

## Liverpool John Moores University

Title: COACHING PRACTICE 1  
Status: Definitive  
Code: **4003COACH** (103744)  
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
Simon Roberts	Y

**Academic Level:** FHEQ4      **Credit Value:** 24      **Total Delivered Hours:** 82  
**Total Learning Hours:** 240      **Private Study:** 158

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	10
Practical	50
Seminar	12
Tutorial	10

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	PDP Reflective Essay (2,000 words)	50	
Essay	AS2	Mini-Learning Journey Presentations	20	
Essay	AS3	Practical Coaching Session (2x10 mins) (Semester 1 and 2)	30	

### Aims

*To develop the students understanding of effective pedagogical skills and its application in a practical context. The module will provide opportunities to observe*

*and engage with a variety of outside agencies providing sporting and coaching provision and develop current coaching practice.*

*The module will involve the students in observation, analysis and critique of coaches in light of current coaching literature. This module will also provide opportunities to develop personal and professional development, with the aim of becoming autonomous, reflective practitioners.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Explore the significance of coaching practice using current coaching literature and practice.
- 2 Identify new and occupationally relevant skills, techniques and methods through the observation and analysis of practising NGB's of Sport/Other agencies such as sports coach UK.
- 3 Identify and explain a variety of delivery mechanisms and outline the implications for coaching practice.
- 4 Identify and explain the essential concepts and theories of learning styles, strategies and motivations, and outline the implications for coaching practice.
- 5 Identify and develop the necessary skills to become an effective reflective practitioner capable of managing their learning process.

## **Learning Outcomes of Assessments**

The assessment item list is assessed via the learning outcomes listed:

Essay	1	4		
Presentation	1	3	4	5
Practical	1	2	5	

## **Outline Syllabus**

*Personal development planning*

*Study skills*

*ICT skill development*

*Athlete centred sports coaching, empowering, holistic sports coaching*

*Becoming a reflective coach*

*Coaching methods*

*Educational theory*

*Pedagogical theory and application in sports coaching*

*Relationship between coaching and teaching*

*The difference/characteristics between coaching methods*

## **Learning Activities**

Lectures

NGB Workshops/Outside Agencies eg. Sports Coach UK  
Practical Sessions  
Personal/Group Tutorials  
IT Support

### **Notes**

The module will engage the students in developing their personal study skills. The module will also consider the student engagement in coaching practice and how it can inform their personal practice.