Syllabus

Module 1: The Coach as Person

1.1 Coaching Roles and Competencies

1.2 The Psychological Well-Being of Coaches

Module 2: Beliefs

2.1 Beliefs

2.2 Self-Fulfilling Prophecy

Module 3: Emotional Management

3.1 Emotional Management

3.2 Training in Psychological Emotional Competencies

Module 4: Learning

4.1 The Fundamentals of Learning

4.2 The Learning Process

Objectives

Setting objectives will allow you to have a better idea of what you intend to achieve by the end of this course's teaching and learning process. But the purpose is even more specific: we indicate what you must achieve, so that this knowledge contributes your training goals.

In order to achieve these objectives, you must complete the entire process laid out in the different stages of the course.

If you work through the course material as indicated, you will be prepared to achieve the following objectives:

General objective

- Offer resources to the coaching staff to optimize the basic skills a coach must have for managing teams and players in training as well as competitions.

Specific objective

- Obtain a more in-depth understanding of the coach as a person.

Skills

We expect you to develop the following skills throughout the course:

General skills

- Teamwork and collaboration: the ability to work with teammates to achieve shared goals and the synergy of a high-performance group.
- Capacity for analysis/reflection: the ability to methodically examine the various aspects of a particular context or situation and make an assessment.
- Creativity and innovative knowledge-based solutions: the ability to find alternative solutions to existing problems based on formal knowledge.

Specific skill

- Acquire the capacity for self-awareness, both as a person and as a professional, to improve professional development in the role of coach.