

Summary Information

Module Code	5504SPRT
Formal Module Title	Coaching Skills Project
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
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
--------------	--------------------------	-----------

Partner Module Team

Contact Name	Applies to all offerings	Offerings
--------------	--------------------------	-----------

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	The module will focus predominantly on the development of students' knowledge of practical coaching and theories relevant to coaching, and sport development policy and practice. Students will be expected to contextualise their theoretical knowledge to the development of professional coaching skills within relevant disciplines (e.g. coaching, management, and sport science). The module will also explore the opportunities for students to transfer their knowledge of coaching and coaching skills to different sporting populations (e.g. disabilities, school settings) and coaching contexts. The practical coaching will incorporate the use of coaching models (Dynamical System Theory, the Coaching Process Model) to provide inclusive and innovative learning environments for the participants both individually and as a unit.
-------------	--

Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Demonstrate understanding and good practice in to planning, preparing, delivering and continually evaluate inclusive, safe and effective coaching programmes made up of sessions tailored to the needs of a range of participants within the holistic coaching process.
MLO2	Enhance the participant experience using technology (e.g. Performance analysis) and understanding their needs of how customer service elements combine to influence the overall participants skill.
MLO3	Evaluate the effectiveness of coaching sessions to ensure they are engaging, varied and progressive, to meet participants' needs and goals.

MLO4	Practically demonstrate and develop relationships with participants through excellent communication skills, technical knowledge and acting on feedback to enhance the participant experience with the inclusion of the legal aspects of delivery.
MLO5	Adhere to relevant industry legislation and organisational policies and procedures in line with organisational guidelines and best professional practice.

Module Content

Outline Syllabus

The Coaching Experience:• The coaching process• Technology as a tool to improve coaching delivery (Performance analysis) Coaching Knowledge:• Coaching/Reflective Models • Communication and Feedback• Ethics, safety and sports law Coaching Different Populations:• Sports development policy and practice• Coaching different demographics (children, disabled participants. • School sport coaching (Youth Sport Trust) Coaching Applications:• Sport Rules and regulations• STEP Principle• Coach Education and Development• Principles of coaching• Coach Education

Module Overview

Additional Information

None.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Portfolio	Coaching Portfolio	100	0	MLO1, MLO3, MLO4, MLO5, MLO2