

COURSE SPECIFICATION DOCUMENT

Academic School/Department:	Richmond Business School
Programme:	Master of Arts Degree in International Sports Business
FHEQ Level:	7
Course Title:	Coaching & Management of Sports Teams
Course Code:	SPT 7405
Total Hours:	200
Timetabled Hours:	39
Guided Learning Hours:	21
Independent Learning Hours:	140
Credits:	20 UK CATS credits 10 ECTS credits 4 US credits

Course Description: This course explores the science and practice of coaching. The coach and coaching are at the core of sport and sporting experience. In this course the foci are the coach as a person and coaching practice as a complex social encounter. In the course students will examine practical, vocational and scientific principles that underpin the sports coaching process. This course is practice-oriented and will provide students with skills, knowledge and scientific background needed to prepare athletes and sports people technically, tactically, physically and mentally. This course helps to bridge the gap between coaching theory and coaching practice enabling students to develop and extend their coaching expertise.

Prerequisites: MA International Sports business students only

Aims and Objectives:

- Describe the development of sports coaching as a profession
- Evaluate coaching styles and technique
- Critically assess planning and management strategies in team sport contexts
- Understand basic principles of anatomy, physiology, biomechanics, and psychology
- Explain the fundamentals of training and fitness
- Assess and apply performance analysis in coaching practice
- Understand the importance of reflective practice in coaching

Programme Outcomes:

A1, A2, A5
B1, B2, B3, B4, B5
C1, C2, C3, C4, C5
D1, D2, D3, D4, D5

A detailed list of the programme outcomes are found in the Programme Specification. This is found at: <https://www.richmond.ac.uk/programme-and-course-specifications/>

Learning Outcomes:

By the end of this course, successful students should be able to:

Knowledge and Understanding

- Understand current issues relating to the theory and practice of coaching
- Critically evaluate theoretical approaches in coaching in sport, exercise and business environments
- Discuss and analyse coaching skills and expertise in consideration of which techniques are most appropriate in a variety of applied contexts
- Demonstrate skills required to practice effectively (e.g., communication skills and reflective practice)

Cognitive skills

- Evaluate empirical evidence in terms of the effectiveness of coaching techniques
- Demonstrate a thorough knowledge and critical understanding of a range of influences on coaching practice and how they are conceptualized across the key knowledge domains

Subject specific, practical and professional skills

- Demonstrate an understanding and critical awareness of the issues underpinning best practice in sports team coaching and management
- Work together as members of a team, in group work that will require rational, and analytical approaches

General/transferable skills

- Demonstrate research and/or problem-solving skills
- Develop analytical skills and communicate their findings effectively to others.
- Evaluate and apply current research and theory from the disciplines relevant to the study of sport coaching and confidently take an active and knowledgeable part in informed discussion of such issues

Indicative Content:

- Coaching practice and practice ethics
- Conceptual development in sports coaching
- Complex practice in coaching
- Coaches decision making
- Athlete development and coaching
- Planning for team sports
- The professionalization of sports coaching
- Coach education effectiveness
- Coaching philosophy
- Narrowing the field

- The learning coach the learning approach
- Towards a sociopedagogy of sports coaching
- Coaching workforce development

Assessment:

This course conforms to the University Assessment Norms approved at Academic Board and located at: <https://www.richmond.ac.uk/university-policies/>

Teaching Methodology:

The course will be taught through a combination of lectures, seminars, tutorials, directed and independent tasks and guided reading. Independent study will be strongly encouraged through the provision of reading lists and tasks to undertake in preparation for upcoming taught sessions. Together, the learning strategies of taught sessions and independent study aim to develop conceptual knowledge of international sport management.

Bibliography:

IndicativeText(s):

Armour, K. M. (Ed.) (2011). *Sport pedagogy: an introduction for teaching and coaching*. Harlow,UK : Prentice Hall.

Bush, A., Silk, M., Andrews, D., & Lauder, H. (2013). *Sports coaching research: Context, consequences, and consciousness*. Routledge.

Cassidy, T., Jones, R., & Potrac, P. (Eds.) (2004). *Understanding sports coaching: the social, cultural and pedagogical foundations of coaching practice*. London,UK: Routledge.

Jones, R. L., Armour, K.M., & Potrac, P. (2004). *Sports coaching cultures from practice to theory*. New York, NY: Routledge.

Nelson, L., Groom, R., & Potrac, P. (Eds.). (2016). *Learning in Sports Coaching: Theory and Application*. Routledge.

Nicholls, A.R., & Jones, L. (2013). *Psychology in Sports Coaching: Theory and Practice*. New York, NY: Routledge.

Potrac, P., Gilbert, W., & Denison, J. (2013). *Routledge handbook of sports coaching*. Routledge.

Robinson, P. E. (2014). *Foundations of sports coaching*. Routledge.

Journals

Coaching & Sport Science Review

International Journal of Sports Science and Coaching

International Journal of Performance Analysis in Sport

Journal of Applied Sport and Exercise Psychology

Journal of Sport Sciences

Physical Education and Sport Pedagogy

Research Quarterly for Exercise and Sport

Web Sites

Sports Coach UK: <http://www.sportscoachuk.org>

US Sports Coaching: <https://www.ussportscoaching.com>

Please Note: The core and the reference texts will be reviewed at the time of designing the semester syllabus

Change Log for this CSD:

Nature of Change	Date Approved & Approval Body	Change Actioned by Academic Registry
Annual update	June 2023	
Total hours updated	April 2024	