



Escuela Universitaria  
Real Madrid  
UNIVERSIDAD EUROPEA

Private Master's Degree in

# Sports Psychology Online

Develop key psychological strategies to enhance athlete performance and well-being. Gain practical skills through real-world case studies, expert-led training, and insights from elite sports professionals.





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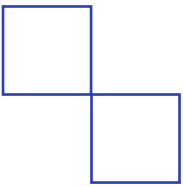


# Real Madrid Graduate School Universidad Europea

**Real Madrid Graduate School Universidad Europea** is a world-leading postgraduate institution, established in 2006 to inspire and develop top-tier professionals for the dynamic sports industry. As a trailblazer in sports education, the School offers an innovative teaching methodology rooted in Real Madrid C.F.'s expertise in management, sports, and health, honed through years of success at the highest level.

What sets the School apart is its unparalleled connection to the Club's leadership. Senior executives from Real Madrid C.F. actively mentor students across master's programs, offering unique insights and guiding them through real-world case studies drawn from the Club's day-to-day operations, providing hands-on experience in tackling challenges in the global sports industry.

Recognised for excellence, the School received the prestigious 2018 National Sports Award Copa Stadium for its commitment to advancing education, research, and professionalisation in sports on both national and international stages. Join a program that blends academic rigour, industry expertise, and a passion for sports to fast-track your career in this exciting field.



# ELITE values

that go beyond sports

Our values are present in all areas of the school's education: study programs, methodology, teaching, internships, and relationships between students and faculty.



**Entrepreneurship:** are dreamers and innovators, which is why we don't settle for what we've achieved. We take risks and always aspire to open new paths.



**Leadership:** It is part of our institution's DNA. Our reference is the constant pursuit of success and the relentless drive for self-improvement.



**Integrity:** Our school must always be a model of the values that have shaped the history of Real Madrid. Beyond success and achievements, we must always strive to be an example of education and life.



**Teamwork:** The team is the most important; together we go further. The interests of the team always come before our personal interests.



**Excellence:** Our work and commitment are to always give the best of ourselves. The word impossible does not exist for us.







## Rankings and ratings that validate our commitment



- **QS Stars™:** Five out of five stars in university quality: excellence in teaching, economic development, online learning, global impact, employability, governance, social impact, diversity, equity, and inclusion.



- **Times Higher Education:** ranks Universidad Europea among the top 3 private universities in Spain.



- **EFQM:** it awards its highest recognition to the university with the European Excellence 500+ seal granted by the Excellence in Management Club.



- **Scimago Institutions Rating:** it highlights the university for having over 100 selected publications with research indexed in SCOPUS (a bibliographic database of abstracts and citations of journal articles).

# Master in Sports Psychology

The **Master's in Sport Psychology** is designed to equip you with the expertise and practical skills to enhance athlete performance, mental resilience, and overall well-being. Through a **science-led approach**, you will learn to develop tailored psychological interventions to meet the demands of competitive sport.

With a strong focus on applied learning, this programme covers key areas in sport psychology:

- **Performance enhancement:** Implement mental strategies to sharpen focus, boost confidence, and sustain motivation.
- **Psychological assessment:** Develop skills in evaluating athletes' mindsets and emotional regulation.
- **Team and leadership dynamics:** Gain insight into group psychology and leadership strategies within sports teams.
- **Injury and recovery psychology:** Support athletes in overcoming setbacks and returning stronger.
- **Stress management and well-being:** Apply evidence-based techniques to manage pressure and maintain mental health.
- **Ethics and professional practice:** Navigate the challenges of working as a sport psychologist in high-performance.

[Sign up](#)



**Duration**

9 months



**Modality**

Online



**Language**

English



**N of ECTS**

60



# Differentiating aspects



## Comprehensive skill development

Master performance enhancement, mental resilience, and well-being strategies tailored to high-performance sports.



## Psychology in eSports

Learn to design virtual training programmes using cutting-edge technology, preparing you to excel in this rapidly growing and evolving field.



## Esteemed faculty

Study under esteemed experts in sports psychology, including members of the medical team at Real Madrid C. F.



## 80% international students

The master's is international, offering you the opportunity to build professional relationships with top global experts and students from various nationalities.



## High employability rate

94% of our graduates secure jobs, reflecting the strong demand for specialised professionals like you. Become a leader in sports psychology and step into a rapidly growing industry.

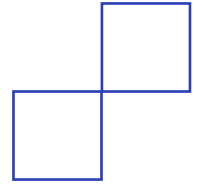


## White Week

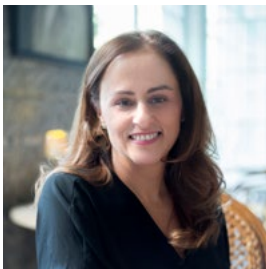
For one week, you will have the opportunity to attend live-streamed talks with leading professionals from various areas of the industry, executives from Real Madrid C. F., and elite athletes.



