



**THE BEHAVIOUR
INSTITUTE**

Diploma in Sports Psychology Accredited Online Course



**“GOLD MEDALS AREN’T REALLY MADE OF GOLD.
THEY’RE MADE OF SWEAT, DETERMINATION, AND A
HARD-TO-FIND ALLOY CALLED GUTS.”**

–DAN GABLE



Diploma in SPORTS PSYCHOLOGY



Sports psychology is one of the fastest-growing fields within competitive sport. We have only recently begun to realize the importance as well as powerful benefits associated with understanding and mastering the mind. Unquestionably, the mental component of sport is invariably important. The difference between winning and losing often comes down to the mental toughness of the athlete.

Generally speaking, we live in a sport-loving society. Industry analyst Plunkett Research Ltd. estimates that the U.S. sports market generates \$400 billion in revenue in a typical year ever from ticket sales for major league games to equipment sold in sporting goods stores.



Diploma in Sports Psychology



Salaries for sports psychologists depend on the amount of education and training the professional has, as well as the clientele that the psychologist attracts. According to the U.S. Bureau of Labor Statistics (BLS), the average salary for psychologists, all others, including sports psychologists, is \$88,400 per year in May 2013. Of course, sports psychologists who work with professional athletes will be among the highest-paid.

Our 6-month online course in Sport Psychology will help you gain expertise in this growing field, and provides you with an opportunity to increase knowledge, allowing you to choose a professional career with an excellent employment outlook. Whether you are just starting off, a professional, or an instructor, this course is specifically designed to provide a solid foundation in the fastest-growing field of Sport Psychology.



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LEARNING OBJECTIVES AND COURSE BENEFITS.

Students will be able to describe, discuss, apply, and evaluate the major theories of psychology within the context of sport and exercise. With interactive hands-on activities, students will also be able to visualize the concepts in action, enhancing their learning.

This course is a scientific study of the psychological factors associated with participation and performance in sports activities. Emphasis will be placed on how psychological principles, theories, and research can be used to understand and enhance sports performance from a practical viewpoint. Topics will include historical and theoretical perspectives of sport psychology, research methods, and the relationship between sports performance and various personality, motivational, and social psychological variables.



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Knowledge:

**BY THE END OF THIS COURSE STUDENTS
WILL HAVE A BETTER UNDERSTANDING
OF HOW AND WHY:**

Origins of Sport Psychology, its development over time along with various theories. This will enhance your understanding and lay a solid foundation.

You will have an increased understanding of what motivates athletes, with relevant practical know-how about various techniques as well as theories.

How to effectively deal with Stressful situations that athletes encounter during the course of their career. Be able to know various research methods and various leadership roles in sport psychology, and how to effectively deal with athletes who face burnout situations or face injuries.



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Skills

By the end of this course students will have developed the ability to:

Help build a career in Sport Psychology and how to conduct assessments of athletes.

Understand how to motivate athletes by effectively applying various theories of motivation.

Understand and apply various techniques in dealing with stressful situations and how to cope with anxiety-related matters.

Understand effective ways to exercise and apply visualization-related techniques and how athletes can benefit from them.

You will have developed the skills to perform counseling among athletes and provide recommendations regarding the dangers of drug and steroid use.

Understand various relaxation and hypnosis concepts and successfully apply them in various situations.



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Abilities:

By the end of this course students will have developed a deep understanding of:

Psychological theories and research methodologies for the enhancement of performance in sports, e.g., personality, motivation and emotion, physiology, and socio-cultural factors.

Compare and contrast psychological theories and research related to sport and exercise behavior.

Explore the various skills involved in developing emotional and mental control: anxiety & arousal, anger management, concentration, imagery, and confidence.

Integrate effective goal-setting practices within their own lives.

Examine and apply to current trends in sports and fitness: the various pitfalls of eating disorders, substance abuse, and addictive behaviors.



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Course Content

What is sport psychology?
Theories of performance
Origins of Sports Psychology
Assessment of athletes
Skills of a Sports
Psychologist
Neuropsychology and sport
Motivation theories
Burnout
Excellence in coaching
Arousal and Performance
Mental conditioning
Goal setting
Mental Rehearsal.
The Relationship between
Anxiety and Performance



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Course content

Unit 2.

- Neuropsychology and Sport
- Cognitive-Motor Learning and Skills Acquisition
- Motivation theories – how motivations affect – The Cognitive Advantage
- Direct Perception Approaches
- Motor learning
- Cognition
- Attention
- Tactile – Kinesthetic Learning and Styles





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Unit 3.

Anxiety, Arousal, and Stress Relationships.

- Differentiating among the terms Anxiety, Arousal, and Stress
- The Multidimensional Nature of Anxiety
- Antecedents of Anxiety
Measurement of Anxiety
.Time-to-event nature of Precompetitive Anxiety
- The Relationship between Anxiety and Performance
Heart Activity and Heart Rate Deceleration/Variability
Biofeedback
- Sport Psychophysiology
- Sports Biofeedback



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Unit 4.

PSYCHOLOGICAL INTERVENTION FOR SPORTS INJURIES AND ILLNESSES.

- ATHLETES PSYCHOLOGICAL
- RESPONSE TO INJURY
- PSYCHOLOGIST ROLE IN PROVIDING
- SOCIAL SUPPORT
- PREDICTORS OF INJURY
- PHYSICAL RESPONSE TO STRESS
- .EMOTIONAL RESPONSE TO STRESS
- BURNOUT
- PSYCHOLOGICAL EFFECTS OF INJURY
- .PSYCHOLOGICAL FACTORS OF
- REHABILITATION PROCESS
- IMPROVING HEALING PROCESS



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COURSE DELIVERY & ASSESSMENT

The course is delivered completely online through our website. Each unit comprises reading material, short videos, and slide presentations. There are two written assignments for this course to be submitted at the end of Unit 2 and the end of 4.

You will find the assignment questions on your dashboard. The questions are straightforward and relate directly to the reading material.

Your course tutor is available by email to answer any questions that you may have relating to the course material



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Registration

No formal educational qualifications are necessary to participate.

Once payment is received we will register you to begin the course immediately. We will send you the course log-in details by email and you can log straight into the course dashboard where all the course materials are contained.

The cost of £395 is the total cost of the training, this includes the Diploma which is emailed to you on successful completion of the course. There are no extra or hidden charges. Your tutor is available by email to answer any questions relating to the course and assignments.

[Click here to go to register](#)