



COURSE

PSYCHOLOGICAL VARIABLES AND SPORTS PERFORMANCE

100% ONLINE • 1 MONTH

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

AIMED AT

- 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

- Generate training environments where subject-athletes have control over the psychological variables and not the other way around, by generating specific coping tools whereby complex situations can be identified and overcome.

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, PORTUGUESE, SPANISH**

SYLLABUS

MODULE 1: Attention and concentration

- Unit 1: Attentional models and theories
- Unit 2: Attention and concentration training

MODULE 2: Motivation

- Unit 1: Motivation: models and theories
- Unit 2: The coach's role and motivational techniques

MODULE 3: Anxiety and stress

- Unit 1: Concepts and definitions of anxiety and stress
- Unit 2: Techniques for working on anxiety and stress

MODULE 4: Self-confidence - Resilience

- Unit 1: Concepts and definitions
- Unit 2: Techniques/Tool for working on self-confidence

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.**



BARÇA INNOVATION HUB

**CREATING A NEW GENERATION OF
SPORTS PROFESSIONALS**