# Faculty



The Master in Sports Psychology features an outstanding faculty, recognised as a reference in the sports industry. The connection with the sports industry is integrated into the program and serves as the foundation of our practical learning approach. Among them are members of the medical team at Real Madrid C. F.

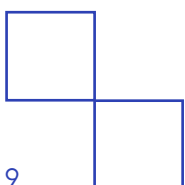


## Dr. Susana de los Reyes

Area Director and Director of the Master's in Sports Psychology

**“You will develop a deep understanding of the human aspects that underpin the world of sports, highlighting the essential role of the environment, family, and coaching staff as key factors in athletes’ well-being and performance. You will also promote innovative practices that support their holistic development at every stage of their career.”**

Sociologist and PCC-certified Coach by ICF. Accredited Coach in Relational Methodology by IR. Specialist in verbal and non-verbal communication, Systemic and Team Coaching. Expert in social relationships and human resources. Writer and speaker.



**Dr. Jorge Zambrano Borjabad**

Director of the Master's in Sports Psychology

**“You will be able to design a psychological intervention plan tailored to the athlete's needs and specific sport.”**

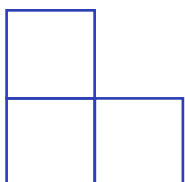
Bachelor's Degree in Psychology, specialized in Sports Psychology and Coaching, as well as HR Management and Administration. Currently a Sports Psychologist at a football players and coaches representation agency.

**Dª. Louise Barraud**

Associate Director of the Master's in Sports Psychology

**“You will develop skills in using psychological tools applied to sports, learning how to intervene in clubs and apply psychology at every stage of an athlete's development.”**

Bachelor's Degree in Sports Science, specialized in Sports Psychology and Coaching, as well as Sports Training. Expert in planning, implementing, and monitoring training programs tailored to athletes' needs.





- **Eva Molleja**

Head of the Sports Psychology Department at the Real Madrid C.F. Football Academy

Degree in Psychology. European Master's in Sports Psychology. Accredited by the Association of Psychologists as a professional expert in sports psychology. Co-director of the Master's Degree in Sports Psychology.

- **Dr. Maria Salette Marentes**

PhD in Physical Culture Sciences.

Postdoctoral research at the University of Valencia. Bachelor's Degree in Psychology and Master's in Sport and Physical Activity Psychology. Currently a Postdoctoral Researcher at the University of Barcelona.

- **Antoni Tello Portillo**

Graduate in psychology and Master in sport psychology and physical activity. Sport psychologist, focused on high performance sport, initiation, technification and improvement, with experience in collective and individual sports, with and without opposition.

- **Ismael Santos**

Professional basketball player (1988-2003). Real Madrid, Bennetton Treviso, Dafni, and Milan. European Cup Winners' Cup 1991 and 1997. Best Euroleague Defender in 1993, 1994, and 1995. ACB League runner-up 1997. Mindfulness instructor accredited by IMTA (International Mindfulness Teacher Association). Professional coach with ICF accreditation.

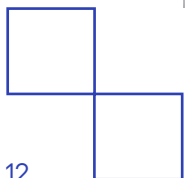
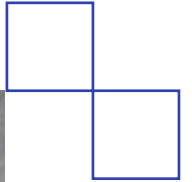
- **Dr. Jana Vancakova**

PhD in Health and Sports Psychology from the Autonomous University of Barcelona.

Graduated in Recreation-Pedagogy of Free Time, Faculty of Physical Culture; Bachelor's and Master's in Psychology from Palacký University, Czech Republic. Trained in Gestalt Therapy at the Institut Integratiu, Barcelona. Research focus on character strengths, resilience, play, free time, and imagination.



