### PSYCHOLOGY IN HIGH-PERFORMANCE SPORTS (four-month course)

Course description: START DATE, 10/06/2020, DURATION 4 months, LEVEL Advanced, AVERAGE DEDICATION 6/8 weekly hours, DELIVERY MODE Online-based, DELIVERED IN English

In recent decades, different sports disciplines have undergone great advances at the educational level in relation to various aspects of sports performance, such as technique, tactics, strategy, nutrition, and physical education. However, despite being present in the discourse within sports communities, psychological training does not yet possess a formal place within the coaching staffs at professional clubs, associations, federations, national teams or training schools.

In an era where elite-level athletes display near-identical performance levels, who ends up gaining the advantage? Teams or individual athletes that possess optimal levels of mental strength.

In this Certificate, we propose working with athletes from a cognitive-behavioral perspective, the overarching psychological theory on which we will rely. We work with Sports Psychology authors that utilise elements of Cognitive Behavioral Psychology in order to modify athlete behaviour by revising the way they think and regulate their emotions.



### Expert advisors: Joaquín Valdés

Psychologist and Athletic Coach at FC Barcelona (2014-2017).

Professors:

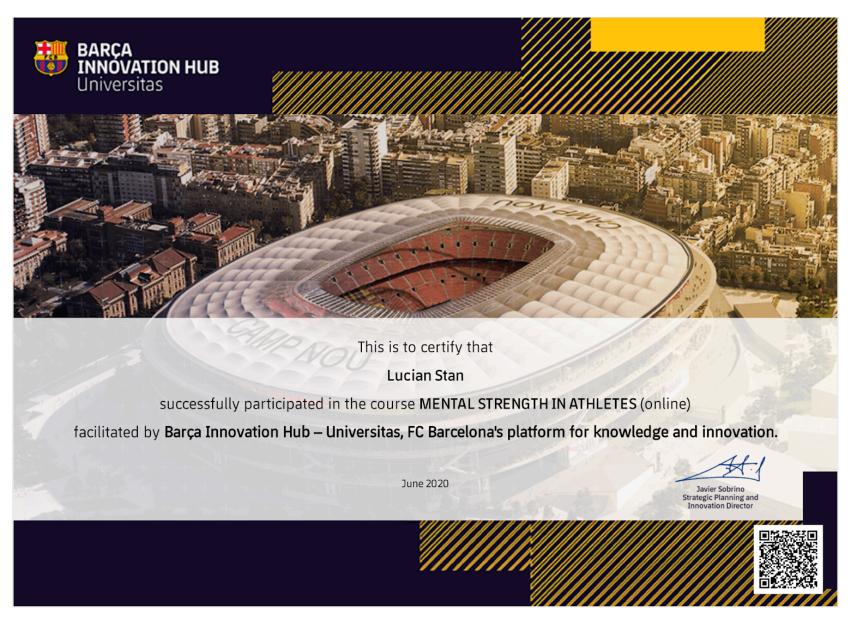
Lic. César Bernhardt Adviser on High Performance in Teams and Individuals. Lic. Claudio Vasalo Adviser on High Performance in Teams and Individuals.



MENTAL STRENGTH IN ATHLETES	PSYCHOLOGICAL KEYS IN TRAINING COMPETITION FOR
(Month1. Jun2020)	HIGH-PERFORMANCE SPORTS (Month2. Jul2020)
Module1. MENTAL STRENGTH IN INDIVIDUAL ATHLETES Unit 1. Attitudinal Development and Self-confidence Unit 2. Concentration Training Module2. MENTAL STRENGTH IN TEAM SPORTS Unit1. The Evolutionary Development from Group to Team Unit2. Threats to the Sports Team Module3. EMOTIONAL REGULATION AND THE SPORTS COACH Unit1. Emotional Regulation during Daily Training Unit2. Emotional Regulation during Sports Competition Module4. INTEGRATIVE READING	Module1. THE PERMANENT PHASES OF ATHLETIC TRAINING AND THEIR MENTAL KEYS Unit 1. Planning and Adherence. Characteristics and Particularities Unit 2. Sports Assessments. Characteristics and Particularities Module2. THE ALTERNATIVE PHASES OF ATHLETIC TRAINING Unit 1. The Learning of Abilities and Repetitive Practice. Mental Keys Unit 2. Exposure to Competitive Conditions and Specific Preparation for Competition. Mental Keys Module3. PSYCHOLOGICAL KEYS FOR SPORTS COMPETITION Unit 1. Pre-Competition and Sports Competition. Mental Keys Unit 2. Post-Competition in Sports and its Mental Keys Module4. INTEGRATIVE READING

