

## Interdisciplinary Coaching Science

### Module Information

2022.01, Approved

#### Summary Information

|                     |                                    |
|---------------------|------------------------------------|
| Module Code         | 6097SPS                            |
| Formal Module Title | Interdisciplinary Coaching Science |
| Owning School       | Sport and Exercise Sciences        |
| Career              | Undergraduate                      |
| Credits             | 20                                 |
| Academic level      | FHEQ Level 6                       |
| Grading Schema      | 40                                 |

#### Teaching Responsibility

|                                   |
|-----------------------------------|
| LJMU Schools involved in Delivery |
| Sport and Exercise Sciences       |

#### Learning Methods

| Learning Method Type | Hours |
|----------------------|-------|
| Lecture              | 20    |
| Practical            | 8     |
| Seminar              | 2     |
| Workshop             | 10    |

#### Module Offering(s)

| Display Name | Location | Start Month | Duration Number Duration Unit |
|--------------|----------|-------------|-------------------------------|
| SEP-CTY      | CTY      | September   | 12 Weeks                      |

#### Aims and Outcomes

|      |   |
|------|---|
| Aims | Coaching is a complex profession due to its interdisciplinary nature and the ever-changing coaching environment. Therefore, to be successful, modern practitioner there is an expectation to have advanced knowledge in a range of underpinning disciplines and athlete welfare. This module integrates a sport science and coaching interdisciplinary outlook to creating an evidence-based approach of an athletes annual training plan encompassing critical thinking around potential performance problems and solutions. Students will demonstrate the ability to critically evaluate the key concepts and challenges of programme design and delivery through problem-based learning and discuss how the interdisciplinary team work together to provide bespoke performance solutions. |
|------|---|

**After completing the module the student should be able to:**

**Learning Outcomes**

| Code | Number | Description  |
|------|--------|--|
| MLO1 | 1      | Critically appraise, evaluate, and then apply conceptual understanding from an interdisciplinary team approach in relation to the determinants of performance for a chosen sport to establish an annual training plan. |
| MLO2 | 2      | Synthesise how an applied practitioner may create performance solutions for various participants along the sporting pathway within an interdisciplinary team environment.  |

**Module Content**

|                        |  |
|------------------------|--|
| Outline Syllabus       | Interdisciplinary approaches to coaching practice: Design of an annual training plan from areas of strength and conditioning; physiology; psychology; nutrition, and performance analysis. Creating performance solutions for various participants along the sporting pathway: strengths and weaknesses in performance solutions in line with the determinants of performance model; track progression by outline testing/tracking methods. Athlete relationship dynamics: Empowerment; identity within creating a programme design. |
| Module Overview        |  |
| Additional Information | CIMSPA mapped.   |

**Assessments**

| Assignment Category | Assessment Name      | Weight | Exam/Test Length (hours) | Module Learning Outcome Mapping |
|---------------------|----------------------|--------|--------------------------|---------------------------------|
| Portfolio           | Case study portfolio | 70     | 0                        | MLO1, MLO2                      |
| Presentation        | Group Podcast        | 30     | 0                        | MLO1, MLO2                      |

**Module Contacts**

**Module Leader**

| Contact Name    | Applies to all offerings | Offerings |
|-----------------|--------------------------|-----------|
| Nicola Robinson | Yes                      | N/A       |

**Partner Module Team**

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