Liverpool John Moores University

Title:	DELIVERY AND PRACTICE OF COACHING
Status:	Definitive
Code:	**5204SPODEV** (104367)
Version Start Date:	01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
Danny Cullinane	Y

Academic Level:	FHEQ5	**Credit Value:**	12	**Total Delivered Hours:**	32
Total Learning Hours:	120	**Private Study:**	88		

Delivery Options
Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	12
Practical	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Assessment based around coach development models (1,500 words)	50	
Portfolio	AS2	Portfolio of personal coaching development (1,500 words)	50	

Aims

To enable students to study models of coach practice and education and to develop their personal coaching skills.

Learning Outcomes

After completing the module the student should be able to:

1   Describe and evaluate current models of and for coaching
2   Identify good practice in coach education
3   Demonstrate competence in coaching delivery
4   Develop personal coaching skills through the applied use of ICT

Learning Outcomes of Assessments

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

Assessment	1	2
Portfolio	3	4

Outline Syllabus

UK Coaching strategies and policies
Identification of good practice
What is a good coach?
Models of and for coaching
Coach education systems
Structuring and planning coaching
Observation,notation and anlaysis
Communication skills in coaching
Generic practical delivery skils
Use of ICT hardware and software to improve coaching

Learning Activities

Many of the elements of this module will be explored in class based lectures, practicals and tutorials. However there will be an element of independent learning as students will be required to undertake Independent Study tasks related to the application of theory

Notes

This module will start in week 7 of semester one and run across the remainder of the academic year. Formal teaching contact will be provided through lectures and practicals. In the lectures students will examine and explore current policy and good practice in the delivery and provision of coaching.

Two hour practical sessions will enable students to practice elements of coaching delivery, and to employ a variety of ICT applications such as video and notational analysis and improved communication systems.

Using this format opportunities are promoted to students within and outside the curriculum for both reflection and action on their coaching delivery.