

# Postgraduate Certificate

## Sports Psychology Applied to Football

Endorsed by the NBA





## Postgraduate Certificate

### Sports Psychology Applied to Football

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

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

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# 01

# Introduction

In the world of sports, psychology is increasingly recognized as an essential tool for improving the performance and well-being of athletes. Football adopts psychology as a constant feature, and that is why this field has helped to boost the profiles of players such as those of Cristiano Ronaldo or Kylian Mbappé. Therefore, the role of professionals and sports psychologists is used within football to improve the way players perform and have a positive impact on a global level. For this reason, TECH has created this 100% online degree, where students will be trained through the *Relearning* method, facing practical exercises and real cases where they will test their knowledge of the subject.





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*This Postgraduate Certificate is based on the innovative Relearning model, so you will learn as you go, and you will be exposed to both real and simulated scenarios”*

Football is a very popular sport worldwide, and sports psychology is becoming increasingly important, as it has been demonstrated that it can have a major impact on player performance and teamwork. For this reason, the Postgraduate Certificate in Sports Psychology Applied to Football, designed by TECH, is a unique opportunity for professionals wishing to expand their knowledge in this area.

The program offers specialized training in sports psychology, covering topics such as motivation, concentration, stress and anxiety management, as well as social and emotional coping skills. All this is presented in a high-impact informative collection of key elements, supported by audiovisual resources, complementary readings and practical exercises based on real and simulated scenarios.

In addition to this, the innovative 100% online format can be accessed from any device with an Internet connection, allowing students to tailor their schedules and study times to suit their needs. In addition, there is no requirement to attend any on-site centers, which facilitates the completion of the Certificate for those who have to combine their continuous knowledge development with their work routine.

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

- ♦ Practical case studies are presented by experts in football sports psychology
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*In addition to its range of informative content, it offers the most innovative audiovisual resources, developed with the latest technology"*

“

*The knowledge you develop in this course will take your career to the next level, giving you access to greater opportunities at an international level”*

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. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*Follow this postgraduate course at your convenience, without having to go to an on-site center or attend classes.*

*The online format of this program allows you to combine your daily routine with the acquisition of new knowledge.*



# 02 Objectives

One of TECH's main objectives, when it comes to the creation of a degree program, is the selection of academic subjects that will allow the professional to propel their skills and expertise towards the achievement of their career goals. Therefore, with the *Relearning* method, a practical process is guaranteed, with activities based on real and simulated scenarios. In this way, the professional will be trained in a fast-growing and constantly evolving sector within this sports discipline.





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*You will be able to enhance the skills  
of your players through leadership  
meetings and motivational processes”*



## General Objectives

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- Understand the origin, history and evolution of football
- Explore the organization of a club and everything pertaining to the sporting environment
- Strengthen your knowledge in current technical-tactical skills
- Examine the changes in football analysis with the introduction of new technologies
- Describe physical training and re-training as a fundamental part of present-day football
- Highlight the importance of good nutrition to enable a good sports performance
- Identify each member of the coaching staff and their roles in a football club
- Explore psychology as a fundamental part of a football player's performance







### Specific Objectives

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- ♦ Establish and define clearly and concisely what sports psychology is, as well as its benefits in the world of football
- ♦ Adopt an approach that considers the most influential and adaptable psychological variables in football
- ♦ Provide group management tools



*Upon successful completion of this Postgraduate Certificate, you will be closer to achieving your career goals"*

03

# Course Management

To guarantee a comprehensive training with great results, TECH has selected a team of professionally active teachers with extensive experience of psychology in football to lead this program. They are experts and specialists who have worked together in the creation of the study plan, sharing their knowledge and experience in each of the academic areas.





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*Succeed with the best and acquire  
the knowledge and skills you need  
to work within football”*

## Management



### Mr. Ángel Fernández Fernández

- ♦ Scout and manager for the northern area for the Athlete Management Group (PHSport)
- ♦ Futsal and football coach
- ♦ Scout for the Asturias area for the Athlete Management Group (Vilasports)
- ♦ Sports Director of CD Mosconia
- ♦ Commentator for Real Oviedo in RadioGed
- ♦ Sports Technician, Middle Grade, specializing in football at the "Asturian Sports School" Levels 1 and 2



