

Module Code:	SPT317
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Module Title:	Introduction to Sports Coaching Concepts
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Level:	3	Credit Value:	20
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Cost Centre(s):	GASP	<u>JACS3</u> code:	C600
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Faculty:	Faculty of Social and Life Sciences	Module Leader:	Jonathan Hughes
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Scheduled learning and teaching hours	40 hrs
Guided independent study	160 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered (not including exit awards)	Core	Option
BSc (Hons) Applied Sport and Exercise sciences (with Foundation year)	✓	<input type="checkbox"/>

Pre-requisites
None

Office use only

Initial approval: 12/12/2018

Version no:1

With effect from: 01/09/2019

Date and details of revision: 25/03/21 – Admin corrections – updated programme titles and module referenced at L4

Version no: 2

Module Aims

This module is designed to introduce students to a range of sports coaching concepts. It affords the student opportunity to test, practice and develop theories and approaches introduced within the classroom setting in an applied and practical environment.

Intended Learning Outcomes

Key skills for employability

- KS1 Written, oral and media communication skills
- KS2 Leadership, team working and networking skills
- KS3 Opportunity, creativity and problem solving skills
- KS4 Information technology skills and digital literacy
- KS5 Information management skills
- KS6 Research skills
- KS7 Intercultural and sustainability skills
- KS8 Career management skills
- KS9 Learning to learn (managing personal and professional development, self-management)
- KS10 Numeracy

At the end of this module, students will be able to

Key Skills

At the end of this module, students will be able to		Key Skills	
1	Identify the key roles and responsibilities of the sports coach.	KS1	KS3
		KS4	KS6
2	Understand and articulate coaching concepts and theory.	KS1	KS2
		KS3	KS4
		KS6	
3	Conduct an effective coaching session that demonstrates appreciation of coaching concepts and best practice.	KS1	KS2
		KS3	KS4
		KS6	
4	Evaluate the effectiveness and appropriateness of techniques and methods used when coaching participants.	KS1	KS3
		KS4	KS5
		KS6	

Transferable skills and other attributes

Working independently, working in groups, discussion, self-management, practical and laboratory skills, and the use of C & IT.

Derogations

N/A

Assessment:

Indicative Assessment Tasks:

Essay: This essay will describe a selection of sports coaching concepts.

Practical: Students will deliver a micro coaching session.

Practical assessment is delivered in pairs to the module tutor using the module cohort as participants (in a topic / environment agreed with the module tutor) with each student delivering 10 minutes of the overall 20-minute planned session.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1 & 2	Essay	50	n/a	1,500
2	3 & 4	Practical	50	20 mins	n/a

Learning and Teaching Strategies:

The module will include a range of learning forums such as: lectures, tutorials, practical sessions, seminar presentations and self-directed study. Students will be provided with opportunities to observe sports coaches in a variety of contexts.

There are excellent links with a range of Faculty, academy and club coaching experiences, facilitated through the Coach Education Centre at Plas Coch Sports. These links will be used to provide students with opportunities to engage as coaches and coach observers.

The topics covered within this module align themselves with level 4 module, SES 403 Introduction to Strength and Conditioning .

Syllabus outline:

- The sports coach
- The sports performer
- The performance environment
- Codes of conduct and ethical coaching
- Qualities of the effective sports coach
- Roles and responsibilities
- Pedagogical concepts
- Planning
- Organisation
- Communication
- Coaching practice

Indicative Bibliography:

Essential reading

Jones, R. L., Hughes, M., & Kingston, K. (Eds.) (2013). *An Introduction to Sport Coaching*. London, UK: Routledge.

Martens, R. (2012). *Successful Coaching*. Champaign, IL: Human Kinetics.

Australian Sports Commission (2001). *Better Coaching* (2nd ed.). Champaign, IL: Human Kinetics.

Other indicative reading

Cross, N., & Lyle, J. (1999). *The Coaching Process: Principles and Practice for Sport*. London, UK: Butterworth-Heinemann.

Cassidy, T., Jones, R., & Potrac, P. (2016). *Understanding Sports Coaching: The Social, Cultural and Pedagogical Foundation of Coaching Practice* (2nd ed.). London, UK: Routledge.

Griffin, L., Mitchell, S., & Oslin, J. (2013). *Teaching Sport's Concepts and Skills: A Tactical Games Approach*. Champaign, IL: Human Kinetics.

McMorris, T. (2006). *Coaching Science: Theory into Practice*. Chichester, UK: John Wiley & Sons Ltd.