

**Summary Information**

<b>Module Code</b>	4500SPSEFC
<b>Formal Module Title</b>	Sports Coaching Foundations
<b>Owning School</b>	Sport and Exercise Sciences
<b>Career</b>	Undergraduate
<b>Credits</b>	20
<b>Academic level</b>	FHEQ Level 4
<b>Grading Schema</b>	40

**Module Contacts**

**Module Leader**

Contact Name	Applies to all offerings	Offerings
Cath Walker	Yes	N/A

**Module Team Member**

Contact Name	Applies to all offerings	Offerings
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**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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**Teaching Responsibility**

<b>LJMU Schools involved in Delivery</b>
LJMU Partner Taught

## Partner Teaching Institution

Institution Name
Everton Football College

## Learning Methods

Learning Method Type	Hours
Lecture	20
Practical	8
Seminar	2
Tutorial	1
Workshop	10

## Module Offering(s)

Offering Code	Location	Start Month	Duration
SEP-PAR	PAR	September	28 Weeks

## Aims and Outcomes

<b>Aims</b>	This module aims to provide an introduction into the theories and practice of sports coaching, highlighting key concepts underpinning good coaching practice. In addition, the practical element of this module offers the opportunity to apply theory and practice of sports coaching, to your own coaching and thus develop coaching practice.
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## Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Define the different roles, responsibilities, and components of effective coaching.
MLO2	Demonstrate the ability to plan and deliver an effective coaching session.
MLO3	Demonstrate the ability to successfully reflect upon delivery of effective coaching session.

## Module Content

### Outline Syllabus

To provide students with an introduction to the pedagogical aspects of sports coaching practice. To develop students' understanding of a variety of learning theories that are potentially productive approaches for developing the skills, knowledge, and understanding of athletes. To allow students to develop their practical coaching skills and techniques and encourage achievement of National Governing Body qualifications. To offer students the opportunity to apply theory and practice of sports coaching to their own coaching practice.

## Module Overview

### Additional Information

This module introduces learners to the concepts of effective coaching and the sports coaching process. Particular attention is given to the role and responsibilities of the sports coach and how they operate within the sport coaching context. Learners will demonstrate the ability to successfully plan and deliver a safe and effective coaching session, reflecting upon its completion demonstrating the ability to apply theory to practice. Some of the teaching sessions will contain practical based activities, where students will be required to use their analytical and problem-solving skills to enhance their own learning. Learners should complete the required and recommended reading to widen their knowledge and understanding, and their ability to apply material. Students will be required to evidence this in their assessments, that will enable knowledge and application to be assessed.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Portfolio	1700 words	50	0	MLO1
Portfolio	1700 equivalent	50	0	MLO2, MLO1, MLO3