

Liverpool John Moores University

Title: Introduction to Coaching
Status: Definitive
Code: **4501SPRT** (128431)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Nelson and Colne College Group

Team	Leader
Ian Sadler	

Academic Level: FHEQ4
Credit Value: 20
Total Delivered Hours: 48
Total Learning Hours: 200
Private Study: 152

Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	15
Seminar	15
Workshop	18

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Report	Written Report (1500 words)	50	
Practice	Practical	Group Practical Delivery and Review (1h & 500 words)	50	

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.

Learning Outcomes

After completing the module the student should be able to:

- 1 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.
- 2 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.
- 3 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.
- 4 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.

Learning Outcomes of Assessments

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

Written Report	1	2	3	4
Group Delivery and Review	3	4		

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*

Learning Activities

The students will be engaged in a blend of teaching and learning strategies. Theoretical delivery will occur through lectures, teamwork, workshops, practical and student-led discovery based-learning, supported via the VLE. Students will typically receive 15 hours of theory delivery through lectures, 18 hours of discussions workshops linking theory to practical scenarios and 18 hours of workshops where staff assist students to assimilate and apply their knowledge. There may also be guest lectures providing input relevant to professional practice.

Notes

None.