

BSE313 Sport Coaching

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

BSE313 Sport Coaching directs students to examine the theoretical basis and the practice of sport coaching, highlighting the philosophical, social, psychological, pedagogical aspects and the application of sport science that underpin effective coaching. Students will gain the knowledge to understand and manage the complex interplay between coach, athlete, coaching programme and its social context. Students will also explore the different coaching approaches, models, principles and strategies suitable for working with individual, team athletes and specific populations (e.g., children, adults, people with disability). In addition, this course allows the students to further develop their skills in designing effective coaching programmes to enhance athletic performance.

Topics:

- Theories/models related to coaching
- Coaching styles and climates
- Conceptual framework for coaching
- Coaching domains and roles of the coach
- The coaching process
- Coach-athlete relationship
- Coaching philosophy/principles
- Athlete development and coaching disability sport
- Performance analysis
- Management and evaluation of coaching programme
- Season planning
- Key ethical principles and safety in sport coaching

Textbooks:

: Effective Sports Coaching: A Practical Guide (Crowood Press, 2010)
ISBN-13: 9781847971944

Chambers, D. (2013).: Coaching: The Art and the Science: The Complete Guide to Self Management, Team Management, and Physical and Psychological Preparation. Firefly Books Ltd.
ISBN-13: 9781770851849

Jones, R. L. & Kingston, K. (2013).: An Introduction to Sports Coaching: Connecting Theory to Practice. <eBook> Taylor & Francis Ltd.
ISBN-13: 9781136510458

Learning Outcome:

- Discuss the constructs related to sport coaching and the conceptual framework for sport coaching.
- Examine the main theories or models related to sport coaching and their implications to the holistic development of athletes, coaching process and sporting environment.
- Determine the key factors for effective sport coaching.
- Appraise coaching practice by drawing upon knowledge base associated with the disciplines that inform the socio-cultural interpretations of sport coaching.
- Formulate strategies for promoting positive athlete development and optimal performance.
- Construct a coaching programme for a specific sport and level.

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	PRE-CLASS QUIZ 1	1.66
	PRE-CLASS QUIZ 2	1.67
	PRE-CLASS QUIZ 3	1.67
	TUTOR-MARKED ASSIGNMENT 1	15
	TUTOR-MARKED ASSIGNMENT 2	30
Overall Examinable Components	ECA	50
Total		100