

Academy of Physical Education and Mass Sports

Advanced Training Course

"Sports Psychology in Coaching Practice"



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COURSE TITLE

Sports Psychology in Coaching Practice

Target Audience: Coaches – both beginners and active professionals



COURSE DESCRIPTION

The course is aimed at the psychological training of coaches and enhancing their competencies in sports psychology to achieve high performance results in their athletes.

LEARNING OUTCOMES

Participants will gain in-depth knowledge and practical skills, regardless of their level of preparation, as well as become familiar with modern methodologies and real-life examples from practice.



THEORY

Prevention of coach burnout in sports activities

Psychology of states: stress, fear, anxiety

Age-related psychological characteristics of athlete development

Interpersonal relationships between parents, coaches, and athletes



PRACTICE

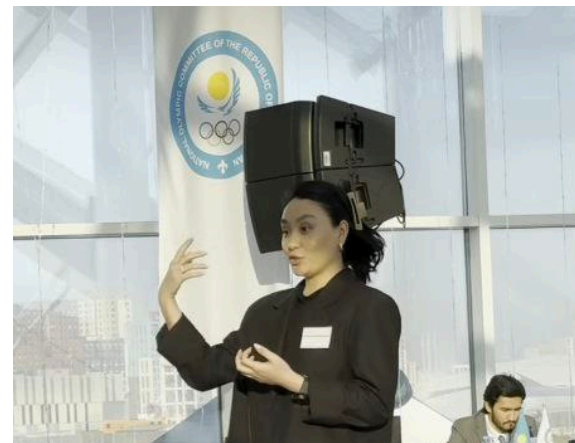
Autogenic training, team-building games, OBS (Optimal Battle State) for athletes, cognitive-behavioral therapy methods, and much more.

DURATION AND FORMAT

Duration: 3 weeks

Dates: March 3–21, 2025

Format: Online – Offline



**For more information, please
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