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CERTIFICATE

SPORT PSYCHOLOGY FOR ATHLETES DEVELOPMENT

100% ONLINE • 4 MONTHS

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For an athlete, going into a competition means giving it their all. What is being dealt with is the fine-tuning of their physical conditions in a variable environment, with the objective of achieving the best possible performance. All too often, the athlete, capable of sweating it out and overcoming pain and fighting exhaustion, is aware that, ultimately, the most significant effort comes from a muscle called the MIND, which, of course, must also be trained.

In this sense, as professionals who interact with athletes, we must be able to understand an athlete's holistic development, including the biophysical and psychosocial domains, and we must be able to apply this knowledge to training.

In the Certificate in Sport Psychology for Athletes Development, Ana Merayo covers the main tools that will enable you to provide better support to high-level athletes. You will learn how to work within and with the different areas, so that the athlete can perform at their highest in all environments and increase their talent and success as a result.

Upon completion of this certificate, you will know how to holistically support an athlete, taking into account the diverse facets that make up a player's life.

Ana Merayo García

EXPERT INSTRUCTOR



Sports Psychologist. Instructor.
Coordinator of the SAIE (Service for Comprehensive Athlete Care) at Masia 360, FC Barcelona.



- **DELIVERY MODE ONLINE**
- **DURATION 4 MONTHS**
- **ACADEMIC DEGREE EXECUTIVE EDUCATION**
- **DELIVERED IN ENGLISH, PORTUGUESE, SPANISH**



OBJECTIVE

Developing and driving competencies to obtain tools that allow better support for the high-level athlete with the final objective of achieving the highest performance in all areas.

TARGET AUDIENCE

- Psychologists, therapists, and team coaches
- High performance sports physicians
- Coaches
- Rehabilitation specialists
- Physiotherapists, all modalities
- Physical Trainers
- Sports delegates
- Management
- Athletes' parents
- Specialists in team sports training with non-university education
- Professionals, athletes and persons working with athletes and sports teams

LEARN TO

- Acquire a holistic view of the sports world to focus on the prevention of risky situations, through knowledge of the context and the actors in the different sports environments.
- Work in a team and generate communication channels between multidisciplinary teams.
- Manage specific strategies to support a dual career and understand the different transitions in an athlete's life.
- Manage different techniques for psychological interventions adapted to an athlete's needs.
- Implement intervention strategies to train high-performance athletes in attention, concentration, and motivation, as well as the management of variables to control anxiety and stress.

COURSES

The Certificate is composed of four one-month courses. This Certificate is completed sequentially (the course is enabled and each course is completed over a month).

Systemic model

Sports career model I and II

THE LIFE OF AN ELITE ATHLETE

Dual career

Examples of intervention in different transition stages of an athlete's life

Attention and concentration

Motivation

PSYCHOLOGICAL VARIABLES AND SPORTS PERFORMANCE

Anxiety and stress

Self-confidence

Psychological Intervention Plan

Psychological intervention techniques adapted to coaches

PSYCHOLOGICAL INTERVENTION TECHNIQUES

Psychological intervention techniques 1

Psychological intervention techniques 2

The sports environment

The family environment

CONTEXTUALIZING THE ELITE ATHLETE ENVIRONMENT

Importance of communication in the sports environment

Training and competition

EXPERIENCE

All your learning experience will take place in an online platform where you will find all the resources you need to study:

LECTURES

which address the main topics.

VIDEOS

that deepen some subjects of the readings.

ACTIVITIES

to apply the content addressed in each module.

RUBRICS

that will evaluate you in each module.

ONLINE EXPERT

In every course, you will have the support and virtual follow-up of a subject-matter expert. This online expert will perform interventions throughout the different modules to ensure your learning, as well as the interaction with the rest of your peers.

In addition, he will be available in the forum and by internal messaging so that you can appeal to him as many times as you need.

FORUMS

where you can interact with your colleagues.

SELF-ASSESSMENTS

which will help you measure your learning progress.



BENEFITS

- **World-class content, designed by experts and sports-industry oriented for an immediate impact.**
- **Round-the-clock access to study material, wherever you want and from any device.**
- **Custom feedback for every individual and teamwork activity.**
- **Spaces of discussion and interaction with industry professionals from all over the world.**
- **Certificate of participation for each course, issued by Barça Innovation Hub - Universitas. If you pass each of the courses that make up the program, and complete and pass the comprehensive final exam, you will also receive a verified certificate of completion for the entire program, with confirmation of identity, issued by Barça Innovation Hub - Universitas.**



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