

Liverpool John Moores University

Title: Coaching Skills Project
Status: Definitive
Code: **5504SPRT** (128437)
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: FHEQ5
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
Portfolio	Portfolio	Coaching Portfolio (3000 words)	100	

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:

- 1 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.
- 2 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.
- 3 Evaluate the effectiveness of coaching sessions to ensure they are engaging, varied and progressive, to meet participants' needs and goals.
- 4 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.
- 5 Adhere to relevant industry legislation and organisational policies and procedures in line with organisational guidelines and best professional practice.

Learning Outcomes of Assessments

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

Coaching Portfolio	1	2	3	4	5
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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*

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 lead discovery-based learning, supported via the VLE. Students will typically receive 15 hours of classroom and practical based delivery, 18 hours of workshops and 18 hours of group tutorials. This will allow the students to peer observe and assess their practice in relation to theoretical contemporary practice. There may also be guest lectures from both elite and recreational practitioners.

Notes

None.