

**MODULE SPECIFICATION FORM**

<b>Module Title:</b>	Coaching Pedagogy: Developing Personal Practice	<b>Level:</b>	5	<b>Credit Value:</b>	20
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<b>Module code:</b>	FAW502	<b>Is this a new module?</b>	Yes	<b>Code of module being replaced:</b>	SPT501
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<b>Cost Centre:</b>	GASP	<b>JACS3 code:</b>	C610
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<b>Trimester(s) in which to be offered:</b>	1, 2 and 3	<b>With effect from:</b>	September 2016
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<b>School:</b>	School of Social and Life Sciences	<b>Module Leader:</b>	Pam Richards
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Scheduled learning and teaching hours	35 hrs
Guided independent study	165 hrs
Placement	0 hrs
<b>Module duration (total hours)</b>	200 hrs

<b>Programme(s) in which to be offered</b>	Core	Option
BSc (Hons) Sports Coaching and Performance Development	✓	<input type="checkbox"/>
BSc (Hons) Football Coaching and the Performance Specialist	✓	<input type="checkbox"/>

<b>Pre-requisites</b>
None

Office use only

Initial approval August 2016

APSC approval of modification -

Version 1

Have any derogations received SQC approval?

Yes  No

## Module Aims

This module will:

- examine the pedagogical issues faced by sports coaches when delivering in specific contexts/environments.
- evaluate different pedagogical approaches to enhance and develop the individual and team.
- facilitate the development, understanding and application of reflective skills to enhance the development of personal and professional coaching practice.

## 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	
1	Demonstrate the confidence and ability to design and plan a programme of coaching practice illustrating suitable progression.	KS1	KS2
		KS3	KS4
		KS5	KS8
2	Demonstrate the ability to plan and deliver a practical session to a specific group of performers.	KS1	KS2
		KS3	KS8
		KS7	KS10
3	Apply coaching theory to inform and influence practice.	KS1	KS2
		KS6	KS
		KS7	KS8
4	Evaluate the process, principles and practice of sports coaching through reflective practice.	KS1	KS2
		KS3	KS6
		KS8	KS9

Transferable/key skills and other attributes

Key skills need adding

Working independently, working in groups, academic writing skills, practical and applied environment skills, numeracy and the use of IT.

### Derogations

N/A

### Assessment:

#### Assessment 1: **Practical individual assessment and reflective account.**

The practical assessment will assess student competency in the application of knowledge in a practical context. That will include evidence of outlining the design and development of individual coaching sessions. Students will evaluate personal and professional practice relating to communication, pedagogical style and feedback to inform future delivery.

#### Assessment 2: **Reflective Practice**

Linking theory to practice and vice versa the student reflect on the delivery of their personal coaching practice within the applied setting. Applying the concept of reflective practice the student will build an evidenced portfolio demonstrating reflection on the identified element of professional coaching. The portfolio will provide evidence of the development of the students' knowledge and understanding in relation to the identified theme. The portfolio will demonstrate how the student has used reflective practice to enhance and inform future professional working practice.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1 and 2	Practical	60%		45 mins (approx.)
2	3 and 4	Reflective Practice	40%		2000 word equivalent

### Learning and Teaching Strategies:

The learning and teaching strategies will include lectures, seminars, practicals, peer-led discussions, tutorials, online based quizzes/tasks.

**Syllabus outline:**

- Coaching Process Models
- Mechanisms of the Coaching Process
- Theories of learning applied to the coaching process
- Pedagogical elements demonstrations and instructions
- Models of reflective practice
- Planning and organizing coaching sessions
- Practical applications of different coaching strategies
- Performance analysis observations and corrective recommendations

**Bibliography:****Essential reading**

Jones, R. L. (ed.) (2006), *The Sports Coach as Educator: Re-conceptualising Sports Coaching*. London: Routledge.

Cassidy, T.G., Jones, R.L. and Potrac, P.A. (2015), *Understanding Sports Coaching: The Pedagogical, Social and Cultural Foundations of Coaching Practice*. 2<sup>nd</sup> ed. London: Routledge.

Nash, C. (2014), *Practical Sports Coaching*. Oxon: Routledge.

**Other indicative reading**

Lyle, J. (2003). *Sports coaching concepts: A framework for coaches' behaviour*. London: Routledge.

Nash, C. (2014). *Practical Sports Coaching*. Oxon: Routledge

Williams, Jean and Krane, V. (2014). *Applied Sports Psychology: Personal Growth to Peak Performance*. New York: McGraw Hill Education.