevention of psychological pathologies such as depression in the video game industry.





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*Learn about the current importance of the video game industry and its psychological impact"*



## General Objectives

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- ♦ Cover the different leadership styles with the greatest success in the sporting arena
- ♦ Study high performance team management at the psychological and motivational level.
- ♦ Examine the basic pillars on which Sports Psychology is based.
- ♦ Analyze the possible applications of the most popular techniques and methodologies in sports coaching.
- ♦ Learn the psychological techniques most frequently used in the field of sport.
- ♦ Know the figure of the leader in individual and team sports.
- ♦ Understand the importance of personal branding for a good professional development.
- ♦ Updating the management of the different digital tools to disseminate the personal brand
- ♦ Deepen understanding of the cultural transformation of sports organizations.
- ♦ Study the different interdisciplinary tools of the psychologist and sports coach
- ♦ Delve into the work of the psychologist as a facilitator in the context of sport.





## Specific Objectives

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- ♦ Learn more about what e-Sports are
- ♦ Understand the current importance of the video game industry and its psychological impact.
- ♦ Deepen and learn about the different roles of the psychologist in the video game industry.
- ♦ Understanding the future prospects of the e-Sports world.
- ♦ Deepen understanding of the means of prevention of psychological pathologies such as depression in the video game industry.

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*You will get to delve into the different roles of the psychologist in the video game industry”*

# 03

## Structure and Content

The syllabus has been designed based on the requirements of Sports Psychology Applied to e-Sports, thus establishing a curriculum that includes, in one module, the video game industry and its importance for psychology. This Postgraduate-Certificate covers everything from the management of players, clubs and the figure of the psychologist, role and functions, to video game addiction and the risks of social networks, among others.



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*Quality content is the order of the day to  
make your future career successful”*

## Module 1. The e-Sports

- 1.1. What are e-Sports?
- 1.2. The Video Game Industry and its Importance for Psychology
- 1.3. Player Management
- 1.4. Club Management
- 1.5. The Figure of the Psychologist, Role and Functions
- 1.6. Addiction to Video Games
- 1.7. Risks of Social Networking in e-Sports
- 1.8. Psychological Evaluation and Intervention
- 1.9. Prevention of Depression and Suicide
- 1.10. Future of e-Sports and the Figure of the Psychologist





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*A program that covers everything you need to know about e-Sports to excel in the industry”*

# 04 Methodology

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

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







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

## At TECH we use the Case Method

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

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



*Our university is the first in the world to combine Harvard Business School case studies with a 100%-online learning system based on repetition*



### A learning method that is different and innovative.

This intensive Sports Science program at TECH Technological University prepares you to face all the challenges in this field, both nationally and internationally. We are committed to promoting your personal and professional growth, the best way to strive for success, that is why at , TECH you will use Harvard *case studies*, with which we have a strategic agreement that allows us to provide our students with material from the best university the world.

“ We are the only online university that offers Harvard materials as teaching materials on its courses”

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

The case method is the most widely used learning system by 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.

## Re-learning Methodology

Our university is the first in the world to combine Harvard University case studies with a 100%-online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance Harvard case studies with the best 100% online teaching method: Re-learning.

*In 2019 we obtained the best learning results of all Spanish-language 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 Re-learning.

Our university is the only Spanish-speaking university qualified 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 Spanish 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.

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

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 really 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.



