

## MODULE DESCRIPTOR

### Module Title

Sport Coaching Theory And Practice

Reference	HS3141	Version	3
Created	August 2024	SCQF Level	SCQF 9
Approved	June 2021	SCQF Points	15
Amended	December 2024	ECTS Points	7.5

### Aims of Module

The module aims to provide students with a theoretical understanding of key sports coaching principles, and the ability to apply coaching theory to practice.

### Learning Outcomes for Module

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

- 1 Discuss the application of appropriate coaching philosophy to practice.
- 2 Evaluate traditional and contemporary pedagogical approaches.
- 3 Appraise fundamental principles of skill acquisition in coaching.
- 4 Discuss the application of coaching theory to practice.
- 5 Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

### Indicative Module Content

Coaching philosophy; The coaching process; Planning coaching practice; Delivering the coaching sessions; Evaluating coaching practice; Reflecting on coaching practice; Retention and transfer in skill acquisition; Early vs late specialisation; Structure of practice; Conveying information; Talent development; Talent identification.

### Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include Digital Learning Resources, Tutorials, Workshops and Practical sessions.

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	30	N/A
Non-Contact Hours	120	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:	Practical Exam	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Presentation				

**Component 2**

Type:	Coursework	Weighting:	0%	Outcomes Assessed:	5
Description:	Minimum module attendance requirement of 70%				

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

Component 1 grade based on the grading proforma. Component 2 is a minimum modular attendance requirement of 70%.

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	Component 1 A and Component 2 Pass
<b>B</b>	Component 1 B and Component 2 Pass
<b>C</b>	Component 1 C and Component 2 Pass
<b>D</b>	Component 1 D and Component 2 Pass
<b>E</b>	Component 1 E and Component 2 Pass
<b>F</b>	Component 1 F and/or Component 2 Fail
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	None in addition to course entry requirements.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 JONES, R., 2006. The Sports Coach as Educator. London: Routledge.
- 2 NASH, C., 2014. Practical sports coaching. London: Routledge.
- 3 NELSON, L., GROOM, R., & POTRAC, P., 2016. Learning in sports coaching: theory and application. London: Routledge.
- 4 POTRAC, P., GILBERT, W., & DENISON, J., 2015. Routledge handbook of sports coaching. London: Routledge.