Meet the whole faculty





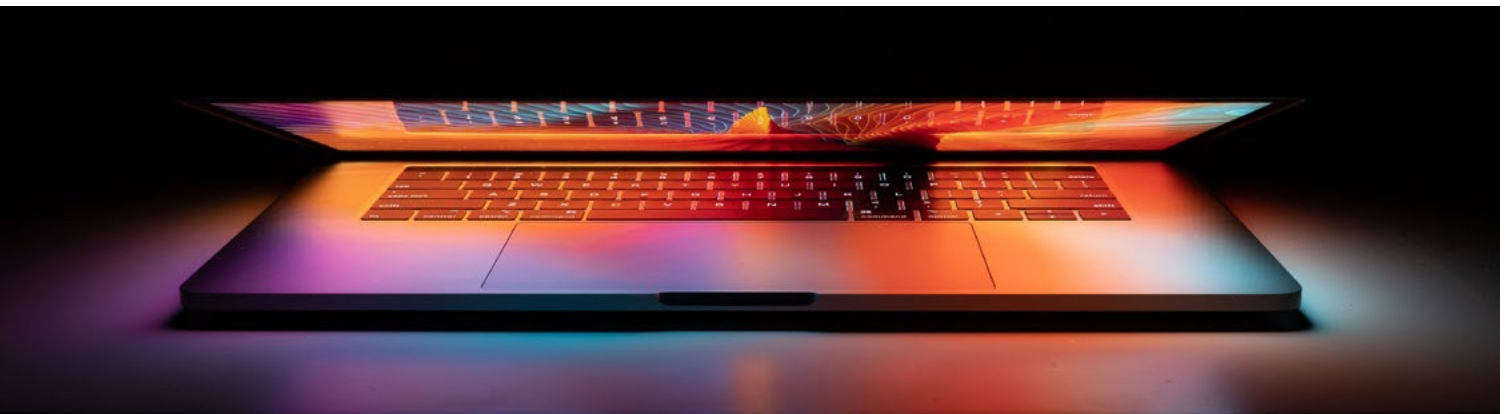


# Online methodology

The online methodology at Universidad Europea focuses on the student, ensuring effective and personalized learning, supporting them at every step to achieve their goals.

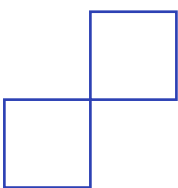
Technology and innovation enable us to provide a dynamic and motivating environment, offering the flexibility needed and the tools that ensure quality education.

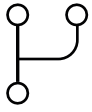
Our approach is rooted in experiential learning, making the process intuitive and dynamic. You'll engage with real-world case studies, comprehensive educational resources, lively discussions, virtual classes, and both individual and collaborative projects. This fosters a vibrant exchange of ideas and enriches the learning experience for all students.



Our Virtual Campus ensures that you can access all course materials at any time, giving you the flexibility to study at your own pace.

Alongside this, a continuous assessment system keeps your progress closely monitored, ensuring that you are always moving towards your goals with the support of your professors.





### Continuous assessment

An evaluation system that allows the student to assimilate the content progressively and effectively as the course progresses.

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### Personalisation

Focused on ensuring **effective, flexible learning** that is tailored in both format and content to meet the needs of the student.

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### Technology and innovation

A virtual campus based on an agile platform that promotes **collaborative learning** and provides tools to ensure high-quality education.

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### Interactive content

Dynamic resources to facilitate content comprehension and motivate students to broaden their knowledge: masterclasses, seminars, and **weekly virtual tutoring sessions**.

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### Academic support

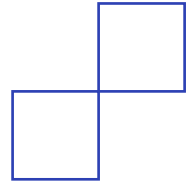
Three specialised roles in the online modality: faculty, program assistants, and the student experience team. Their goal is to support the student's development and resolve any questions.



### Networking

Online students will have access to the **Alumni network, professors, and companies**. This increases the market value of the students' profiles, creating highly attractive professionals in the job market.





# AI Sports

## Join AISports Artificial Intelligence in Sports

**Prepare to Apply Artificial Intelligence to psychology in the Sports Sector.**

Gain the opportunity to learn from internationally renowned experts in AI within the sports industry. Through live online classes, exclusive content, and the development of a master's thesis project centred on AI, you'll acquire the skills and knowledge to excel in this innovative field.



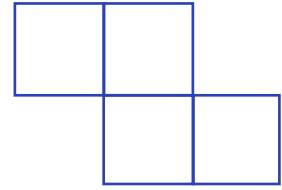
### **Marieke van Wanroij**

Head of Coaching & Development at VolkerWessels Women's Pro Cycling Team  
— [Master's in Sports Psychology 2023/2024](#)



“This program created a challenging and inspiring environment, where learning alongside other sports professionals throughout the year enriched each module and assignment. This experience has provided me with deeper insights and background knowledge that directly benefit my current role.”

# International experiences



The **international focus of the School** and its strong ties to the global sports industry are evident in every aspect of our academic model.

As a student, you will have the opportunity to **take part in an international trip**, choosing from a selection of exclusive experiences.

This journey offers the chance to visit some of the most influential organisations in your field of study worldwide. You will attend presentations by executives from these organisations, providing invaluable insights into the expertise and strategies behind the success of leading sports institutions globally.

Experiences included in this program:



## Italy

*Italy and its model of management in sports health.*

You will explore sports health management models by visiting the leading research university and other associated health centers. You will tour the most relevant sports facilities in Rome and learn directly from their professionals.



