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COLLEGE

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Westminster  
Kingsway College

The College of  
Haringey, Enfield  
and North East London



Capital  
City  
College  
Training

# Sports Psychology and Mental Health Awareness - Level 2

*This course is offered both onsite and online.*

This course will improve your understanding of sports psychology and develop your understanding of the importance of sports psychology in the success of sports performance.

You will gain a greater understanding of various psychological and motivational factors and how they impact sports performance.

You will be studying stress, anxiety and self-confidence and will look at related theories and how these can enhance or inhibit performance.

You will also gain an understanding of group dynamics and how to design a psychological skills improvement programme.

## WHAT WILL I NEED?

Please be prepared to provide your residency documents such as a passport, EU citizen ID card, UK Birth Certificate or Biometric Card. If you have been in the UK for less than 3 years or have entered the UK with a visa you will need to provide evidence that you are eligible to study in the UK - your visa, your biometric card that covers the duration of your course or any relevant home office documents to support your residency should all be uploaded. If you're an EU, EEA or Swiss citizen we will need to see evidence of 'Pre-Settled' or 'Settled-status' documents. Also for funding purposes we would need to see evidence of payslips if working (within the last 3 months). If you are receiving benefits (e.g JSA, ESA, Universal Credit (UC), Housing benefits etc. please provide evidence of this).

## WHAT CAN I DO AFTER?

Upon successful completion of the course you can progress into further study in this area.

**Start Date:** 18 April 2024

**Day:** Thursday

**Time:** 09:00 - 16:30

**Duration:** 4 months

**Venue:** Enfield Centre



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[www.capitalccg.ac.uk](http://www.capitalccg.ac.uk)