

## MODULE SPECIFICATION FORM

Module Title: <b>Introduction to Sports Coaching Concepts</b>	Level: 3	Credit Value: 20
---	----------	------------------

Module code: SPT315	Cost Centre: GASP	JACS3 code: N/A
---------------------	-------------------	-----------------

Trimester(s) in which to be offered: 1&2	With effect from: September 2014
--	----------------------------------

<b>Office use only:</b> To be completed by AQSU:	Date approved: September 2014 Date revised: - Version no: 1
---	---

Existing/New: New	Title of module being replaced (if any): N/A
-------------------	--

Originating Academic Department: Sports and Exercise Science	Module Leader: Jon Hughes
--	---------------------------

Module duration (total hours): 200	Status: core/option/elective (identify programme where appropriate): Strand Core
Scheduled learning & teaching hours: 50	
Independent study hours: 150	
Placement hours: 0	

Programme(s) in which to be offered: BSc (Hons) Sports Coaching (Including Foundation year) BSc (Hons) Sports and Exercise Sciences (Including Foundation Year)	Pre-requisites per programme (between levels): None
---	---

**Module Aims:**

This module is designed to introduce students to a range of sports coaching concepts.

**Intended Learning Outcomes:**

At the end of this module, students should be able to:

1. Identify the key roles and responsibilities of the sports coach.
2. Understand and articulate coaching concepts.
3. Conduct an effective coaching session.

**Assessment:**

Essay: This essay will describe a selection of sports coaching concepts.(LO1,2)

Practical : Students will deliver a micro coaching session (LO3)

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%		2000
2	3	Practical	50%		

**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 school, academy and club coaching experiences, facilitated through the Coach Education Center at Plas Coch Sports. These links will be used to provide students with opportunities to engage as coaches and coach observers.

**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

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

Jones, R. L., Hughes, M., & Kingston, K. (Eds.) (2007). *An Introduction to Sport Coaching*. London, UK: Routledge.

Martens, R. (2004). *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. (2008). *Understanding Sport Coaching: The Social, Cultural and Pedagogical Foundation of Coaching Practice* (2<sup>nd</sup> ed.). London, UK: Routledge.

Griffin, L., Mitchell, S., & Oslin, J. (1997). *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.