

Sports Psychology and Mental Health (SPMH) Training

Sports psychology is the study of how psychology influences sports, athletic performance, exercise, and physical activity. The Sports Psychology and Mental Health 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 sport 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 sport's 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 succeed 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.

**Please note that this course does not qualify you as a sports psychologist.*

Who is this course for?

The Sports Psychology and Mental Health 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're A Coach, Trainer, or Player Development Pro
- You're a Mental Performance or Wellness Coach
- You're a Rehab Specialist or Team Physical Therapist

- You're a Psychologist Pivoting into Sports
- You want to learn about psychological theory and how cognitive processes are related to sports performance.

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.

What You'll Learn

- **History and Applications of Sport Psychology**
 - Understand the evolution of sport psychology: where it started, how it's evolved, and what it really takes to work in the field. Explore trailblazing figures and today's career paths to connect the big picture with your own goals and experiences.
 - Sport psychology: History & evolution
 - Influential people & contributions
 - Principles of sport psychology
 - Teaching, research, applied professionals
 - Career path: Education, credentials
- **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.
- **Motivation and Goal Setting**
 - Figure out how to turn big dreams into doable steps. Learn how to set the right kind of goals for athletes, both daily wins and long-term targets. Put it into practice with real-world examples.
 - Goal setting as a key motivational strategy
 - SMART, shared, daily, short-term, and long-term goals
 - Process vs outcome goals
 - Team vs. individual goal setting
- **Motivation 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.
- **Emotional Management in Sport**
 - Learn about the role emotions play in sports performance and how emotional intelligence can enhance an athlete's performance.
 - Gain an understanding of emotional control and how athletes can develop their EQ.
- **Self-Confidence in Sport**

- Learn about the role of self-confidence in sporting performance and how self-confidence can be maintained and enhanced to improve performance.
- **Concentration and Focus**
 - Explore the role and impact of focus and concentration in sports.
 - Gain an understanding of the different levels of paying attention and learn how to enhance an athlete's focus in sport.

Energy Management

- Learn how to keep athletes running on a full tank, physically and mentally. From smart routines to brain breaks, body scans to hydration hacks, you'll get practical tools to help them finish strong.
 - Mental vs. physical energy
 - Routines: Night, morning, pre-competition, pre-shot, etc.
 - Brain breaks
 - Nutrition & hydration
- **Injury Rehabilitation**
 - Explore how injury impacts mindset, learn practical rehab interventions (including therapy):
 - Psychology of injury
 - Pain management
 - Interventions with injured athletes including CBT
 - Creating an integrative team
- **Managing Athlete Mental Health: Stress, Anxiety and Burnout**
 - Spot the struggles, know the signs. From anxiety to insomnia, learn how mental health challenges show up in athletes, what support looks like, and how to step in when it matters most.
 - Mental health conditions and clinical sport psychology
 - Anxiety, depression, obsessive-compulsive disorder (OCD), eating disorder (ED), substance abuse, post-traumatic stress disorder (PTSD), insomnia, attention-deficit hyperactivity disorder (ADHD)
 - Suicide prevention and mental health first aid training
 - How to make a referral for someone who is struggling
 - Case Studies
- **Future of Sport Psychology**
 - Wrap up your journey by reflecting on what stuck and how you'll use these skills in the real world. Tackle any roadblocks ahead, build your support network, and plan your next steps for ongoing growth.
 - Key takeaways
 - Problem-solving
 - Creating a support team for career goals
 - Future training & education
 - Workshop: Reflection & discussion

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 newfound knowledge and skills.

Prices Include:

- Training Materials
- Certificate of Completion
- Lunch and Refreshments during Training

Prices Exclude:

- VAT
- Dinner and Accommodation.