

Liverpool John Moores University

Title: Coaching Process 1
Status: Definitive
Code: **4504SSLNGB** (123111)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Greenbank College

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

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	14
Practical	25
Tutorial	1

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	AS 1	Practical - 20 minute coaching episode	50	
Report	AS 2	Report - 2500 words coaching/action plan	50	

Aims

To introduce students to the complexities of the coaching process and examine its historical and sports development context.

Learning Outcomes

After completing the module the student should be able to:

- 1 Outline a personal coaching philosophy
- 2 Examine personal coaching behaviours
- 3 Explain contextual influences upon the coaching process and develop their own coaching practice

Learning Outcomes of Assessments

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

20 min coaching episode	1	2	3
Report (2500 words)	1	2	3

Outline Syllabus

Current government sports policies.

Comparative coaching structures and pathways

Developing a coaching philosophy

The coaching process

Sports policies and agendas

The provision of coach education

The role of the coach

The roles and functions of sport administrative and political structures within the UK

Learning Activities

Lectures

Practical sessions

Group tutorials

Self-directed learning activities

Notes

The purpose of this module is to provide the students with a conceptual underpinning of the different contexts in which sports coaching may occur and the factors that influence those opportunities in the UK.