ELITE ATHLETIC PERFORMANCE IN 3.0 ENVIRONMENTS	HIGH-PERFORMANCE LEADERSHIP
(Month3. Aug2020)	(Month4. Sep2020)
Module1. MANAGING DIVERSITY AND ELITE ATHLETIC PERFORMANCE Unit 1. Psycho-Social Traits of Generational Diversity in the Athletic Community Unit 2. C Module2. 21ST CENTURY EDUCATIONAL PARADIGMS INTEGRATED WITH INFORMATION AND COMMUNICATION TECHNOLOGIES IN SUPPORT OF ELITE ATHLETIC PERFORMANCE Unit1. The 21st Century Educational Paradigm and High Athletic Performance Unit2. Social Networks and High Athletic Performance Module3. TECHNOLOGICAL EQUIPMENT FOR TRAINING AND SPECIFIC PREPARATION FOR COMPETITION Unit1. Training Phases Integrated with Technological Devices for High Athletic Performance Unit2. Online Software for Managing Athletic Performance Module4. INTEGRATIVE READING	Module1. THE ROLE OF HIGH-PERFORMANCE LEADER Unit 1. The Principal Actions of the Leader Unit 2. Skills of the High-Performance Leader Module2. DIMENSIONS OF HIGH-PERFORMANCE LEADERSHIP Unit 1. Productivity Unit 2. Group Climate and Individual Development Module3. THE COMMUNICATIONAL TOOLS OF THE HIGH-PERFORMANCE LEADER Unit 1. The Personal Interview Unit 2. Group Meetings Module4. INTEGRATIVE READING

MENTAL STRENGTH IN ATHLETES (Month1. June 2020)

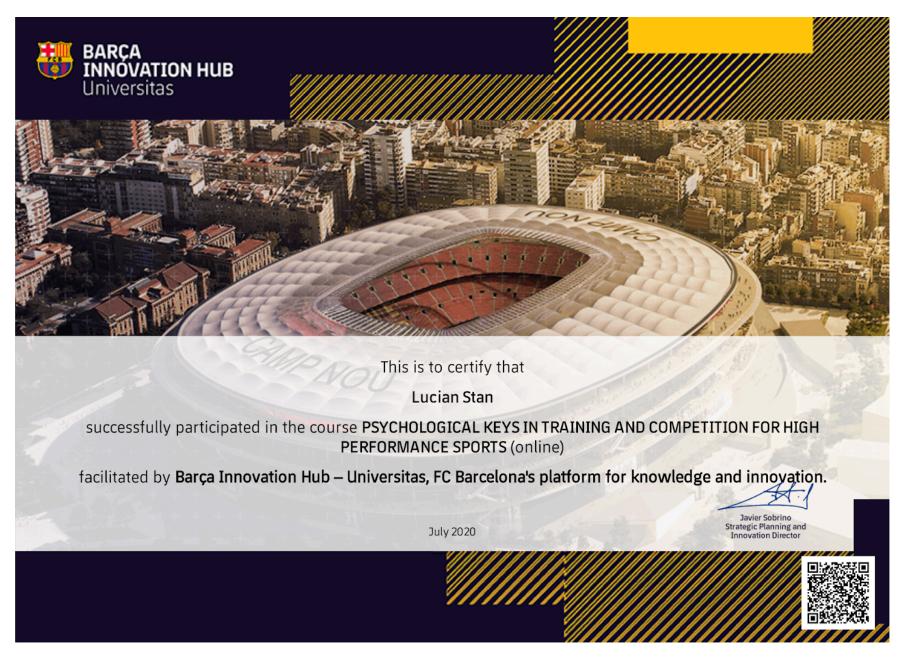


# **MENTAL STRENGTH IN ATHLETES** (Month1. June 2020)

Module1. MENTAL STRENGTH IN INDIVIDUAL ATHLETES	Module2. MENTAL STRENGTH IN TEAM SPORTS
Unit 1. Attitudinal Development and Self-confidence 1.1.1. Challenging Attitude and its Cognitive-Emotional Components 1.1.2. Blocked/ Explosive Attitude and its Cognitive-Emotional Components 1.1.3. Avoidant and Apathetic Attitude and its Cognitive-Emotional Components	Unit 1. The Evolutionary Development from Group to Team 2.1.1. The Forming Phase. Characteristics and Particularities. 2.1.2. The Storming Phase. Characteristics and Particularities. 2.1.3. The Norming Phase. Characteristics and Particularities. 2.1.4. The Performing Phase. Characteristics and Particularities.
<ul> <li>1.1.4. Quitting Attitude and its Cognitive-Emotional Components</li> <li>Unit 2. Concentration Training</li> <li>1.2.1. Attentional Scope and Direction</li> <li>1.2.2. Attentional Focuses and Competitive State</li> <li>1.2.3. Internal and External Distractions</li> <li>1.2.4. Attention Training and Mental Strength</li> </ul>	Unit 2. Threats to the Sports Team 2.2.1. Social Loafing 2.2.2. Anonymity 2.2.3. General Principles of Reward 2.2.4. Results-focused Culture