### Mr. Sergio González Arganda

- ♦ Physiotherapist at Atlético de Madrid Football Club
- ♦ Lecturer for the Master's in Physical Preparation and Sports Rehabilitation in Football at UNIR
- ♦ University Expert in Clinical Pilates at the University of Jaén
- ♦ Master's Degree in Biomechanics Applied to Injury Assessment from Comillas Pontifical University
- ♦ Master's in Osteopathy of the Locomotor System from Madrid School of Osteopathy
- ♦ Expert in Pilates Rehabilitation from the Royal Spanish Gymnastics Federation
- ♦ Master's in Sports and Physical Activity Physiotherapy from Comillas Pontifical University
- ♦ Certificate in Physiotherapy for Physio Training



## Professors

### Mr. Javier Picó Acosta

- ♦ Sports Psychologist at E-Corp
- ♦ Sports Psychologist at Mental Gaming
- ♦ Psychologist and Assistant Coach at Bahía de Mazarrón Basket
- ♦ Associate in Sports Psychology at Real Madrid
- ♦ Master's Degree in Sports Coaching and Psychology from the European University of Madrid
- ♦ Degree in Psychology
- ♦ Degree in Pedagogy



*A unique, key, and decisive educational experience to boost your professional development"*



# 04

## Structure and Content

The program of this Diploma has been designed according to the current requirements and demands of psychology applied in football. The professional will discover updated and detailed information on team building, attention and concentration levels to face the challenges during any given season, as well as the psychological process for the management of under-performance and reintegration on the pitch. All of this in a high-impact informative collection of key elements, together with audio-visual resources, complementary readings and practical exercises.





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*Download the content of this program to your device of choice-tablet, computer or cell phone-and review it as often as you need to"*

## Module 1. Sports Psychology Applied to Football

- 1.1. Sports psychology
  - 1.1.1. What is psychology?
  - 1.1.2. Differences between "traditional" psychology and sport psychology
  - 1.1.3. Structure of psychological work
  - 1.1.4. Wishes vs. Needs
- 1.2. Psychological needs in football
  - 1.2.1. Main variables to focus on
  - 1.2.2. Mediating conflicts
  - 1.2.3. Multidisciplinary work in football
  - 1.2.4. Invisible training
- 1.3. Team building
  - 1.3.1. Group vs. Equipment
  - 1.3.2. Identity
  - 1.3.3. Structure
  - 1.3.4. Group cohesion
- 1.4. Establishing objectives and roles within a team
  - 1.4.1. SMART objectives
  - 1.4.2. Group and individual objectives
  - 1.4.3. Who assigns roles within the team?
  - 1.4.4. Motivation and role
- 1.5. Attention and concentration in football
  - 1.5.1. What is attention?
  - 1.5.2. What is concentration?
  - 1.5.3. Influence of activation
  - 1.5.4. Attention focus in football
- 1.6. Leadership
  - 1.6.1. What is being a leader all about?
  - 1.6.2. Types of leadership in players
  - 1.6.3. Types of leadership in coaches
  - 1.6.4. Transformational leadership







- 1.7. Evaluation of a football team as a group
  - 1.7.1. Group Dynamics
  - 1.7.2. Sociogram
  - 1.7.3. Passing network map
  - 1.7.4. Data extraction and conclusions
- 1.8. Sports psychology in grassroots football
  - 1.8.1. Training or competition?
  - 1.8.2. Parent training
  - 1.8.3. Working on values
  - 1.8.4. Role rotation
- 1.9. Sports psychology for high performance
  - 1.9.1. Worchel's cyclic model
  - 1.9.2. Player self-awareness
  - 1.9.3. Working with the injured player
  - 1.9.4. Retirement in professional sports
- 1.10. Psychological work carried out by the coach
  - 1.10.1. Rules and regulations
  - 1.10.2. Communication
  - 1.10.3. Dealing with individual players
  - 1.10.4. Working with the injured player

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*You undertake different activities in the virtual campus, which will enable you to enhance your professional skills”*

