

Liverpool John Moores University

Title: Coaching Process 1
Status: Definitive
Code: **4462SSLN** (122994)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Angus Ryrie	Y
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Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 40
Total Learning Hours: 200 **Private Study:** 160

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	15
Practical	10
Seminar	15

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Report (4500 words)	100	

Aims

This module will enable individuals to consider and appreciate the complexity of the coaching process. The module will help individuals consider and develop their coaching philosophy and practice.

Learning Outcomes

After completing the module the student should be able to:

- 1 Describe a personal coaching philosophy
- 2 Examine personal coaching behaviours
- 3 Discuss contextual influences upon the coaching process

Learning Outcomes of Assessments

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

Report	1	2	3
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Outline Syllabus

Coaching Philosophy
Coaching Behaviour
Coaching Reflection
Observation of coaching
Coaching Contexts e.g. DMSP/ICCE
Practical Coaching Delivery

Learning Activities

Study skills techniques including note-taking, active reading, planning for an assignment and information searches
Online lectures
Planning and using individual and group discussions as an aid to learning
Presenting information in a variety of ways
Practical coaching of peers and experience in a range of practical activities

Notes

This module will enable individuals to consider and appreciate the complexity of the coaching process. The module will help individuals consider and develop their coaching philosophy and practice.