

Prifysgol Wreccsam Wrexham University

Module specification

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Module Code	STP705
Module Title	Effective Leadership Strategies in Sport & Exercise Coaching
Level	Enter the level of the module – 3, 4, 5, 6 or 7
Credit value	20
Faculty	FSLS
HECoS Code	100095
Cost Code	GASP
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
MSc Football Science and Coaching	Core
MSc Sport & Exercise Sciences	Core
MSc Strength & Conditioning	Core

Breakdown of module hours

Learning and teaching hours	16 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	5 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	21 hrs
Placement hours	0 hrs
Guided independent study hours	179 hrs
Module duration (Total hours)	200 hrs

Module aims

This module aims to develop both theoretical frameworks and applied understanding of leadership within the sport and exercise science environment. It will provide the students with the opportunity to gain an understanding of the nature of organisations within the field and address challenges and key discussions in the applied world of sport and exercise.



Module Learning Outcomes

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

1	Conceptualise how leadership is defined in a range of sport and exercise contexts.
2	Critically evaluate a variety of leadership management approaches to improving organisational performance in the sport industry.
3	Critically reflect on the ability to lead and manage self effectively within a sport or exercise context.
4	Critically reflect on the ability to lead and manage interpersonal relationships effectively within a sport or exercise context.
5	Create an action plan which highlights strengths and areas of development within leadership.

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 1: Written Assignment (2000 words): Drawing upon contemporary literature, students will conceptualise how leadership is defined within a range of sport and exercise contexts and look to critically evaluate an array of approaches within leadership management in order to improve organisational performance.

Assessment 2: Presentation (20 minutes): Students will critically reflect on their own ability to lead and manage self, others and interpersonal relationships within a sport or exercise context.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 & 2	Written Assignment	2000	40	N/A
2	3, 4 & 5	Presentation	20 minutes	60	N/A

Derogations

N/A

Learning and Teaching Strategies

The taught elements of this module will be delivered using a classroom/online blend in line with the Active Learning Framework. Classroom activities will consist of lectures, tutorials, group activities, practical tasks and self-directed study tasks. Students will also find session extension tasks on Moodle to be studied asynchronously.

Welsh Elements

The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh. If students wish to converse in Welsh, they will be assigned a Welsh speaking personal tutor. Support can also be made available for Welsh language students via Coleg Cymraeg Cenedlaethol where students can present their research at their conferences through the Welsh Language. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

Indicative Syllabus Outline

- Defining leadership within sport and exercise
- Leadership traits, theories and styles
- The complexity of the leadership role
- Managing self and managing up
- Leading people in sport
- Management & leadership: mutually exclusive or integrated?
- Effective communication, emotional intelligence and managing relationships
- Leading organisational change
- Delegation and empowerment
- High performance teams
- Leadership techniques and conflict resolution
- Ineffective and destructive leadership
- Personal development plans and its impact

Indicative Bibliography:

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

Essential Reads

Frawley, S., Misener, L., Lock, D, and Schulenkorf, N. (2019), *Global Sport Leadership*. London: Routledge.

Other indicative reading

O'Boyle, I., Murray, D. and Cummins, P. (2015), *Leadership in Sport*. London: Routledge.

Administrative Information

For office use only	
Initial approval date	20/11/2024
With effect from date	September 2025
Date and details of revision	
Version number	1.0