

Liverpool John Moores University

Title: Practical Coaching
Status: Definitive
Code: **4103FDSDEV** (119393)
Version Start Date: 01-08-2018

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

Team	Leader
Cath Walker	

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
Practical	48

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	coaching		50	
Portfolio	portfolio		25	
Report	Action pla		25	

Aims

To develop knowledge of effective sports coaching. To manage and develop personal sports coaching practice.

Learning Outcomes

After completing the module the student should be able to:

- 1 LO1
Plan and deliver effective coaching sessions in a variety of sports.
- 2 LO2
Produce a coaching portfolio and reflect on all aspects of your coaching practice and identify areas for improvement.
- 3 LO3
Develop an action plan that will help you develop your coaching practice in these areas.

Learning Outcomes of Assessments

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

20 min coaching session	1
Sports coaching portfolio	2
Action Plan	3

Outline Syllabus

- *Planning of effective coaching sessions in a variety of sports.*
- *Delivery of effective coaching sessions in a variety of sports.*
- *Current developments in coaching practice.*
- *Methods of evaluating coaching performance.*

Learning Activities

Student activities will consist of practical group work where discussion groups and report - back sessions which allow students to develop their communication and teamwork skills.

Notes

This module will enable the students to both develop and practice their coaching skills in both a theoretical and practical environment.