

## Module specification

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Module Code	FAW409
Module Title	Sports Coaching Professional Academy
Level	4
Credit value	20
Faculty	FSLS
HECoS Code	100095
Cost Code	GASP

## Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Standalone module aligned to BSc (Hons) Football Coaching and the Performance Specialist for QA and assessment purposes	Option

## Pre-requisites

None

## Breakdown of module hours

Learning and teaching hours	36 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>36 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	164 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

For office use only	
Initial approval date	21/03/2019
With effect from date	25/03/2019

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Date and details of revision	March 2024 – AM0 updated Indicative Assessment Tasks section and assessment weightings with implementation from March 2024.
Version number	2

## Module aims

- Provide opportunities to enhance and develop coaching performance and techniques within sport.
- Introduce students to a range of sport and physical activity theoretical concepts.
- Provide an understanding of the health and safety aspects of planning, delivering and reviewing coaching sessions.
- Develop the transferable skills of students for the benefit of their subsequent professional progression.

## Module Learning Outcomes - at the end of this module, students will be able to:

1	Demonstrate how to ensure participants' safety during sport specific coaching sessions.
2	Develop an understanding of the purpose of reflective practice as a tool for coach development.
3	Explore the methods of structuring a session within a sporting environment in order to meet the needs of players/athletes.

## Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

### Assessment Task: Practical (30 minutes)

Students will be required to deliver a 30 minute practical activity using a sport of their choice. The student must conduct a pre-safety check prior to delivery in line with their risk assessment for the venue prior to their delivery.

### Assessment Task: Reflective Practice Essay (1000 words)

Using the sessions designed within the module's formative tasks, the student will write a reflective essay that appropriately outlines their professional practice. Drawing upon theory explored within the module, students will identify current strengths within their delivery and also highlight areas of development in order to inform future practice.

The essay will incorporate elements of goal setting and monitoring whilst displaying the students ability to plan, prioritise and manage their development effectively.



Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1 & 3	Practical	70
2	2	Written Assignment	30

## Derogations

N/A

## Learning and Teaching Strategies

Planning, organisation, observation, discussion, self-management, independent thinking, problem solving, IT skills, communication skills, interpersonal skills of interacting with performers and reflective practice.

This module will be delivered with a variety of learning & teaching strategies, where students have to engage with a range of activities, which include lectures, seminars, blended learning, small group work, practical activities and practical workshops.

## Indicative Syllabus Outline

- The role of a coach
- Nutrition and Hydration (An introduction)
- The Physical Demands of Sport and Physical Activity
- The Psychological Demands of Sport and Physical Activity
- Communication to Participants
- Planning Coaching Sessions
- The Coaching Environment
- Session Delivery
- Reflective Practice

## Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

### Essential Reads

Cassidy, T., Jones, R. and Potrac, P. (2008), *Understanding Sports Coaching. The Social, Cultural and Pedagogical Foundation of Coaching Practice*. 2nd ed. London: Routledge.

### Other indicative reading

*1st4sport Level 2 Certificate in Coaching (Sport and Physical Activity) Qualification Handbook*, detailing the 1st4sport Qualification Approval Conditions

*1st4sport Level 3 Certificate in Coaching (Sport and Physical Activity) Delivery, Assessment*



*and Quality Assurance Approach*, detailing the recommended learning programme, exemplar assessment answers and levels of attainment and guidance to internal quality assurance

