



# Course Outline

## EXSCI2006 SPORTS COACHING II

<b>Title:</b>	SPORTS COACHING II
<b>Code:</b>	EXSCI2006
<b>Formerly:</b>	HM656
<b>School / Division:</b>	School of Health Sciences
<b>Level:</b>	Advanced
<b>Pre-requisites:</b>	(EXSCI2005 or HM615)
<b>Co-requisites:</b>	Nil
<b>Exclusions:</b>	(HM656)
<b>Progress Units:</b>	15
<b>ASCED Code:</b>	92103

### Objectives:

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

#### Knowledge:

- Understand the pathways within Australia for coaching accreditation and coach education
- Describe the bases of sporting performances and the application of these theoretical underpinnings to effective coaching
- Outline the legal responsibilities of coaches and the requirements ensuring that coaching occurs in a safe environment
- Demonstrate an understanding of the current principles of skilled coaching and delivery
- Know and understand the principles of effective planning and implementation of coaching sessions
- Understand the role and scope of assistant and support roles in coaching at all levels

#### Skills:

- Undertake, and evaluate effectively, given coaching tasks in an assistant-coaching role
- Implement effective coaching skills in a peer-coaching situation
- Implement coaching education programs
- Apply appropriate measures to coaching practice to ensure that safe coaching is undertaken
- Effectively communicate in class or group settings, coaching scenarios and hypothetical situations or dilemmas
- Display leadership and management skills in practical coaching situations
- Prepare written sequenced coaching plans for implementation



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### Values:

- Appreciate the complexity of the role of the sports coach
- Respect the individuality of each person involved in coaching situations
- Appreciate the learning that can be gained when serving an 'apprenticeship' with an established coach in the field
- Value the difference between sportsmanship and gamesmanship in a sporting context
- Appreciate the full implications of the impact of a coach as a significant person in the life of the athlete

### Content:

Topics may include:

- Planning and programming
- Periodisation
- Performance analysis
- Coach education syllabus and procedures
- Athlete empowerment: decision making and negotiation
- Coaching ethics and codes of conduct
- Talent identification

### Learning Tasks & Assessment:

Learning Task	Assessment	Weighting
Attendance & participation in tutorials and practical classes	90% attendance required	S/U
Practical involvement	Application of practical coaching skills	25 - 35%
Coaching practice analysis involving observations and interviews	Coaching practice assignment	45 - 55%
Written review of coaching materials	Presentation of a critique of a Level 1 Coaching Accreditation Syllabus	25 - 35%

### Adopted Reference Style:

APA

### Handbook Summary:

This course builds upon the theory and practice presented in HM651 and extends the student to understanding and experiencing coaching in a variety of settings. Theoretically, particular attention is given to the legal responsibilities of coaches, the coaching of juniors, the disabled and the older sportsperson, sequencing of coaching sessions within periodised programs and the professional development of coaches within a Code of Ethics framework. Practically, students are required to undertake a significant coaching experience in the community.