

## MODULE DESCRIPTOR

### Module Title

Coaching Science

Reference	HS3102	Version	4
Created	March 2017	SCQF Level	SCQF 9
Approved	June 2010	SCQF Points	15
Amended	August 2017	ECTS Points	7.5

### Aims of Module

The module aims to educate students on the complex and often uncertain nature of coaching. The module guides students to understand coaching as a multifaceted domain. In addition knowledge will be developed of different pedagogical strategies, principles of skill learning and coach education initiatives.

### Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Appraise the role of the coach in the coaching process.
- 2 Evaluate traditional and contemporary pedagogical strategies for athlete development in coaching practice.
- 3 Apply key principles in the instructional process when coaching.
- 4 Compare and contrast theoretical mechanisms for coach learning and development.

### Indicative Module Content

Coaching philosophies; coach as educator and orchestrator; pedagogical coaching strategies; talent development; motivational climate; traditional motor learning strategies; contemporary learning initiatives; learning and development orientations; modes of instruction; practice structures; conveying information; provision of feedback; coach mentoring; communities of practice; reflective coaching; learning and development in coaching; models of coaching.

### Module Delivery

Tutorials and seminars supported by directed and private study.

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	36	N/A
Non-Contact Hours	114	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

**ASSESSMENT PLAN**

If a major/minor model is used and box is ticked, % weightings below are indicative only.

**Component 1**

Type:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Poster Presentation				

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

Poster presentation assessed with a grading proforma. Overall grade determined as follows:

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	Rows 1-5: Minimum of 3 A?s, 1 B and maximum of 1 C Rows 6-8: Minimum of 2 B?s and maximum of 1 D Row 9: Pass
<b>B</b>	Rows 1-5: Minimum of 3 B?s, 1 C and maximum of 1 D Rows 6-8: Minimum of 1 B and maximum of 2 D?s Row 9: Pass
<b>C</b>	Rows 1-5: Minimum of 3 C?s, 1 D and maximum of 1 E Rows 6-8: Minimum of 3 D?s Row 9: Pass
<b>D</b>	Rows 1-5: Minimum of 4 D?s Rows 6-8: Minimum of 2 D?s And a maximum of 1 E or F in rows 1-8 Row 9: Pass
<b>E</b>	Rows 1-8 Minimum of 2 E?s and Maximum of 1 F Row 9: Fail
<b>F</b>	Rows 1-8 Failure to achieve any of the above Row 9: Fail
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	Successful completion of Stages 1 and 2 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

**ADDITIONAL NOTES**

A pass will not normally be awarded for this module unless the student has attended a minimum of 80% of all learning opportunities.

**INDICATIVE BIBLIOGRAPHY**

- 1 CASSIDY, T., JONES, R. and POTRAC, P., 2009. Understanding Sports Coaching. London: Routledge.
- 2 JONES, R., 2006. The Sports Coach as Educator. London: Routledge.
- 3 NASH, C., 2015. Practical Sports Coaching. London: Routledge.
- 4 A current and comprehensive list of references will be supplied on an annual basis to reflect the evolving nature of relevant topic areas.