



**PAN
AFRICAN**
Learning and Growth Network

SPORTS PSYCHOLOGY TRAINING

REGISTRATION
FEES

K700,000

PER PERSON |
VAT EXCL.

27-28
FEBRUARY
2025

FROM
8:00
TILL 4PM

**NATIONAL BANK OF
MALAWI LEARNING CENTRE**
BLANTYRE, MALAWI.

BE IN TOUCH

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COURSE OVERVIEW

Sports psychology is the study of how psychology influences sports, athletic performance, exercise, and physical activity. The Sports Psychology short training explores cognitive processes related to sports performance to help you gain a better understanding of how thought processes can affect an athlete's behavior. Explore the roles that emotions, motivation, self-confidence, self-talk, emotional control and concentration play in sports performance. Learn how thought processes can affect an athlete's behavior and build skills that will enable you to profile athletes and understand the drivers behind sports performance.

Sports psychology is an ever changing and dynamic field of work. Having the role of a soft skills Sports Psychologist does differ to that of a licensed Sports Psychologist as you are not permitted to treat psychological disorders. However, having the fundamental knowledge of a sports psychologist will allow you to coach in a sports or in the fitness arena and have deeper knowledge of how to handle an array of different personalities.

Up your game in the fitness or sports arena and find out what makes an athlete tick. Enquire now about the Sports Psychology Course.

The field of Sport Psychology is an interesting and ever-evolving area in the world of sports. The role of a soft skills sports psychologist differs significantly from that of a licensed sports psychologist in that soft skills sports psychologists are not permitted to identify and treat psychological disorders. Rather, soft skills sports psychologists deal with individual issues that reach further than the scope of a sports coach.

Pan African Learning and Growth Network (PALGNET) is offering you an opportunity to delve in deeper into what the psychology of a sports person is. After completion of the course, you will gain a deeper understanding of what makes a sportsman or -woman tick. In so doing, you'll help them to improve their performance by allowing them to overcome any mental obstacles they may have to succeeding as an athlete.

Being a soft skills sports psychologist will allow you to work with professional sports teams as well as in high schools and amateur leagues. We highly recommend this course to anyone who wants to have a deeper understanding of sportsmen and -women, wants to have flexibility of having a diverse clientele.



WHAT IS SPORTS PSYCHOLOGY

Sports psychology explores how physical activity and mental well-being intersect and affect the psychological and physical well-being of athletes. Sports psychologists help athletes maintain high levels of performance by prioritizing mental fitness.

WHO IS THIS COURSE FOR

The Sports Psychology short course has been designed and developed by experts in the field of psychology. The course is for anyone needing to up skill in this area including Sports Coaches, Sport Managers, Team Leaders and Sports Teachers. This course is for you if you want to learn about psychological theory and how cognitive processes are related to sports performance.

WHAT YOU WILL LEARN

Thought Processes and Self-talk

- Learn about cognitive processes related to sports performance, how thought processes can affect an athlete's behavior and how constructive self-talk can positively influence an athlete's performance.
- Gain an understanding of the theoretical principles behind thought and behavior.

Emotional Management in Sport

- Explore theories of motivation, its subtypes and the role motivation can play in enhancing sports performance.
- Explore the differences between arousal, stress, and anxiety, specifically focusing on how to understand and manage these to improve performance.

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COURSE OUTCOMES

By the end of this short course you will be able to understand:

- How to deal with discrimination in sports.
- How to get people to foster personal motivation.
- The benefits of recreation and leisure activities
- Explain the role of thought and develop constructive self-talk.
- Define theoretical principles and subtypes of motivation.
- Describe how arousal, stress and anxiety affect sports performance and how to manage it
- Understand the importance of emotional control in sports performance.
- Apply your understanding of self-confidence to develop confidence in athletes.
- Describe the difference between focus and concentration and enhance attention in sports performance.
- That Mental skills are required for successful sports performance
- A sports coach's role in mental skills training
- The role of a sports psychologist
- How to work with groups, teams and individuals in a sporting environment.
- How to design mental skill programs
- Sports injuries.

THE TEAM

Our short course developers are expert practitioners. They have been selected for the breadth and depth of experience in their respective disciplines. The team loves sharing their knowledge and learning expertise to help you get the most out of your learning journey.

CERTIFICATION

Upon completion, you will receive a certificate of completion. This certificate verifies your new found knowledge and skills.

CONTACTS

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