

## Liverpool John Moores University

Title: Children and their Development  
Status: Definitive  
Code: **4013COACH** (117299)  
Version Start Date: 01-08-2016

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

| Team            | Leader |
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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   | 18            |
| Practical | 20            |
| Seminar   | 9             |
| Tutorial  | 1             |

**Grading Basis:** 40 %

### Assessment Details

| Category     | Short Description | Description | Weighting (%) | Exam Duration |
|--------------|-------------------|-------------|---------------|---------------|
| Essay        | Framework         |             | 50            |               |
| Presentation | Poster            |             | 25            |               |
| Practice     | Practical         |             | 25            |               |

## Aims

*Within this module, you will be given the opportunity to develop your understanding of how children development through physical activity and sport. In addition, the content will provide students with underpinning practical and theoretical knowledge related to children and their physical, social and emotional development. This will include an analysis and evaluation of child development pathways, practical implementation of the multi-skill framework and associated policies appropriate to safeguarding and protecting children.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Identify and explain the essential aspects that underpin existing frameworks and models of movement development.
- 2 Identify and describe the essential principles that impact upon a child's development and coaching practice.
- 3 Identify and describe the essential principles congruent to child protection policy.
- 4 Identify and demonstrate the coaching skills required for effective coaching practice with children up to 18 years.

## Learning Outcomes of Assessments

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

|                        |   |   |
|------------------------|---|---|
| Essay (3000 words)     | 1 | 2 |
| Poster Presentation    | 3 |   |
| School Based Practical | 4 |   |

## Outline Syllabus

*Growth, development and maturation of children; Training principles for children; Psychological and sociological development; Child first, winning second; Retention in children's sport; Child protection policy  
Development of movement fundamentals and the context of movement development*

## Learning Activities

The learning activities on these modules will be practical lectures implementing effective skills for working with children and theory lectures to support practice and to ensure a thorough consideration of all of the key areas related to children's development. Students will also be able to attend seminars to discuss their practical delivery and solve problems related to working with children.

## **Notes**

The purpose of this module is to provide students with a coherent underpinning of the theoretical concepts that contribute to the multi-skill framework. Movement description and motor development will be explored in theory and applied practical workshops.

Students will also be provided with underpinning theoretical children's fitness theory to fully address the social, emotional and physical development of children and subsequent considerations for coaching practice. Child Protection will be considered in relation to key guidelines and the impact upon coaching practices to safeguard children.