

Module specification

When printed this becomes an uncontrolled document. Please access the **Module Directory** for the most up to date version by clicking on the following link: **Module directory**

Refer to guidance notes for completion of each section of the specification.

Module Code	FAW513
Module Title	Football Coaching to Enhance Performance
Level	5
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
BSc (Hons) Football Coaching and the Performance Specialist	Core

Pre-requisites

N/A

Breakdown of module hours

Learning and teaching hours	15 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	15 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	30 hrs
Placement / work based learning	0 hrs
Guided independent study	170 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	08/12/2021
With effect from date	01/09/2022

For office use only	
Date and details of revision	
Version number	1

Module aims

- Evaluate the various pedagogical approaches to enhance the development of players within football.
- Provide students with the opportunity to appraise the application of coaching through the medium of reflective practice.
- Enhance professional practice and personal development within the football environment.

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

1	Demonstrate an ability to plan football specific practical sessions aligned with the NGB awarding body.
2	Apply coaching theory to inform and influence practice.
3	Evaluate the process, principles and practice of sports coaching through reflective practice.

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.

Practical – 10 Minutes

You will deliver a football specific session aligned to the FAW/UEFA B Licence. The topic of the session will be allocated by the module leader. You will demonstrate an ability to apply pedagogical theory to the practical setting. Your method of intervention and communication will be aligned to the mode of practice being delivered and the principle/topic of the session.

A full session plan will be submitted to their respective coach mentor 24 hours prior to delivery.

Presentation – 25 minutes

You will provide a verbal explanation of the session plan you delivered for coursework 1; providing your rationale and key aspects of the session. You will then utilise the footage of your delivery to provide an evaluative reflective verbal presentation of your coaching

performance. You will draw upon contemporary pedagogical theory to underpin your reflective account.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2	Practical	50
2	3	Presentation	50

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 Coaching Process
- The Learning Environment
- Observational Coaching
- Interventions and Demonstrations
- Augmented Feedback vs Task Intrinsic Feedback
- Linear vs Non-Linear Pedagogy
- Game Sense Approach and TGFU
- Developing Resilient Players
- Being a Reflective Practitioner

Indicative Bibliography:

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

Essential Reads

Cope, E., and Partington, M. (2019) *Sports Coaching: A Theoretical and Practical Guide*. London: Routledge.

Other indicative reading

Armour, K. (2013) *Sport Pedagogy: An Introduction for Teaching and Coaching*. London: Routledge.

Owen, A. & Dellal, A. (2016) *Football conditioning: a modern scientific approach: fitness training, speed & agility, injury prevention*. UK: SoccerTutor.com.

Owen, A. & Dellal, A. (2016) *Football conditioning: a modern scientific approach: periodization, seasonal training, small sided games*. UK: SoccerTutor.com.

Strudwick, T. (2016) *Soccer science*. Champaign, IL: Human Kinetics.

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Digital Fluency
Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication