

# Prifysgol Wreccsam Wrexham University

## Module specification

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|                      |  |
|----------------------|--|
| Module Code          | SPT705   |
| 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          |
| <b>Active learning and teaching hours total</b>             | <b>21 hrs</b>  |
| Placement hours   | 0 hrs          |
| Guided independent study hours                              | 179 hrs        |
| <b>Module duration (Total hours)</b>                        | <b>200 hrs</b> |

### 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



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