Syllabus

MODULE 1: The Psychological Intervention Plan

Unit 1: Detecting Psychological Needs
Unit 2: Developing an Intervention Plan

MODULE 2: Psychological Assessment Techniques Adapted to the Coach

Unit 1: Techniques I
Unit 2: Techniques II

MODULE 3: Techniques for Psychological Intervention

Unit 1: Control of Thoughts and Sports Routines
Unit 2: Self-Instruction and the Key Word Technique

MODULE 4: Intervention Techniques in Sports Psychology II

Unit 1: Techniques for Relaxation and Activation
Unit 2: Visualization and Imagined Practice

Objectives

By establishing objectives, we give ourselves a clear idea of what we want to achieve once the teaching and learning process of this course has finished. But our aims are even more specific: we also want to establish what you will need to accomplish in order for this new knowledge to contribute to your educational goals.

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

Thus, if you work in the way suggested, you will be well-positioned to meet the following objectives:

General Objective:

- Obtain a holistic vision of the world of sports, and be able to establish strategies for intervention by utilizing different tools for working with the athlete's psychological variables.

Specific Objectives:

- Design different types of intervention strategies, taking athletes' individual characteristics into account, as well as the characteristics of their competition and the impact of the athletic routine in their lives.
- Become familiar with the tools available via sports psychology in order to discover the particular characteristics of the members within a sports institution, and thus, be able to create strategies for intervention.
- Offer tools that allow us to discover the depths of thought, and understand how athletes utilize different resources for achieving self-control, with the help of a sports psychology professional.
- Discover how the psychological variables related to activation and anxiety can be controlled by using different psychological techniques, with the aim of improving athletic performance.

Skills

The skills we hope you will develop throughout this course are:

General Skills

- Group and collaborative work: the ability to work with colleagues in order to accomplish shared goals and to achieve the synergy typical of a high performance group.
- The capacity of analysis/reflection: the capacity to methodically examine the different aspects of a certain reality or situation and to carry out an assessment of that situation.
- Creativity and innovative, knowledge-based solutions: the capacity to find alternative solutions to existing problems based on formal knowledge.

Specific Skill

- The ability to assist athletes in the management of their self-control and mastery of their thoughts, by using different psychological techniques. Develop methods for intervention in sports institutions, with the goal of creating a referential framework in-line with the desired tasks to be undertaken.