Module3. EMOTIONAL REGULATION AND THE SPORTS COACH	Module4. INTEGRATIVE READING
Unit 1. Emotional Regulation during Daily Training 3.1.1. The Coach's Emotional Influence 3.1.2. The Coach's Emotional Demand 3.1.3. The Coach's Emotional Resources 3.1.4. The Coach's Emotional Preparation Unit 2. Emotional Regulation during Sports Competition 3.2.1. The Emotional Demands of Competitions and Teams	Integrative Reading
<ul><li>3.2.2. Healthy and Unhealthy Emotional States for the Sports Coach</li><li>3.2.3. Managing States of Euphoria and Anger in the Sports Coach</li><li>3.2.4. Managing States of Depression in the Sports Coach</li></ul>	

#### PSYCHOLOGICAL KEYS IN TRAINING COMPETITION FOR HIGH-PERFORMANCE SPORTS (Month 2. July 2020)



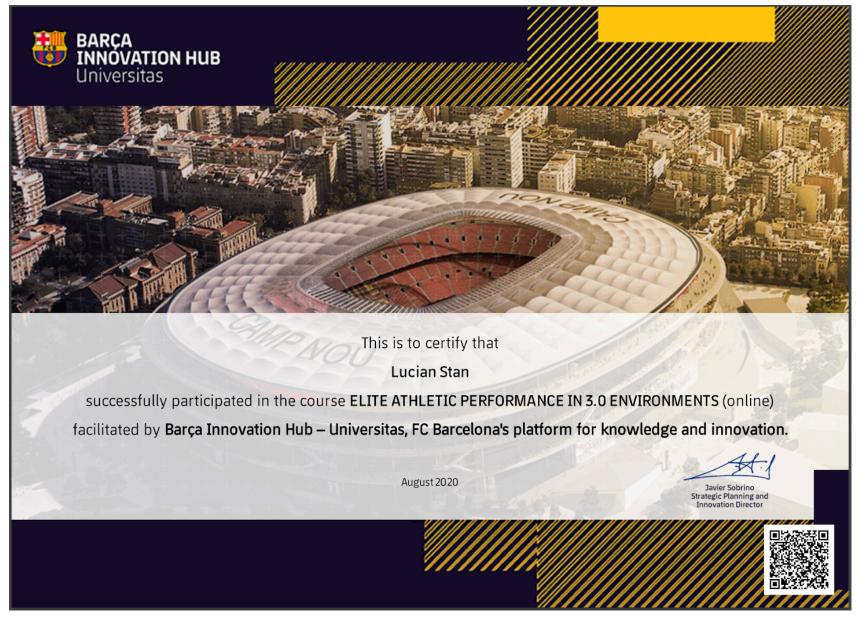
# PSYCHOLOGICAL KEYS IN TRAINING COMPETITION FOR HIGH-PERFORMANCE SPORTS (Month 2. July 2020)

Module1. THE PERMANENT PHASES OF ATHLETIC TRAINING AND THEIR MENTAL KEYS	Module2. THE ALTERNATIVE PHASES OF ATHLETIC TRAINING
Unit 1. Planning and Adherence. Characteristics and Particularities 1.1.1 Types of Sports Planning 1.1.2 Quantitative and Qualitative Attendance in Athletic Training 1.1.3 Behavioral Definition for Adherence Indicators. Observation and Record Keeping 1.1.4 Mental Keys for Promoting Adherence to Athletic Training Unit 2. Sports Assessments. Characteristics and Particularities 1.2.1 Quantitative and Qualitative Assessments of Athletic Performance	Unit 1. The Learning of Abilities and Repetitive Practice. Mental Keys 2.1.1 Behavioral Definition of Abilities to Incorporate, Refine and Eliminate 2.1.2 Mental Keys for Ensuring an Effective Learning Process 2.1.3 Behavioral Definition of Abilities to Consolidate 2.1.4 Mental Keys for Ensuring Effective Repetitive Practice Unit 2. Exposure to Competitive Conditions and Specific Preparation for Competition. Mental Keys
<ul><li>1.2.2 Self-Assessment and External Assessment. Comparative</li><li>Measurements</li><li>1.2.3 Behavioral Assessment of Athletes</li><li>1.2.4 Frequency of Sports Assessments</li></ul>	<ul><li>2.2.1 Behavioral Definition of Abilities to Put into Habitual Practice</li><li>2.2.2 Mental Suggestions for Optimizing the Exposure to Competition</li><li>2.2.3 Competition-Specific Preparation</li><li>2.2.4 Psychological Benefits of Competition-Specific Preparation</li></ul>