# 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.*



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

### 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 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.



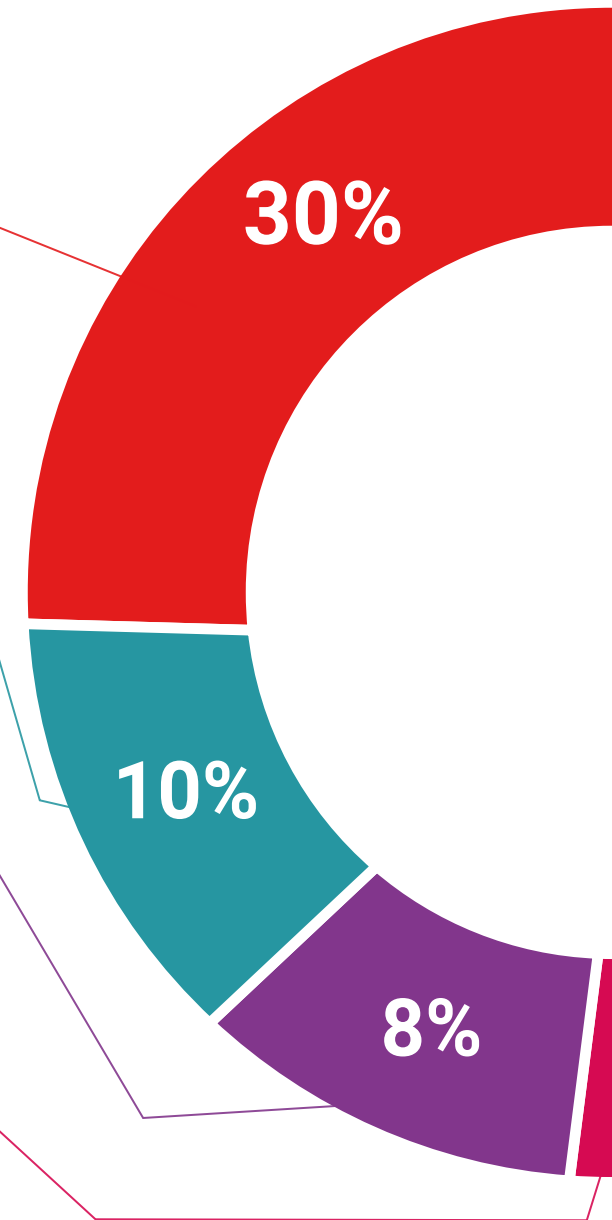
#### Practising Skills and Abilities

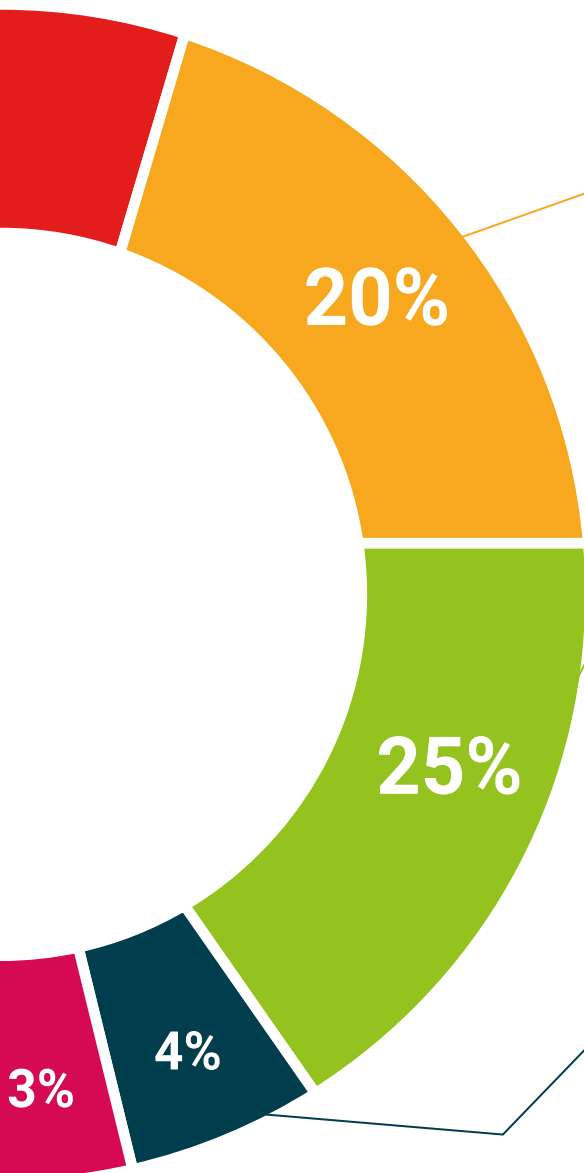
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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 Sports Psychology Applied to Football 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 Sports Psychology Applied to Football** 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 title**, 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.

Title: **Postgraduate Certificate in Sports Psychology Applied to Football**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**







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### Sports Psychology Applied to Football

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

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