



Course Outline

EXSCI2005 SPORTS COACHING I

Title:	SPORTS COACHING I
Code:	EXSCI2005
Formerly:	HM615
School / Division:	School of Health Sciences
Level:	Advanced
Pre-requisites:	(HMALS1001 or HMALS1002) (HM594 or HM595)
Co-requisites:	Nil
Exclusions:	(HM615)
Progress Units:	15
ASCED Code:	92103

Objectives:

After successfully completing this course, students should be able to:

Knowledge:

- Understand what constitutes the art and science of coaching
- Recognize and understand the variety of coaching styles appropriate to a range of coaching situations
- Identify and understand the similarities and differences between coaching and teaching
- Understand the educational, government and sporting structures that support coaching in Australia, including coaching accreditation schemes
- Demonstrate an understanding of the broad range of multi-disciplinary underpinnings of sport science and coaching including skill acquisition, physiology, biomechanics, psychology and performance analysis
- Understand the principles of periodisation and the processes in periodising a training cycle
- Understand the implications of the adopted Coaching Codes of Behaviour

Skills:

- Plan, implement and evaluate a series of coaching sessions varying from one-on-one to team situations
- Identify and critically analyse inappropriate coaching practices
- Research and discuss practical coaching issues
- Read and comment on appropriate literature as it relates to coaching
- Implement effective and appropriate communication skills in a variety of coaching settings



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Values:

- Appreciate the personal impact that a coach can have on those they coach
- Develop a set of principles and procedures related to an accepted code of practice that is appropriate for coaching situations
- Appreciate the complexities of coaching in both its art and science
- Appreciate the contribution of both the Human Movement and Physical Education programs to the development of skill in practical coaching situations

Content:

Topics may include:

- The role of the coach and styles of coaching
- Overview and analysis of coaching networks and professional bodies
- Coaching processes and the 'art and science' of coaching
- Coaching and teaching links in both theory and practice
- Special considerations for coaching juniors
- Structuring effective coach/athlete relationships and coach/captain relationships
- The principles and practices of periodisation
- Planning and sequencing coaching sessions
- Codes of ethics and professionalism in coaching

Learning Tasks & Assessment:

Learning Task	Assessment	Weighting
Attendance & participation in tutorials and practical classes	90% attendance required	S/U
Practical skills coaching	Students will be assessed on their practical coaching capacity.	30%
Scenario presentation	Students will be assigned a different scenario that will be presented at an allocated tutorial time.	10%
Coach Interview / Observation report	Students are to observe and interview a high level and experienced coach, answering a series of open ended questions. This information will be presented in the Wk 9 & 10 Tutorial	20%
Final exam	A review of the lecture and tutorial material throughout the semester	40%

Adopted Reference Style:

APA

Handbook Summary:

This course enables students to understand and appreciate the breadth of skills required in the



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art and science of coaching. Through theoretical considerations and practical application (in 1-on-1, micro-coaching and peer coaching experiences) students apply sport science to the coaching situation. The coaching model is based on established teaching models.