

<b>Module Title:</b>	Sports Coaching
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	8
<b>Module Delivered In</b>	<a href="#">2 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	This module will be delivered in two one-hour lectures and one two-hour practical per week. The lecture class may include content delivery, Q&A, group discussion, active learning, tutorials, seminars, case studies and guest lectures where appropriate. Practical classes will incorporate coaching practice and the planning, organisation, implementation and evaluation of sports coaching. Reflective practice will be used to enhance learning.
<b>Module Aim:</b>	The aim of this module is to provide students with an understanding of the key planning, organisation and communication aspects required to be an effective coach.
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Develop a personal coaching philosophy based on the critical analysis of literature and personal experience.
LO2	Apply knowledge of the pedagogical and organisational skills relevant to the planning and implementation of an effective coaching session.
LO3	Review, evaluate and give constructive feedback to others engaged in coaching practice
<b>Pre-requisite learning</b>	
<b>Module Recommendations</b> <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
<b>Incompatible Modules</b> <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
<b>Co-requisite Modules</b>	
No Co-requisite modules listed	
<b>Requirements</b> <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
No requirements listed	

## Module Content & Assessment

### Indicative Content

#### Analysis of the coaching process

Distinguish between the technical, tactical, physiological and psychological aspects of coaching and how they relate to the player development pathways

#### Coaching philosophy

Developing a coaching philosophy through research and self-reflection. The importance of adopting a player-centered, games approach. The role of the coach. Principles of coaching.

#### Safe and effective coaching

Components of an effective and safe coaching session

#### Planning

Planning and organisation of coaching sessions; variations and progressions in coaching

#### Implementing a coaching session

Demonstration, verbal instruction, coaching cues, feedback, observation, correction, questioning. Specific focus on coaching sports skills.

#### Practice

Practice variability and distribution, amount of practice, whole or part practice

#### Review

Review and evaluation of others coaching practice

#### Coaching Children

Why children play and drop out of sport, safeguarding children, physical literacy

### Assessment Breakdown

	%
Continuous Assessment	40.00%
Practical	60.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	The continuous assessment may incorporate essays, case studies, reports, presentations or other assessment types deemed to suitably assess the learning outcomes.	1,2	40.00	n/a

No Project

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	The practical assessment will include the development of lesson plans and the organisation, implementation and evaluation of a coaching session. A reflective journal may also be incorporated.	2,3	60.00	Sem 1 End

No End of Module Formal Examination

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

**Module Workload**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	2.00
Laboratory	12 Weeks per Stage	2.00
Estimated Learner Hours	15 Weeks per Stage	5.13
Total Hours		125.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_SASPS_B	<a href="#">Bachelor of Science (Honours) in Sport and Exercise Science</a>	7	Mandatory
CW_SASAC_B	<a href="#">Bachelor of Science (Honours) in Strength and Conditioning</a>	7	Mandatory