

## **COURSE SPECIFICATION DOCUMENT**

<b>Academic School/Department:</b>	Richmond Business School
<b>Programme:</b>	International Sports Management
<b>FHEQ Level:</b>	6
<b>Course Title:</b>	Coaching & Management of Sports Teams
<b>Course Code:</b>	SPT 6101
<b>Total Hours:</b>	160
Timetabled Hours:	45
Guided Learning Hours:	15
Independent Learning Hours:	100
<b>Credits:</b>	16 UK CATS credits 8 ECTS credits 4 US credits

### **Course Description:**

This module 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 module helps to bridge the gap between coaching theory and from coaching practice enabling students to develop and extend their coaching expertise.

### **Prerequisites:**

SPT 4200 Introduction to Sport Psychology

### **Aims and Objectives:**

At the end of the module, students should be able to:

- Critically assess planning and management strategies in team sport contexts
- Assess and apply performance analysis in coaching practice
- Demonstrate the importance of reflective practice in coaching

**Programme Outcomes:**

International Sports Management: A1, A5, A6, A7, B1, B2, B3, B4, B5 C1, C2, D2, D4

A detailed list of the programme outcomes is found in the Programme Specification. This is maintained by Registry and located 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**

- Demonstrate a systematic understanding and critical awareness of the issues underpinning best practice in sports team coaching and management.
- Synthesise knowledge and critical understanding of a range of influences on team coaching practice reflect upon how these influences are conceptualized across the key knowledge domains.

**Cognitive Skills**

- Use knowledge and understanding of team coaching practices to identify, evaluate and apply extant and novel coaching skills to consider coaching techniques appropriate in a variety of different applied contexts.

**Practical and/or Professional Skills**

- Critically analyse the skills required by a coach to work in a high-performance setting and find innovative and creative solutions to team coaching problems.

**Key Skills**

- Locate and critically interpret a variety of contemporary information on coaching and collaborate with others to plan and manage a team coaching project to fulfil appropriate assessment criteria.

**Indicative Content:**

- Coaching practice and practice ethics
- Conceptual development in sports coaching
- Athlete development and coaching
- Planning for team sports
- The professionalization of sports coaching
- Coach education effectiveness
- Coaching philosophy
- Towards a sociopedagogy of sports coaching

**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, guided reading and coaching practice. Independent study will be strongly encouraged through the provision of reading lists and tasks to undertake in preparation for upcoming taught sessions along with experiential learning through applied coaching practice. Together, the learning strategies of taught sessions and independent study aim to develop conceptual knowledge of international sport management.

**Indicative Text(s):**

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

Cassidy, T., Jones, R., & Potrac, P. (Eds.). 2015. *Understanding sports coaching: the social, cultural and pedagogical foundations of coaching practice*. London: Routledge.

Cope, E. and Partington, M. 2020. *Sports Coaching*. London: Routledge.

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

Purdy, L. 2017. *Sports Coaching: The Basics*. London: Routledge.

**Journals**

*Coaching & Sport Science Review*

*International Journal of Sports Science and Coaching*

*International Journal of Performance Analysis in Sport*

*Journal of Sport Sciences*

*Research Quarterly for Exercise and Sport*

**Web Sites**

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

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

See syllabus for complete reading list

## Change Log for this CSD:

Nature of Change	Date Approved & Approval Body (School or AB)	Change Actioned by Academic Registry
Amendment of course learning outcomes to align programme outcomes and QAA FHEQ Level 6 descriptors.	13 Dec 2021 School Chairs Action	
Various updates as part of the UG programme review	AB Jan 2022	
Revision – annual update	May 2023	
Total Hours Updated	April 2024	