Module3. PSYCHOLOGICAL KEYS FOR SPORTS COMPETITION	Module4. INTEGRATIVE READING
Unit 1. Pre-Competition and Sports Competition. Mental Keys 3.1.1 Pre-Competition Emotional Regulation 3.1.2 Reviewing the Competitive Knots. Focus on the Competitive Plan 3.1.3 Attentional Management during Sports Competition 3.1.4 Intrapersonal and Interpersonal Communication during Competition Unit 2. Post-Competition in Sports and its Mental Keys 3.2.1 Managing Dysfunctional Emotional States 3.2.2 The Attentional Readaptation Period 3.2.3 The Emotional Recovery Routine	Integrative Reading
3.2.4. The Value of the Personal Time vs. Work Time Balance	

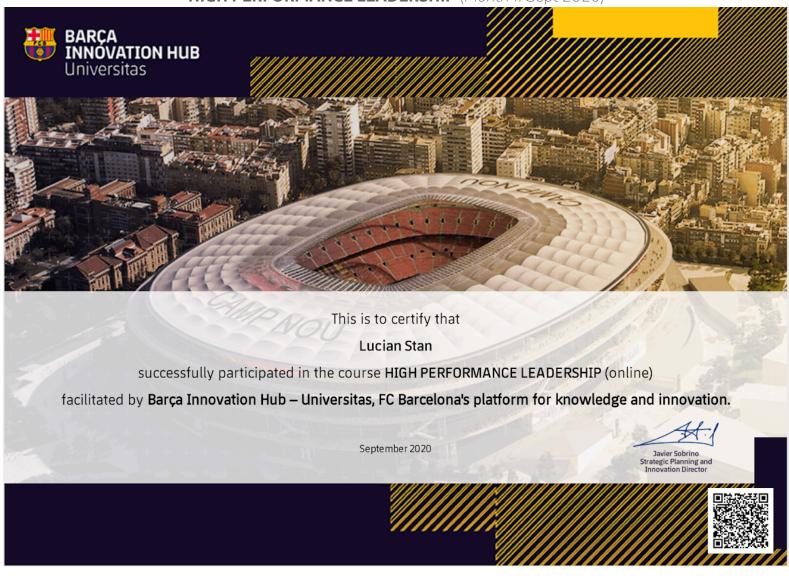
3.2.4 The Value of the Personal Time vs. Work Time Balance





