

## Liverpool John Moores University

Title: Introduction to Coaching Principles & Practice  
Status: Definitive  
Code: **4503SSLNBF** (124727)  
Version Start Date: 01-08-2018

Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Blackpool & Fylde College

Team	Leader
Victoria Boyd	Y

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

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	12
Practical	24
Seminar	3
Workshop	9

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Reflection	Blog	Reflection (VLE Blog) 2500 words (4x625)	50	
Presentation	Perform	Presentation (Performance) 15 minutes	50	

### Aims

*This module will enable individuals to recognise the complexity of the coaching process alongside its impact on the physical, affective, cognitive and social development of individuals. The module will introduce and apply the principles and practices of effective coaching and relate these to practical individual and team*

*coaching practices.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Analyse contextual influence upon the coaching process.
- 2 Examine coaching behaviours and personal coaching philosophy.
- 3 Apply practical skills and recognise awareness of issues within coaching environments.

## **Learning Outcomes of Assessments**

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

VLE Blog 2500 words (4x625)	1	2	3
Performance 15 minutes	1	2	3

## **Outline Syllabus**

*Coaching Process*  
*Coaching Philosophy*  
*Coaching Communication*  
*Coaching Behaviour*  
*Practical Coaching Planning/Delivery/Evaluation*  
*Practice Methods and Feedback*  
*Safe Coaching Environment*  
*Safeguarding in Sport*

## **Learning Activities**

Group discussion as an aid to learning  
Presenting information in practical environments  
Planning using case studies and exemplar practice as an aid to learning  
Planning using individual and group discussions as an aid to learning  
Practical Coaching of peers in different environments  
Self and peer reflection  
Study skills techniques

## **Notes**

This module will provide individuals the opportunity to appreciate the intricacy of the coaching process by considering effective practice. It will also enable individuals to explore how the correct coaching philosophy can create a positive learning environment that can contribute to develop skills and attributes to improve health, enjoyment, knowledge and performance.

Assessment component 1 will consist of 4 subject related blog evaluations of 625 words each considering (environment, planning, methods and communication) that are progressive to provide essential knowledge to prepare for the practical presentation for assessment component 2. The final assessment for component 2 is a practical presentation to assess the coach's performance coaching peers in a sport/physical activity for a 15 minute period, not including warm up or cool down.