

# 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
Credits:       5         NFQ Level:       8         Module Delivered In       2 programme(s)         Teaching & Learning       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. Provide classes will incorporate coaching practice and the planning, organisation, implementation and evaluation of sports coaching. Reflective practice will be used to enhance learning.         Module Aim:       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.         Learning Outcomes       To successful completion of this module the learner should be able to:         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         Pre-requisite learning       Module Recommendations         This is prior learning out a practical skill that is recommended before enrolment in this module.         No recommendations listed       Incompatible Modules         Incompatible Modules       The saming outcomes that are too similar to the learning outcomes of this module.				
NFQ Level:       8         Module Delivered In       2 programme(s)         Teaching & Learning       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.         Module Aim:       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.         Learning U:       The aim of this module the learner should be able to:         LO1       Develop a personal coaching philosophy based on the critical analysis of literature and personal experience.         LO2       Apply knowledge of the pedagogical and organsational skills relevant to the planning and implementation of an effective coaching practice         Module Recommendations       This is prior learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations       Incompatible Modules         These are modules which have learning outcomes that are too similar to the learning outcomes of this module.         No incompatible modules listed       Co-requisite modules listed	Language of	Instructio	n:	English
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 dars may include content delivery, Q&A, group discussion, active learning, tutorials, seminars, case studies and guest lectures where appropriate. Practical classes will incorporatice and the planning organisation, implementation and evaluation of sports coaching. Reflective practice at the planning, organisation, implementation and evaluation of sports coaching. Reflective practice at the planning, organisation, appeter appropriate practice coaching practice and the planning, organisation and communication aspects required to be an effective coach.         Learning Outcomes       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.         LO1       Develop a personal coaching philosophy based on the critical analysis of literature and personal experience.         LO2       Apply knowledge of the pedagogical and organsational 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         Module Recommendations This is prior learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations listed       Incompatible Modules         These are modules which have learning outcomes that are too similar to the learning outcomes of this module.         No incorpatible modules listed	Credits:		5	
Teaching & Learning       This module will be delivered in two one-hour lectures and one two-hour practical per week. The lecture dass 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, learning.         Module Aim:       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.         Learning Outcomes       Consuccessful completion of this module the learner should be able to:         LO1       Develop a personal coaching philosophy based on the critical analysis of literature and personal experience.         LO2       Apply knowledge of the pedagogical and organsational skills relevant to the planning and implementation of an effective coaching practice and give constructive feedback to others engaged in coaching practice         Module Recommendations       That is recommended before enrolment in this module.         No recommendations listed       Incompatible Modules         Incompatible Modules       These are modules students that are too similar to the learning outcomes of this module.         No incompatible modules listed       Co-requisite modules listed	NFQ Level:		8	
Strategies:       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.         Module Aim:       The aim of this module is to provide students with an understanding of the key planning, organisation and evaluation of sports coaching. Reflective practice will be used to enhance learning.         Learning Outcomes       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.         Loan successful completion of this module the learner should be able to:       Develop a personal coaching philosophy based on the critical analysis of literature and personal experience.         LO2       Apply knowledge of the pedagogical and organsational 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         Module Recommendations       This is prior learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations listed       Incompatible Modules         Incompatible Modules       Ister at re too similar to the learning outcomes of this module.         No incompatible modules listed       Ister at re too similar to the learning outcomes of this module.         No incompatible modules l	Module Deliv	vered In		2 programme(s)
Learning Outcomes         On successful completion of this module the learner should be able to:         L01       Develop a personal coaching philosophy based on the critical analysis of literature and personal experience.         L02       Apply knowledge of the pedagogical and organsational skills relevant to the planning and implementation of an effective coaching session.         L03       Review, evaluate and give constructive feedback to others engaged in coaching practice         Pre-requisite learning         Module Recommendations         This is prior learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations listed         Incompatible Modules         These are modules which have learning outcomes that are too similar to the learning outcomes of this module.         No incompatible modules listed         Co-requisite Modules		Learning		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
On successful completion of this module the learner should be able to:         LO1       Develop a personal coaching philosophy based on the critical analysis of literature and personal experience.         LO2       Apply knowledge of the pedagogical and organsational 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         Pre-requisite learning         Module Recommendations         This is prior learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations listed         Incompatible Modules         These are modules which have learning outcomes that are too similar to the learning outcomes of this module.         No incompatible modules listed         Co-requisite modules listed	Module Aim	:		
LO1       Develop a personal coaching philosophy based on the critical analysis of literature and personal experience.         LO2       Apply knowledge of the pedagogical and organsational 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         Pre-requisite learning         Module Recommendations         This is prior learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations listed         Incompatible Modules         These are modules listed         Co-requisite Modules         No incompatible modules listed         No Co-requisite modules listed	Learning Ou	tcomes		
LO2       Apply knowledge of the pedagogical and organsational 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         Pre-requisite learning         Module Recommendations         This is prior learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations listed         Incompatible Modules         These are modules which have learning outcomes that are too similar to the learning outcomes of this module.         No incompatible modules listed         Co-requisite modules listed	On successfu	ul completio	on of th	is module the learner should be able to:
LO3       Review, evaluate and give constructive feedback to others engaged in coaching practice         Pre-requisite learning         Module Recommendations This is prior learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations listed         Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module.         No incompatible modules listed         Co-requisite Modules         No Co-requisite modules listed	LO1	Develop a	perso	nal coaching philosophy based on the critical analysis of literature and personal experience.
Pre-requisite learning         Module Recommendations This is prior learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations listed         Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module.         No incompatible modules listed         Co-requisite Modules         No Co-requisite modules listed	LO2			
Module Recommendations         This is prior learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations listed         Incompatible Modules         These are modules which have learning outcomes that are too similar to the learning outcomes of this module.         No incompatible modules listed         Co-requisite Modules         No Co-requisite modules listed	LO3	Review, e	valuate	e and give constructive feedback to others engaged in coaching practice
This is prior learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations listed         Incompatible Modules         These are modules which have learning outcomes that are too similar to the learning outcomes of this module.         No incompatible modules listed         Co-requisite Modules         No Co-requisite modules listed	Pre-requisite	e learning		
Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module. No incompatible modules listed Co-requisite Modules No Co-requisite modules listed				tical skill) that is recommended before enrolment in this module.
These are modules which have learning outcomes that are too similar to the learning outcomes of this module.         No incompatible modules listed         Co-requisite Modules         No Co-requisite modules listed	No recomme	ndations lis	ted	
Co-requisite Modules No Co-requisite modules listed			ch have	e learning outcomes that are too similar to the learning outcomes of this module.
No Co-requisite modules listed	No incompati	ble module	s listeo	1
	Co-requisite	Modules		
Requirements	No Co-requis	ite modules	s listed	
This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.			a prac	tical skill) that is mandatory before enrolment in this module is allowed.
No requirements listed	No requireme	ents listed		



# ZPHY C4101: Sports Coaching

### **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



# ZPHY C4101: Sports Coaching

# 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