

Liverpool John Moores University

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Title: Coaching Process 1
Status: Definitive
Code: **4011COACH** (117296)
Version Start Date: 01-08-2016

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

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Academic Level: FHEQ4 **Credit Value:** 24 **Total Delivered Hours:** 48

Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	23
Practical	14
Tutorial	1
Workshop	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	ass 1	1 40% Presentation (Group) 15 minutes	40	
Portfolio	ass 2	2 60% Portfolio (3,000) words	60	

Aims

This module introduces you to the complexities associated with the sports coaching process. In order to contextualise these complexities you are required to engage in a real-life coaching programme and through directed practice improve the performance of an individual of your choice. In addition, the module will examine the roles and functions of sport administrative and political structures within the United Kingdom (UK).

Learning Outcomes

After completing the module the student should be able to:

- 1 Explain the complexities of the coaching process.
- 2 Describe the key historical factors influencing current sports coaching provision.
- 3 Outline current sports policy and agendas.

Learning Outcomes of Assessments

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

Assignment 1	3	
Assignment 2	1	2

Outline Syllabus

(1) Explain and understand the complexities of the coaching process. (2) Engage in a real-life coaching programme (3) Through directed practice improve the performance of an individual of your choice. (4) Use appropriate ICT resources to underpin the process associated with the development of performance. (5) Use theory and recognised good practice to support the development of knowledge. (6) Describe the key historical factors influencing current sports coaching provision. (7) Examine the roles and functions of sport structures within the United Kingdom (UK) and abroad related to sports coaching.

Learning Activities

Students will participate in lectures, practical sessions, workshops and group tutorials throughout the module. They will also be required to undertake self-directed learning activities.

Notes

The purpose of this module is to provide the students with a conceptual underpinning of the different contexts in which sports coaching may occur and the factors that influence those opportunities in the UK.