### ELITE ATHLETIC PERFORMANCE IN 3.0 ENVIRONMENTS (Month3. August 2020)

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Module1. MANAGING DIVERSITY AND ELITE ATHLETIC PERFORMANCE	Module 2. 21ST CENTURY EDUCATIONAL PARADIGMS INTEGRATED WITH INFORMATION AND COMMUNICATION TECHNOLOGIES IN SUPPORT OF ELITE ATHLETIC PERFORMANCE
<ul> <li>Unit 1.1 Psycho-Social Traits of Generational Diversity in the Athletic Community</li> <li>1.1.1 Baby Boomers (born between 1944 – 1960)</li> <li>1.2 Generation X (born between 1961 – 1980)</li> <li>1.3 Generation Y (born between 1981 – 2000)</li> <li>1.4 Generation Z (born between 2001 and the present)</li> </ul> Unit 1.2 Generational Diversity in Training Processes and Competition <ul> <li>1.2.1 Interpersonal Communication Map in Generational Diversity, Adapted to Training Processes and Sports Competition</li> <li>1.2.2 Map for Managing Conflicts in Generational Diversity, Adapted to Training Processes and Sports Competition</li> <li>1.2.3 Descriptive Feedback on Performance in Generational Diversity, Adapted to Training Processes and Sports Competition</li> <li>1.2.4 Reinforcement Policies in Generational Diversity, Adapted to Training Processes and Sports Competition <ul> <li>1.2.4 Reinforcement Policies in Generational Diversity, Adapted to Training Processes and Sports Competition</li> </ul></li></ul>	<ul> <li>Unit 2.1 The 21st Century Educational Paradigm and High Athletic Performance</li> <li>2.1.1 Planning the Teaching Process – Athletic Learning for 3.0 Athletes</li> <li>2.1.2 Adherence to Athletic Behavior Training via Competency-based Management</li> <li>Models (Adapted from the Field of Business Management)</li> <li>2.1.3 Transferring Athletic Behavior to its Competitive Situation via Specific Behavioral Indicators</li> <li>2.1.4 Assessing the Athletic Teaching-Learning Process for 3.0 Athletes</li> <li>Unit 2.2 Social Networks and High Athletic Performance</li> <li>2.2.1 Social Networks with Audio-Visual Impact as Modelers for the Acquisition and Consolidation of Athletic Skills</li> <li>2.2.2 Social Networks with Audio-Visual Impact as Channels of Feedback for the Execution of Athletic Behavior in Competitive Situations</li> <li>2.2.3 Social Networks with Communicational Impact as Facilitators of Coaches' and Athletes' Active Involvement in the Resolution of Specific Sports Situations</li> <li>2.2.4 Social Networks and the Increase of the Audience Effect Implications for Athletes – Coaching Staffs – Directors – the Global Community</li> </ul>
Module3. TECHNOLOGICAL EQUIPMENT FOR TRAINING AND SPECIFIC PREPARATION FOR COMPETITION	Module4. INTEGRATIVE READING
<ul> <li>Unit 3.1 Training Phases Integrated with Technological Devices for High Athletic Performance</li> <li>3.1.1 Video Game Consoles – Mobile Apps and Attentional Focus Training – Modeling and Shaping of Abilities.</li> <li>3.1.2 Headphones - Underwater Headphones and Repetitive Practice in the Presence of Distractions.</li> <li>3.1.3 Simulators as a Rehearsal for Competitive Conditions.</li> <li>3.1.4 GoPro Cameras and Pre-Competition-Specific Preparation.</li> <li>Unit 3.2 Online Software for Managing Athletic Performance</li> <li>3.2.1 Online Handicap Software: Detecting the Needs, Interests, and Preferences of Athletes, Coaches, and Sports Communities in General, via Real-Time Online Surveys.</li> <li>3.2.2 Online Performance Software: Athletes' and Coaches' Level of Skill Mastery, via Real-Time Online Performance Assessments (in 90°, 180°, and 360° formats)</li> <li>3.2.3 Online "Gol" Software: Athletic Skill Training based on Cognitive Indicators and Automatic Behavior Feedback, via Individual Dashboards Customized for Diverse Athletic Disciplines and Competitive Levels.</li> <li>3.2.4 Integrated Scouting Image Editing Software – Real-Time Statistics – Simultaneous "Streaming" Transmissions and Their Implications on Pre-Competition, Competition, and Post-Competition Phases.</li> </ul>	Integrative Reading



HIGH PERFORMANCE LEADERSHIP (Month4. Sept 2020)

#### HIGH-PERFORMANCE LEADERSHIP (Month4. Sep2020)

Module1. THE ROLE OF HIGH-PERFORMANCE LEADER	Module2. DIMENSIONS OF HIGH-PERFORMANCE LEADERSHIP
Unit 1: The Principal Actions of the Leader	Unit 1: Productivity
1.1.1 Situational Foresight	2.1.1 The Philosophy of High Performance
1.1.2 Behavioral Guidance	2.1.2 Defining, Assigning and Taking on Roles
1.1.3 Managing the Leader's and the Team Members' Ideas	2.1.3 Principles for Establishing Objectives
1.1.4 Managing the Leader's and Team Members' Emotions	2.1.4 Performance, Results and Reinforcements
Unit 2: Skills of the High-Performance Leader	Unit 2: Group Climate and Individual Development
1.2.1 Interpersonal Skills	2.2.1 Internal Norms for Coexistence
1.2.2 Intrapersonal Skills	2.2.2 Task Cohesion and Social Cohesion
1.2.3 Observations and Record Keeping	2.2.3 Team Communication Training
1.2.4 The High-Performance Leader's Visibility and Operational Distance	2.2.4 The Career Plan and Personal Vision of Each Team Member

Module3. THE COMMUNICATIONAL TOOLS OF THE HIGH-PERFORMANCE LEADER	Module4. INTEGRATIVE READING
Unit 1: The Personal Interview	Integrative Reading

3.1.1 Situational Framework for the Personal Interview

3.1.2 Phases of the Personal Interview

3.1.3 Types of Personal Interview

3.1.4 Suggestions for Implementing Personal Interviews

Unit 2: Group Meetings

3.2.1 Situational Framework for Group Meetings

3.2.2 Phases of Group Meetings

3.2.3 Types of Group Meetings

3.2.4 Suggestions for Implementing Group Meetings