

## Liverpool John Moores University

Title: IMPROVING THE PERFORMANCE OF COACHES  
Status: Definitive  
Code: **6303SPODEV** (104385)  
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:** FHEQ6  
**Credit Value:** 12  
**Total Delivered Hours:** 26  
**Total Learning Hours:** 120  
**Private Study:** 94

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	12
Practical	14

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	A portfolio assessing and improving the performance of a coach.	100	

### Aims

*To enable students to critically evaluate the performance of a coach and to plan for its improvement.*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Critically analyse existing systems used by national and local sports agencies for improving the performance of coaches
- 2 Synthesise from existing good practice their own model to improve the performance of an individual coach
- 3 Evaluate the results of the implementation of their model

## **Learning Outcomes of Assessments**

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

Portfolio	1	2	3
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## **Outline Syllabus**

*National and local coaching strategies and agencies*

*Coach profiling*

*Methods of coach assessment*

*Constructing applying assessment criteria*

*Mentoring and supporting coaches*

*Action planning*

*Practical delivery of activities to other students*

## **Learning Activities**

Many of the elements of this module will be explored in class based Lectures. Additionally Practicals will be a key element of this module. Activities will be student centred but will require an element of Independent Study

## **Notes**

This module aims to extend students beyond their own abilities in delivering coaching episodes to being able to accurately assess and then develop the performance of other coaches. Lecture material draws upon both theory and recognized current good practice in the coaching profession for students. Students will then be expected to use independent study time to prepare for applying this knowledge in practical settings, working with their peers and others in improving coaching performance.