Course Outline (Higher Education)

School: School of Science, Psychology and Sports

Course Title: TRAINING AND COACHING SPEED QUALITIES

Course ID: SCOND6002

Credit Points: 15.00

Prerequisite(s): Nil

Co-requisite(s): Nil

Exclusion(s): Nil

ASCED: 069903

Description of the Course :
This course is designed to enable students to design and coach speed sessions to enhance sports performance. Various approaches to developing speed qualities (acceleration, maximum speed, speed-endurance, speed in changing direction, and agility) will be explored. These approaches incorporate biomechanical, neuromuscular, physiological, motor control, and cognitive perspectives for understanding the development of speed qualities. The use of dedicated speed sessions as well as skill-based training methods such as small-sided games will be discussed. Analysing and coaching running technique will be included to optimise performance. Selecting tests to identify strengths and weaknesses and monitor training will be investigated.

Grade Scheme: Graded (HD, D, C, etc.)

Work Experience:

No work experience: Student is not undertaking work experience in industry.

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the course but gained a final mark of 45 per cent or above and submitted all major assessment tasks..

Program Level:

Level of course in Program	AQF Level of Program					
	5	6	7	8	9	10
Introductory					✔	
Intermediate						

Level of course in Program	AQF Level of Program					
	5	6	7	8	9	10
Advanced						

Learning Outcomes:

Knowledge:

K1. Explain the mechanisms responsible for adaptations to development of all speed qualities.
K2. Recognise the numerous methods for training speed qualities.
K3. Differentiate between change-of-direction speed and agility.
K4. Determine how running drills transfer to speed performance.
K5. Assemble and integrate the development of speed qualities with other training tasks

Skills:

S1. Design a speed program for the specific needs of an athlete
S2. Implement a speed program for the specific needs of an athlete
S3. Design running drills to develop effective running technique.
S4. Design small-sided games to develop targeted speed qualities.
S5. Analyse and correct running technique

Application of knowledge and skills:

A1. Analyse the speed demands of individual and team sports.
A2. Apply principles of biomechanics, motor learning and physiology to the coaching of speed development.
A3. Design a speed macrocyle for an athlete.
A4. Critically evaluate the results of testing to direct the development of speed qualities.

Course Content:

- Defining speed qualities (acceleration, maximum speed, speed-endurance, repeat sprint ability, change of direction speed, agility)
- Analysis of the demands of speed qualities in individual and team sports
- Resisted and assisted speed training methods.
- Coaching and analysing running technique
- Understanding the difference between change-of-direction speed and agility
- Training methods to enhance the physical, technical and cognitive requirements of agility
- Testing linear speed and agility
- Implementation of a speed program for an athlete or team
- The impact of other training tasks on the development of speed qualities

Values:

V1. Appreciation of the considerations for designing and implementation of a speed program for athletes.
V2. Appreciate the importance of specific speed qualities to sports performance
V3. Value the need for effective communication to correct running mechanics

Graduate Attributes

The Federation University FedUni graduate attributes (GA) are entrenched in the Higher Education Graduate Attributes Policy (LT1228). FedUni graduates develop these graduate attributes through their engagement in explicit learning and teaching and assessment tasks that are embedded in all FedUni programs. Graduate attribute attainment typically follows an incremental development process mapped through program progression. **One or more graduate attributes must be evident in the specified learning outcomes and assessment for each FedUni course, and all attributes must be directly assessed in each program**

Graduate attribute and descriptor		**Development and acquisition of GAs in the course**			
		Learning Outcomes (KSA)	**Code** A. Direct B. Indirect N/A Not addressed	**Assessment task (AT#)**	**Code** A. Certain B. Likely C. Possible N/A Not likely
GA 1 Thinkers	Our graduates are curious, reflective and critical. Able to analyse the world in a way that generates valued insights, they are change makers seeking and creating new solutions.	K1,K2, A1,A3	A	AT1, AT2, AT4	A
GA 2 Innovators	Our graduates have ideas and are able to realise their dreams. They think and act creatively to achieve and inspire positive change.	S1,S3,S4,A2	A	AT2, AT3, AT4	B
GA 3 Citizens	Our graduates engage in socially and culturally appropriate ways to advance individual, community and global well-being. They are socially and environmentally aware, acting ethically, equitably and compassionately.	K3	B	AT4	C
GA 4 Communicators	Our graduates create, exchange, impart and convey information, ideas, and concepts effectively. They are respectful, inclusive and empathetic towards their audience, and express thoughts, feelings and information in ways that help others to understand.	S2,S5	A	AT2, AT3	A
GA 5 Leaders	Our graduates display and promote positive behaviours, and aspire to make a difference. They act with integrity, are receptive to alternatives and foster sustainable and resilient practices.	K4, K5, A4	B	AT2, AT3	C

Learning Task and Assessment:

Learning Outcomes Assessed	Learning Tasks	Assessment Type	Weighting
K1, K3, K5, S1, S4, S5, A1, A2, A4	Students will engage and participate in practical sessions, group work and discussions addressing their comprehension and competency of the content.	Class participation	S/U
K1, K2, K3, K5, S1, S3, S4, A1, A3	This task will require students to create a detailed program to develop speed qualities based on a given scenario.	Assignment case study	20-40%
S5, A2	Students will be required to analyse the technique of a performer/s undertaking a speed qualities drill	Simulated professional task	10-30%

Learning Outcomes Assessed	Learning Tasks	Assessment Type	Weighting
K2, K4, K5, S1, S2, S3, S5, A1, A2, A3, A4	This task will require students to design, implement and monitor the effects of a training plan on an actual athlete.	Assignment case study	40-60%

Adopted Reference Style:

Other (Journal of Strength and Conditioning Research)