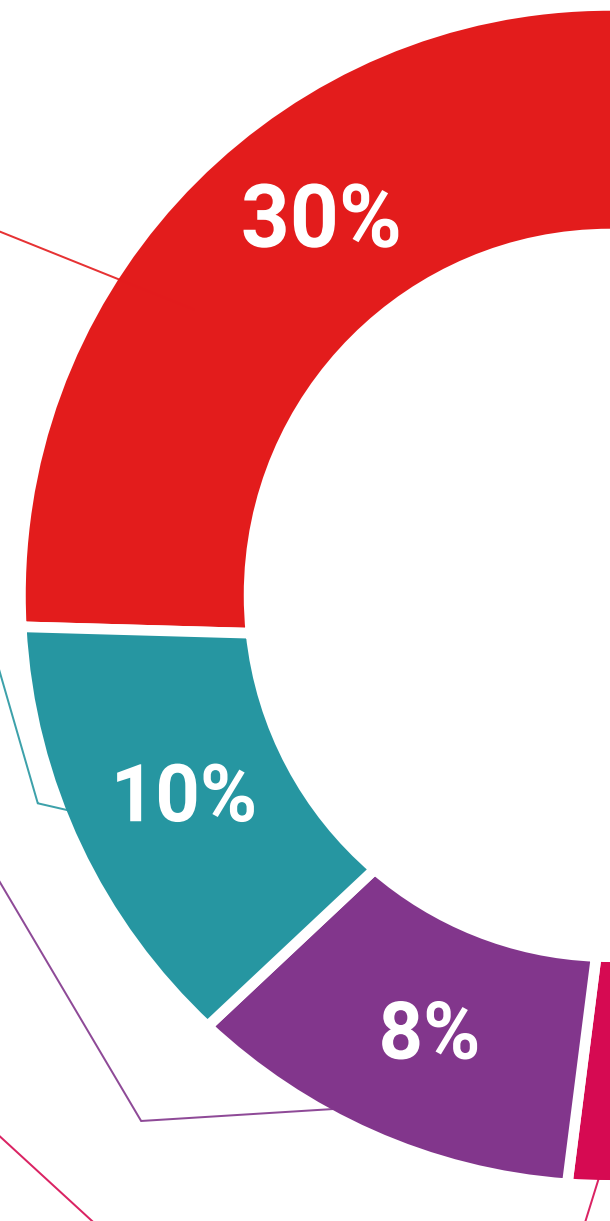
### Practising Skills and Abilities

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 we live in.



### 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

They will complete a selection of the best case studies in the field used at Harvard. Cases that are presented, analyzed, and supervised by the best senior management specialists in Latin America.



#### Interactive Summaries

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

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



#### 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 your goals.



# 05 Certificate

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





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

This **Postgraduate Certificate in Sports Psychology Applied to e-Sports** contains the most complete and up to date scientific program on the market.

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

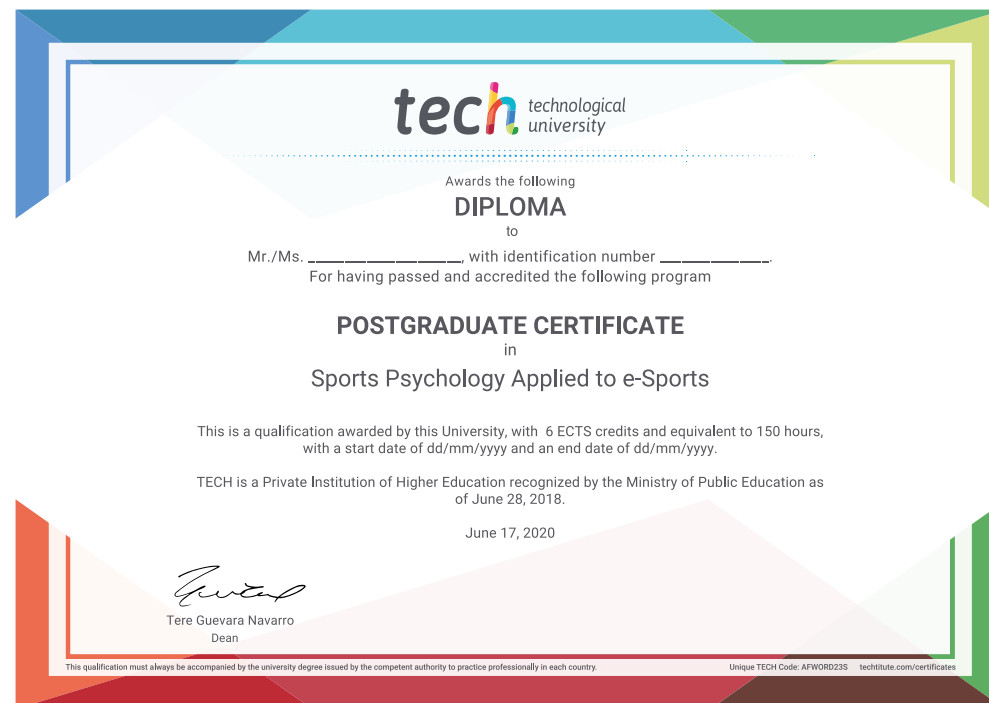
The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Sports Psychology Applied to e-Sports**

ECTS: **6**

Official Number of Hours: **150 hours**.

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

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



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