



**BARÇA
INNOVATION HUB**
Universitas

COURSE

KNOWING THE COACH From a Sports Psychology Perspective

100% ONLINE • 1 MONTH

Learn from the best
Enjoy a unique educational experience
Become part of a global network

barcainnovationhub.com

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.

**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 1 MONTH**
- **ACADEMIC DEGREE EXECUTIVE EDUCATION**
- **DELIVERED IN ENGLISH, SPANISH, PORTUGUESE**

SYLLABUS

MODULE 1: The Coach as a Person

Unit 1: Coaching roles and competencies

Unit 2: The psychological wellbeing of coaches

MODULE 2: Beliefs

Unit 1: Beliefs

Unit 2: Self-fulfilling prophecy

MODULE 3: Emotional Management

Unit 1: Emotional management

Unit 2: Training in psychological emotional competencies

MODULE 4: Learning

Unit 1: The fundamentals of learning

Unit 2: The learning process

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, issued by Barça Innovation Hub - Universitat.**

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BARÇA INNOVATION HUB

**CREATING A NEW GENERATION OF
SPORTS PROFESSIONALS**

