

## **MODULE 1. PSYCHOLOGY IN THE SPORTS CONTEXT**

- Psychological intervention in the sporting context
- Definition of scopes of intervention and therapeutic relationship
- Objectives of intervention towards different sports agents
- Clinical psychology in sport
- Diagnostic and intervention techniques and instruments

## **MODULE 2. APPLIED PSYCHOLOGY**

- Sport as a means of developing skills
- Psychological skills training
- Observation in a sporting context
- Training methodologies and performance analysis

## **MODULE 3. PERSONALITY AND SELF-KNOWLEDGE**

- The Personality – Behavior relationship in the sporting context
- The Self and its constructions: Analysis of the “self” - primary and secondary mechanisms.
- Resilience, protective factors, risk and vulnerability.

## **MODULE 4 . SELF-CONFIDENCE - HOW IT INFLUENCES AND IS INFLUENCED BY THE SPORTING CONTEXT**

- How you see yourself and what path you are willing to take (strategies of (self) analysis and (self) confrontation);
- Assume your individuality in the group context;
- Factors that influence self-confidence;
- Analysis of the impact of expectations on daily performance.

## **MODULE 5. MOTIVATION AS AN ENGINE FOR SPORTS ENGAGEMENT AND PERFORMANCE**

- Analysis of the motivational orientation profile
- Motivation and causal attributions – Locus of control and causality
- Creation of motivational strategies to overcome personal and situational constraints

## **MODULE 6. EMOTIONAL COMPETENCE**

- Knowledge, regulation and expression of emotions;
- Anxiety and its management;
- Emotional regulation strategies;
- Coping as a tool for dealing with adversity.

## **MODULE 7. COACH PERSONALITY AND IDENTITY**

- The role of the Coach and Psychology
- Psychological work with the Coach and the Team
- Personality characteristics of the Trainer
- Development of a professional identity

## **MODULE 8. LEADERSHIP IN SPORT**

- The role of the leader in the sporting context
- The leader in training vs the leader in performance
- The role of beliefs
- Leadership styles
- Psychological impact of pre- and post-competition communication.

## **MODULE 9. ESSENTIAL COMPETENCIES OF A LEADER**

- Inter and intrapersonal relationship
- Personal and professional development techniques
- Emotional management of the Coach and Team
- Communication resources of the leader;
- The creation of a motivational climate tailored to each team;
- Evaluation assessment of the Coach.

## **MODULE 10. RELATIONSHIP MANAGEMENT**

- Coach – Staff – Technical Team Relationship
- Coach – Athlete Relationship
- Coach Relationship – Families/Businesspeople
- Coach – Psychologist Relationship

## **MODULE 11. THE TEAM: BUILDING, DEVELOPMENT AND COHESION**

- Phases and types of a team/group
- Unity and construction of a team identity
- Conflict management in a sports team
- Negotiation and management strategies and techniques

## **MODULE 12. BUILDING AND DEVELOPING SUCCESSFUL TEAMS**

- Principles and characteristics of winning teams;
- Ability to create a common identity, sense of sharing and reciprocal attraction;
- The (inter)dependence of individual and collective performance;
- Practical cases.