

Liverpool John Moores University

Title: Coaching Process 3
Status: Definitive
Code: **6031COACH** (117302)
Version Start Date: 01-08-2019

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

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Academic Level: FHEQ6 **Credit Value:** 24 **Total Delivered Hours:** 48

Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	24
Seminar	15
Tutorial	9

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Ass1	1 Coursework: 50% Annual Plan - Linked to improving performance (3000 words)	50	
Presentation	Ass2	2 Coursework: 50% Presentation of live case-study (GROUP WORK) (30 minutes)	50	

Aims

The aim of this module is to develop capacity for critical analysis of key factors influencing the development of the coaching profession. In order to provide a conceptual underpinning for further development of performance coaching using a case-method approach. The second section of the module develops students ability to develop, evaluate and plan an athlete training cycle (year long).

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically analyse the key trends in sports coaching.
- 2 Critically analyse how empirical sport coaching research and educational theory could inform sport coaching delivery
- 3 Consider critically how empirical sport science research underpins annual planning

Learning Outcomes of Assessments

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

Annual plan 3000 words	3	
Presentation 30mins (group)	1	2

Outline Syllabus

(1) Coaching Motivation (2) Developing research in coaching (3) Performance coaching and ethical practice (4) Performance coaching: Performance components, annual planning and training theory (5) Power in the coach-athlete relationship (6) Status and professionalism

Learning Activities

Students will participate in lectures and seminars throughout the module, both in groups and as individuals. Case-method pedagogy will be adopted and the focus will be upon the exploration of coaching process concepts through varying teaching methods within a classroom based environment

Notes

This module is intended to develop the capacity to critically analyse the development of the coaching profession. This module also intends to underpin further development of performance coaching.