

Summary Information

Module Code	4501SPRT
Formal Module Title	Introduction to Coaching
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Colin Lewis	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

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Nelson and Colne College Group

Learning Methods

Learning Method Type	Hours
Lecture	15
Seminar	15
Workshop	18

Module Offering(s)

Offering Code	Location	Start Month	Duration
SEP-PAR	PAR	September	12 Weeks

Aims and Outcomes

Aims	This module is aimed at giving the students an introduction to the experiential, theoretical, contextual, and applied nature of coaching. The module will introduce students to the contexts within which sport coaching operates and how sport organisations collaborate to produce sport at participation and performance levels. Students will also be afforded opportunities to 'experience' coaching, and relate this to their understanding of the theoretical principles underpinning coaching science, sport management and coaching practice.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Demonstrate an understanding of which legislation and organisational policies and procedures are relevant for coaches, and how these impact on a Coach's day-to-day role and responsibilities.
MLO2	Examine the 'Coaching Process' and how the various roles and other internal and external influences (for example, volunteers/welfare officers) can add value to the coaching environment.
MLO3	Investigate the theoretical and practical knowledge of the skills required and parameters of each role of a coach and how to deploy them appropriately and safely in line with policies and procedures.
MLO4	Articulate own interest in coaching, the need to have a coaching philosophy, and the broader impact coaching can have upon participants: e.g. self-confidence, and communities.

Module Content

Outline Syllabus

The Coaching Experience:• The coaching process• Observation and experience of coaching practice• Evaluate professional coaching practices
Coaching Knowledge:• Introduction to learning and reflective practice• Planning principles and practice• Communication and feedback• Coaching science e.g. skill learning, physiological, and developmental factors
The Coaching Sector:• Structure of coaching in the UK• Role of national organisations e.g. NGB'S (e.g. UK Coaching, Sport England) and UKCC• Technology as a tool to improve coaching delivery
Coaching Different Populations:• Structure of Sport Development in the UK• Coaching target populations (e.g. children, elite athletes, disabled participants)
Coaching Applications:• Sport/coach specific knowledge• Coach Education and Development

Module Overview

Additional Information

None.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Report	Written Report	50	0	MLO2, MLO4, MLO3, MLO1
Portfolio	Group Delivery and Review	50	0	MLO4, MLO3