

## Module Information

2022.01, Approved

### Summary Information

Module Code	7151SPOSCI
Formal Module Title	Applied Practice in Coaching, Planning and Monitoring Sciences
Owning School	Sport and Exercise Sciences
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

### Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

### Learning Methods

Learning Method Type	Hours
Lecture	11
Seminar	22

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

### Aims and Outcomes

Aims	This module provides students with mastery and expertise in the coaching process and the development, implementation, and evaluation of techniques and training programmes. The module aims to encourage critical understanding of the science underpinning the coaching process in the strength and conditioning context; the techniques used in the implementation and evaluation for athletes during and post recovery from injury. The module will provide the opportunity to demonstrate a critical analysis of the coaching process and use technology to assess skill and technique. This module provides three hours of direct contact per week. Students will receive stimulus lectures on the topics concerned. Students will also take part in interactive tutorials, where they will be required to apply material presented in the stimulus lectures to real world type situations.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Critically evaluate the science underpinning the coaching process in the strength and conditioning context.
MLO2	2	Critically assess and evaluate the performance of a strength and conditioning skill or exercise.
MLO3	3	Apply scientific knowledge to guide the process during the recovery from injury.

### Module Content

Outline Syllabus	• Coaching Science• Skill/technique evaluation• Evaluation and management of the athlete recovering from injury.
Module Overview	This module provides mastery and expertise in the coaching process and the development, implementation and evaluation of techniques used in athlete recovery and rehabilitation. It encourages critical understanding of the science underpinning the coaching process in the strength and conditioning context; the techniques used in the implementation and evaluation of athletes during and post recovery from injury and the use technology to assess skill and technique in the field. You will receive three hours direct contact per week and take part in stimulus lectures and practical sessions on the topics concerned.
Additional Information	This module provides students with mastery and expertise in the coaching process and the development, implementation, and evaluation of techniques and training programmes. The module aims to encourage critical understanding of the science underpinning the coaching process in the strength and conditioning context; the techniques used in the implementation and evaluation for athletes during and post recovery from injury. The module will provide the opportunity to demonstrate a critical analysis of the coaching process and use technology to assess skill and technique.

### Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Case study report	50	0	MLO1, MLO2, MLO3
Presentation	Oral presentation	50	0	MLO1, MLO2, MLO3

### Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Timothy Donovan	Yes	N/A

**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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