

Liverpool John Moores University

Title: Growth, Maturation and Development in Physical Activity and Sport
Status: Definitive
Code: **4015COACH** (119535)
Version Start Date: 01-08-2018

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	18
Practical	20
Seminar	9
Tutorial	1

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Framework	Essay (3000 words)	50	
Presentation	Poster	Group Poster Presentation	25	
Practice	Practical	Pair Practical	25	

Aims

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

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 principles of growth and maturation that impact upon development and coaching practice.
- 3 Demonstrate the coaching skills required for effective coaching practice with children and young adults up to 18 years.

Learning Outcomes of Assessments

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

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

Outline Syllabus

(1) Growth, development and maturation of children and young people (2) Models and frameworks associated with development in sport across a lifespan. (3) Psychological and sociological development (4) Retention in sport (5) Practical application and development of fundamental movement skills (6) Safe and effective practice with children and young adults

Learning Activities

Learning activities within this module relate theory to practice. Practical lectures/workshops implementing effective skills for working with children and young adults are complimented with theory to support practice and to ensure detailed consideration of the areas related to motor development. Students will also be able to attend seminars to discuss their practical delivery and solve problems related to working with children and young adults.

Notes

The purpose of this module is to provide students with a coherent structure that links the theoretical concepts associated with growth maturation and development to their practice. In addition, the principles of motor development will be explored. Students will also be provided with theoretical information to address the social, emotional and physical development of children and subsequent considerations for their coaching practice. Issues relating to safe and effective practice will also be investigated.