

## 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 & Team Management in Sports
<b>Course Code:</b>	SPRT 6104
<b>Total Hours:</b>	160
Timetabled Hours:	45
Guided Learning Hours:	15
Independent Learning Hours:	100
<b>Credit</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:**

70 credits

### **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:**

A6(I), B6(III), C6(III), D6(III)

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/>

<b>Course Learning Outcome</b>	<b>Programme Outcome</b>
<b>Disciplinary Knowledge and Understanding</b> 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.	<b>A6 (I)</b>
<b>Disciplinary Applied Skills</b> Apply the principles of sports coaching and team management theory to critically assess the impact and relevance of decision-making processes to gain competitive advantage within sports team organisations.	<b>B6 (III)</b>
<b>Communication Skills</b> Effectively organise and communicate specialist and inter-related sports coaching information using selected criteria to a variety of audience contexts.	<b>C6 (III)</b>
<b>Transferable Skills</b> Demonstrate entrepreneurial education in the form of skills and practices that translate directly into employment, ideally in the form of work that contributes to a portfolio.	<b>D6 (III)</b>

**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:**

This course will be delivered face to face through a combination of lectures and interactive sessions. In addition to classroom activities, there are guided learning elements that are tutor led and arranged through Blackboard. These activities can be asynchronous online sessions, flipped classrooms, set readings with discussion boards or set guest lectures for example. Set activities are monitored by the instructor to ascertain student engagement. Students are encouraged to prepare for class and to play an active part, to raise questions, following-up ideas and interact with a wide range of provided material.

**Indicative Text(s):**

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

Jones, R.L. and Kingston, K. (2019) *An Introduction to Sports Coaching: Connecting Theory to Practice*. 3rd edn. London: Routledge.

Lyle, J. and Cushion, C. (2020) *Sports Coaching Concepts: A Framework for Coaching Practice*. 2nd edn. London: Routledge.

Norman, L. (2021) *Improving Gender Equality in Sports Coaching*. Abington: Routledge.

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

**Journals**

*International Journal of Sports Science and Coaching* *International Journal of Performance Analysis in Sport* *Journal of Sports Sciences*.

*Research Quarterly for Exercise and Sport*.

**Websites**

Sports Coach UK. Available at: <http://www.sportscoachuk.org> (Accessed: November 2024).

US Sports Coaching. Available at: <https://www.ussportscoaching.com> (Accessed: November 2024).

See syllabus for complete reading list.

**Change Log for this CSD:**

Nature of Change	Date Approved & Approval Body (School or AB)	Change Actioned by Registry Services
First edition	Dec 2024	

