

Module specification

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Module Code	SIR703
Module Title	Coaching & Professional Practice
Level	7
Credit value	20
Faculty	FSLS
HECoS Code	100098
Cost Code	GACM
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
MSc Strength & Conditioning	CORE

Breakdown of module hours

Learning and teaching hours	10 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	11 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

- Enhance students' ability to critically analyse the knowledge and skills that underpin strength and conditioning (S&C) coaching.
- Encourage critical evaluation of coaching pedagogy, enabling students to assess and apply different theoretical approaches to practice.
- Develop students' ability to engage in reflective practice, fostering continuous professional growth and improvement.
- Provide opportunities for students to acquire and refine specialist skills essential for designing and delivering effective S&C programmes.
- Support students in formulating a well-defined coaching philosophy that aligns with evidence-based practice and personal coaching values.

- Facilitate active engagement in diverse coaching experiences, allowing students to apply their knowledge in real-world contexts and develop professional competence.

Module Learning Outcomes

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

1	Critically analyse pedagogical models of coaching
2	Deliver authentic strength and conditioning within practical contexts
3	Appraise personal competencies, skills, strengths, and motivations
4	Critically reflect upon your coaching philosophy and coaching skills

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: The student will be asked to undertake two tasks:

Portfolio: The creation of a collective portfolio including the following:

- Critically evaluate coaching pedagogy literature (1000 words)
- Self-reflection of own coaching strategies and experiences (500 words)
- Analysis of own skill developments as S&C professionals (500 words)

Practical: Requires students to undertake a live practical assessment that evaluates their ability to coach effectively across diverse scenarios and case studies. This includes delivering authentic strength and conditioning (S&C) within practical contexts while developing specialist skills essential for designing and implementing S&C programmes.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1,3,4	Portfolio	2000	60	N/A
2	2	Practical	30 mins	40	N/A

Derogations

N/A

Learning and Teaching Strategies

The learning and teaching strategy in this module will be heavily reliant on practical workshops. Students will be required to actively engage in coaching practicals, group activities and mock assessments. Additionally, tutor lead lecture will provide theoretical underpinning.

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

- Strength and Conditioning-specific coaching frameworks
- Theories of skill acquisition
- Pedagogical models of coaching
- Philosophical considerations
- Models of reflection and reflexivity

Indicative Bibliography:

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

Essential Reads

UK Strength and Conditioning Association (UKSCA), (2024). *UK Strength and Conditioning Association*. Available from: <https://www.uk sca.org.uk/uk sca-iq> . [Accessed 24th June 2024].

Other indicative reading

Gilbert, W. and Trudel, P. (2001), 'Learning to Coach through Experience: Reflection in Model Youth Sport Coaches', *Journal of Teaching in Physical Education*, Vol.21, No.1, pp. 16-34.

Haff, G. and Triplett, T.N. (2021), *Essentials of Strength and Conditioning* (4th edition). Champaign, IL: Human Kinetics.

Jeffreys, I. and Moody, J. (2016), *Strength and Conditioning for Sports Performance*. London: Routledge.



Knowles, Z., Gilbourne, D., Borrie, A. and Nevill, A. (2001), 'Developing the Reflective Sports Coach: A Study Exploring the Processes of Reflective Practice within a Higher Education Coaching Programme', *Reflective Practice*, Vol.2, No.2, pp. 185-207.

Lyle, J. and Cushion, C. (2016), *Sports Coaching Concepts: A Framework for Coaches' Behaviour*. 2nd Edition. London: Routledge.

Schön, D.A. (1983), *The Reflective Practitioner: How Professionals Think in Action*. New York: Basic Books.

Turner, A. and Comfort, P. (2022), *Advanced Strength and Conditioning*. 2nd Edition. London: Routledge.

Administrative Information

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