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| Module Title: | Coaching |
| Language of Instruction: | English |
| Credits: | 10 |
| NFQ Level: | 8 |
| Module Delivered In | No Programmes |
| Teaching & Learning Strategies: | This module will be delivered in a one-hour lecture and one two-hour practical per week. Any course-related issue or questions that may arise will be discussed at lectures. Course lecture summaries, course calendar, announcements and other course-related material will be available on Blackboard, a virtual learning environment. Students can contact lecturer outside of class hours to discuss formative feedback given on written reports, PowerPoint Presentation, and group project work. |
| 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 | |
| <i>On successful completion of this module the learner should be able to:</i> | |
| LO1 | Analyse and reflect on different coaching philosophies that influence their own coaching philosophy. |
| LO2 | Appraise important elements of interpersonal communication in sports coaching. |
| LO3 | Formulate pedagogical and organizational skills relevant to the planning and implementation of an effective coaching session. |
| LO4 | Synthesise knowledge of variations and progressions within and across coaching practices. |
| LO5 | Review, evaluate and give constructive feedback to others engaged in coaching practice |
| Pre-requisite learning | |
| Module Recommendations | |
| <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i> | |
| No recommendations listed | |
| Incompatible Modules | |
| <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i> | |
| No incompatible modules listed | |
| Co-requisite Modules | |
| No Co-requisite modules listed | |
| Requirements | |
| <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 |
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| Analysis of the coaching process Distinguishing between the technical, tactical, physiological and psychological aspects of coaching and relating it to player development pathways |
| Coaching philosophies Coaching philosophies and the importance of adopting a player-centered, games approach. |
| Safe and effective coaching Components of an effective and safe coaching session |
| Communication Communication styles and their application in coaching. |
| Planning Planning and organisation of coaching sessions; variations and progressions in coaching. |
| Demonstration Demonstration, verbal instruction, feedback, observation, correction |
| Practice Practice variability and distribution, amount of practice, whole or part practice |
| Review Review and evaluation of others coaching practice |
| Current concepts in coaching Examples of current concepts include: burnout, the female athlete triad and early/late specialisation in sport |
| Coaching diverse population groups Knowledge and skill for understanding diverse populations. Accommodating different learning abilities and physical skill by planning, coaching and evaluating performance. |

| Assessment Breakdown | % |
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| Continuous Assessment | 60.00% |
| Practical | 40.00% |

| Continuous Assessment | | | | |
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| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
| Essay | Essay on a topic related to coaching | 1,2 | 20.00 | n/a |
| Reflective Journal | Personal reflective e-portfolio/diary | 1,2,3,4,5 | 20.00 | n/a |
| Presentation | Group presentation/workshop | 1,2 | 20.00 | n/a |

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| No Project |
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| Practical | | | | |
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| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
| Practical/Skills Evaluation | Practical coaching assignment 1 | 4,5 | 15.00 | Sem 1 End |
| Practical/Skills Evaluation | Practical Coaching assignment 2 | 4,5 | 25.00 | Sem 2 End |

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| No End of Module Formal Examination |
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SETU Carlow Campus reserves the right to alter the nature and timings of assessment

Module Workload

| Workload: Full Time | | |
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| <i>Workload Type</i> | <i>Frequency</i> | <i>Average Weekly Learner Workload</i> |
| Lecture | 30 Weeks per Stage | 2.00 |
| Laboratory | 30 Weeks per Stage | 2.00 |
| Estimated Learner Hours | 30 Weeks per Stage | 2.00 |
| Total Hours | | 180.00 |

