

Liverpool John Moores University

Warning: An incomplete or missing proforma may have resulted from system verification processing

Title: Sports Coaching and Leadership
Status: Definitive
Code: **4500SSLNEF** (127083)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Everton Football College

Team	Leader
Cath Walker	Y

Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 40
Total Learning Hours: 200 **Private Study:** 160

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	12
Practical	27
Tutorial	1

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Report (1600 Words)	40	
Practice	AS3 AS2	Session Plan Delivery (30mins) Reflection/Evaluation	40	
Reflection	AS4	Presentation 15 min	20	

Aims

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.

Learning Outcomes

After completing the module the student should be able to:

- 1 Define the different roles, responsibilities, styles and techniques used in sport coaching and leadership
- 2 Plan a range of coaching activities to achieve a single outcome
- 3 Safely plan, implement and effectively lead a practical coaching session in a safe and effective manner
- 4 Reflect on the observations of peers and tutors within the coaching session

Learning Outcomes of Assessments

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

Report	1	
Practice	2	3
Presentation	4	

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.

Learning Activities

This module is taught principally through lectures, practical activities, work related learning and problem solving activities. In this respect, the students are expected to actively engage in individual and group tasks and discussions and to adopt a reflective approach to their studies. Indeed, it is anticipated the pedagogical approach adopted in this module will give students the opportunity to take responsibility for their own learning.

Notes

Students are expected to reflect and build upon their existing coaching practice by utilizing the knowledge gained in lectures and apply it to practical coaching sessions

in order to develop as a coach. Students will be assessed through individual reports practical delivery and presentation.