

## Liverpool John Moores University

Title: Professional Development and Practice  
Status: Definitive  
Code: **6504SPRT** (128443)  
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:** FHEQ6  
**Credit Value:** 20  
**Total Delivered Hours:** 36  
**Total Learning Hours:** 200  
**Private Study:** 164

### Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	15
Seminar	6
Tutorial	15

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Report	Critical Analysis Report (1500 words)	50	
Presentation	Pres	Oral Presentation (20-min)	50	

### Aims

*This module is designed to build on the holistic coaching skills developed in levels 4 & 5. It acknowledges the diverse needs and interests of final year students of this subject by adopting a student directed approach to learning. Students will be encouraged to develop and explore the theory and practice of coaching through application in an appropriate setting (Minimum of 4 progressive session). As such a*

*generic conceptualisation of coaching will be adopted, allowing the students to engage in a diverse range of applied coaching contexts which best meet their individual and course needs, and which will allow them to develop professionally in these areas.*

*The aim of this module is to encourage practitioners to be reflective of their professional environment. There is a strong emphasis on the practical application of this reflective practice. This module therefore requires participants to apply their self-awareness, and problem setting and problem-solving skills to some work based coaching issues.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Critically analyse relevant literature in contemporary issues in coaching.
- 2 Implement an applied coaching programme (minimum 4 progressive sessions) and conduct a critical evaluation.
- 3 Critically reflect on how to provide a high-quality participant-focused service through excellence in the coaching environment and the application of best practice in areas such as developing relationships, duty of care, and risk management.
- 4 Evidence a clear focus on acting as an advocate to grow participation in the sport or physical activity.

## **Learning Outcomes of Assessments**

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

Critical Report	1	3
Oral Presentation	2	4

## **Outline Syllabus**

### *Reflective Practice:*

- *Exploration of reflective practice*
- *How practitioners frame the problem*
- *Use of tacit and theoretical knowledge in problem solving*
- *Applications to coaching effectiveness*

### *Professional Practice:*

- *Ethical practice*
- *Exploration of the theory-praxis loop*
- *Continuous professional development*
- *Coaching pedagogy*
- *Life-long learning*
- *Mentoring*

- *Reconceptualising the role of the coach*

#### *Implementing Change in Coaching Contexts:*

- *Designing professional development strategies and change programmes*
- *Application of knowledge in coaching, sport science, and sport management*
- *Implementing effective change programmes*
- *Identifying examples of change – Industry Speakers*

### **Learning Activities**

The students will be engaged in a blend of teaching and learning strategies designed to encourage practical engagement within coaching. Theoretical delivery will occur through three hours of lectures, teamwork, workshops, practical and student lead discovery based learning, supported via the VLE. There will also be guest lectures providing input relevant to professional practice.

A key part of this module is the applied coaching experience and students will be expected to hold an advanced level of knowledge of learning and professional practice within coaching, in relation to self, others and context. The students will receive 15 hours of theoretical delivery through guest lectures, 6 hours of seminars and group tutorials which will be based on their work based placement. Guest lectures may also be included from sports industry practitioners.

### **Notes**

None.