ANAL: Sports Coaching and Performance Analysis

Module Title:	Sports Coaching and Performance Analysis
Language of Instruction:	English

Credits:	5

NFQ Level:	8

Module Delivered In	2 programme(s)

Teaching & Learning Strategies:	Sports coaching: This part of the module will be delivered in two theory classes of one-hour duration and one two-hour practical class per week for 12 weeks. Lectures will be delivered using PowerPoint presentations and group discussions. Any course-related issues or questions that may arise will be discussed in the lectures. Performance analysis: This part of the module will be delivered in a three-hour practical class per week for 12 weeks. Lecture and practical notes and announcements will be available on Blackboard, a virtual learning environment.

Module Aim:	The aim of the sports coaching component of this module is to further develop student's understanding of sports coaching and the coaching process. The aim of the performance analysis component of the module is to develop the student's ability to critically engage in the process of analysing sports performance through the use of appropriate strategies.

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Demonstrate an understanding of coaching tactics in sport.
LO2	Critically analyse the literature relating to current concepts in sports coaching.
LO3	Develop strategies for the analysis of sports performance and deliver presentations using this analysis to provide feedback.

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
Requirements *This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.*
Successful completion of year 3 or equivalent.

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Module Content & Assessment

Indicative Content
Lecture Sports coaching: Defining and developing tactics appropriate to the age and skill level of players. Aligning tactical development with player pathways. Teamwork in sport. Current Concepts in Coaching: review topics of interest to coaches e.g. burnout, talent development, early/late specialization, relative energy deficiency in sport, concussion, racism, dropout etc.
Practical Sports coaching component: Implementing a coaching session: Demonstration, verbal instruction, coaching cues, feedback, observation, correction, questioning. Specific focus on coaching sports tactics. Performance analysis component: This component will examine the development of analytical systems to conduct performance analysis of sport in a competition setting.

Assessment Breakdown	%
Continuous Assessment	30.00%
Project	30.00%
Practical	40.00%

Continuous Assessment

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Other	Sports coaching (20%): The continuous assessment strategy may incorporate essays, presentations, reflective logs, case studies, in-class tests, and written reports. Performance analysis (10%): A PowerPoint presentation of the analysis of a sporting competition.	1,2,3	30.00	n/a

Project

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Project	An individual 15-minute presentation of sports performance in the competition setting.	3	30.00	End-of-Semester

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 organization, implementation, and evaluation of a coaching session. A reflective journal may also be incorporated.	1	40.00	n/a

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
Practicals	12 Weeks per Stage	5.00
Independent Learning	15 Weeks per Stage	2.73
	Total Hours	125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_SASPS_B	Bachelor of Science (Honours) in Sport and Exercise Science	8	Mandatory
CW_SASAC_B	Bachelor of Science (Honours) in Strength and Conditioning	8	Mandatory