



**BARÇA
INNOVATION HUB**
Universitas

CERTIFICATE

PSYCHOLOGY FOR SPORTS COACHES IN HIGH PERFORMANCE

100% ONLINE • 4 MONTHS

Learn from the best
Enjoy a unique educational experience
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**VYSOKÁ ŠKOLA
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As coaches, our role goes beyond teaching the technical, tactical, and physical aspects of the game to our players. We must understand and master the psychological aspects of each player, and of the team as a whole, in order to train and compete in the best possible conditions. Knowing oneself as a professional and as a person, and understanding the best techniques for optimizing the psychological variables involved in athletic performance, are key for achieving top performance – for ourselves, each of our players, and the team as a whole.

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, SPANISH, PORTUGUESE**



OBJECTIVES

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

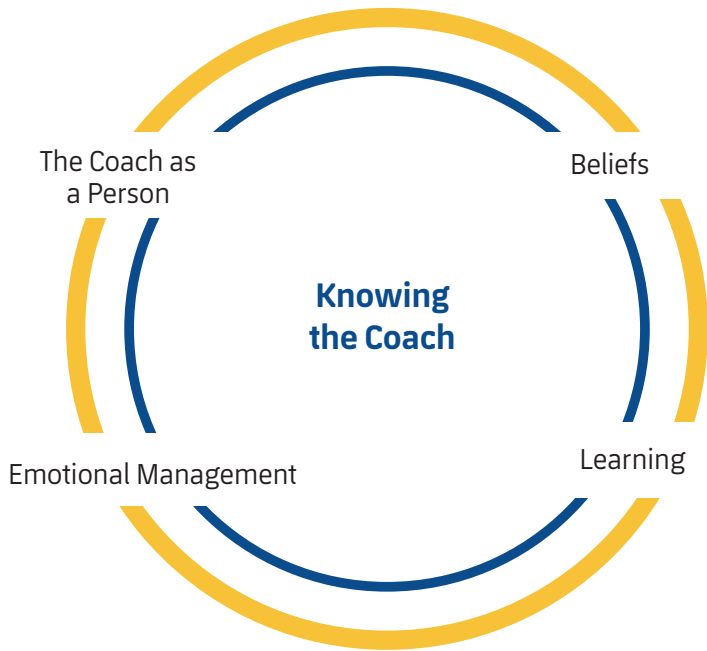
AIMED AT

- Coaches, physical trainers, and sports psychologists who work directly with the coaching staff.

LEARN TO

- Develop self-knowledge, both on the personal and professional level for a better work performance in coaching roles.
- Use the appropriate tools to develop effective leadership in the management of groups and individuals.
- Manage strategies and techniques to optimize athletes' psychological variables.
- Acquire specific strategies for resolving specific situations that arise in the athletic environment on a regular basis.

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).



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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**CREATING A NEW GENERATION OF
SPORTS PROFESSIONALS**

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