## Madrid

*Revolutionising the sports industry.*

You will discover the key aspects of the club's operations. You will get an inside look at the Real Madrid Sports City – Florentino Pérez, and the Santiago Bernabéu stadium. You will visit major international sports organizations in Madrid and meet with their executive leaders.







## Who it is aimed at and career opportunities



The **Private Master's Degree in Sports Psychology** is designed for healthcare and sports professionals who seek to deepen their understanding of the psychological aspects of sports performance, mental preparation, and athlete well-being. This program is ideal for those aiming to integrate innovative methodologies and cutting-edge technologies into their practice:

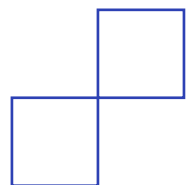
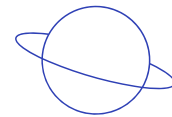
- Graduates in Psychology and Sport Sciences or equivalent.
- Graduates in Health Sciences or Education Sciences: It will be reviewed by the academic and admissions departments..



# Access requirements

For access to the Accredited Private Master's Degree in Sports Psychology online it is necessary to fulfill one of the following requirements:

- To be in possession of a University Degree. In the case of being a graduate from a university outside of Spain, it is not necessary to have had the degree officially recognised by the Spanish Education Ministry.
- To have accredited professional experience related to the programme of interest. This guarantees the achievement of the abilities specified in the Profile for prospective students section. Some of the programmes offered at Universidad Europea do not allow access through professional experience. See the full list here.
- Higher Vocational Training Graduates who can accredit professional experience after completion of the internship.
- In all cases, the University may limit access to certain degrees if a specific university degree has not been previously completed.



# Curriculum

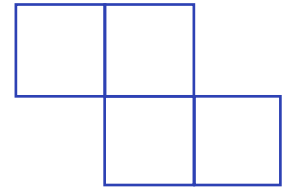
## Modules

- |                  |   |                   |   |
|------------------|---|-------------------|---|
| <p><b>1.</b></p> | <p><b>Psychological Processes In the Sports Activity</b><br/>— 6 ects</p>       | <p><b>6.</b></p>  | <p><b>Sports Psychology in Injury Recovery and Withdrawal from Sports Activity</b><br/>— 6 ects</p> |
| <p><b>2.</b></p> | <p><b>Sports Psychology and Health</b><br/>— 6 ects</p>                         | <p><b>7.</b></p>  | <p><b>Psychology in the Management of Sports Entities</b><br/>— 6 ects</p>                          |
| <p><b>3.</b></p> | <p><b>Intervention in Sports Psychology</b><br/>— 6 ects</p>                    | <p><b>8.</b></p>  | <p><b>Psychological Intervention in eSports</b><br/>— 6 ects</p>                                    |
| <p><b>4.</b></p> | <p><b>Psychology in Young Talent Development</b><br/>— 6 ects</p>               | <p><b>9.</b></p>  | <p><b>Professional Experience and Case Studies</b><br/>— 6 ects</p>                                 |
| <p><b>5.</b></p> | <p><b>Psychological Training for High Performance Athletes</b><br/>— 6 ects</p> | <p><b>10.</b></p> | <p><b>Research Methods. Final Project</b><br/>— 6 ects</p>  |

[View the whole curriculum](#)

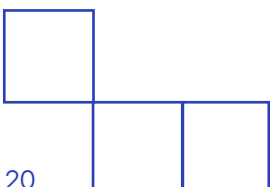


# Specialise your master



## Master's in Exercise and Sports Physiotherapy + Certified Programme in Sports Coaching

Develop advanced coaching techniques and leadership skills to optimize athlete performance. You'll learn how to apply sports psychology and other strategies to enhance both individual and team success, preparing you for a range of coaching roles.



# Admission process

The admission process to pursue an online postgraduate at Real Madrid Graduate School can take place throughout the year, although enrolment in any of our programs is subject to availability of open places.

To complete the process, you must follow these simple steps:

1

**Documentation:** You will need to send the specific documentation to your personal advisor.

- Admission form.
- Legal document for access to the chosen degree.
- A copy of your ID card.
- Curriculum vitae.

2

**Access:** Once reviewed, your personal advisor will contact you.

3

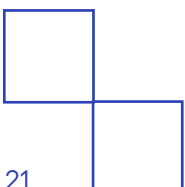
**Place reservation:** Confirm your place in the program through our various payment methods.

- Bank direct debit.
- Credit card.
- Virtual payment.

**And that's it! Welcome to Real Madrid Graduate School.**

[#Trainyourdreams](#)

Sign Up!



# Other programs that could be of interest



## Private Master's Degree in High Performance Conditioning. Sport Scientist

 Online

 English



## Private Master's Degree in Sports Nutrition

 Online

 English



## Máster Universitario en Psicología del Deporte

 Online

 Español







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