

ZPHY C4101: Sports Coaching

Language of Instruction: English Credits: 5 NFQ Level: 8 Module Delivered In 2 programme(s) Teaching & Learning Strategies: 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.	Module Title			Sports Coaching
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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 A	uous 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



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Module Workload

Workload: Full Time			
Workload Type	Frequency	Average Weekly Learner Workload	
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	Bachelor of Science (Honours) in Sport and Exercise Science	7	Mandatory
CW_SASAC_B	Bachelor of Science (Honours) in Strength and Conditioning	7	Mandatory