

## COURSE SPECIFICATION DOCUMENT

<b>Academic School / Department:</b>	RIASA
<b>Programme:</b>	BA International Sports Management
<b>FHEQ Level:</b>	6
<b>Course Title:</b>	Team and Leadership Dynamics in Sport
<b>Course Code:</b>	SPRT 6103
<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 advanced leadership course is tailored to the sporting context, focusing on developing in-depth critical, analytical, and practical leadership skills. Through case studies, projects, and group interactions, students will engage with complex theories and practices related to group dynamics, small group behaviour, motivation, power structures, and communication, specifically within sports teams. Emphasis is placed on the sociological and psychological dimensions of team leadership, encouraging students to autonomously analyse, synthesize, and solve sophisticated team-related challenges through simulations, real-world sports scenarios, and reflective practice. Students will take responsibility for leading projects, critically evaluating team management approaches, and developing specialist strategies to enhance team performance in complex, dynamic sporting environments.

### **Prerequisites:**

70 Credits

**Aims and Objectives:**

**Aim:** To equip students with advanced knowledge, critical analytical skills, and interdisciplinary understanding to autonomously lead and manage teams in complex sports settings, enhancing team performance and cohesion through the critical application of evidence-based leadership concepts, innovative problem-solving strategies, and reflective practices.

**Objectives:**

1. To critically evaluate and apply key leadership theories and concepts within complex sports team settings, synthesizing insights to enhance team performance and cohesion.
2. To apply advanced analytical, critical thinking, and problem-solving skills to sports-specific case studies, autonomously addressing real-world leadership challenges with a focus on innovation and evidence-based strategies.
3. To critically analyse and resolve complex team dynamics in sports, using interdisciplinary, evidence-based approaches to address conflicts, motivation issues, and performance challenges in varied and unpredictable contexts.
4. To develop a comprehensive interdisciplinary understanding of team leadership in sport, integrating advanced perspectives from psychology, sociology, and management to critically enhance leadership strategies in dynamic sports environments.

**Programme Outcomes:**

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

A detailed list of the programme outcomes are found in the Programme Specification. This is located at the archive maintained by Registry and found at:

<https://www.richmond.ac.uk/programme-and-course-specifications/>

<b>Course Learning Outcome</b>	<b>Programme Outcome</b>
<p><b>Disciplinary Knowledge and Understanding</b> Critically apply and synthesize advanced leadership theories, key scholarly debates, and methodological approaches to analyse and enhance team performance in complex and interrelated sports contexts.</p>	<b>A6 (II)</b>
<p><b>Disciplinary Applied Skills</b> Select and apply specialist problem-solving techniques to critically evaluate and resolve complex leadership challenges within sports teams, incorporating considerations of equality, diversity, and sustainability in decision-making and leadership practices.</p>	<b>B6 (II)</b>
<p><b>Communication Skills</b> Effectively communicate strategic leadership approaches using data-driven insights and synthesizing competing perspectives, adapting communication strategies to complex and varied professional sports contexts.</p>	<b>C6 (III)</b>
<p><b>Transferable Skills</b> Critically evaluate and reflect on personal leadership style, ethical considerations, and sustainable practices, demonstrating autonomy in developing advanced leadership strategies that contribute to entrepreneurial initiatives and team success in sports.</p>	<b>D6 (II)</b>

**Indicative Content:**

- Introduction to Leadership in Sport
  - Sources of Power and Influence in Sports Teams
  - Leadership Styles and Approaches in Sport
  - Trait and Skill Approaches to Sports Leadership
  - Behavioural Approaches to Sports Leadership
  - Situational Leadership in Sports
  - Contemporary Leadership Approaches in Sport
  - Leader Qualities and Roles in Sports
  - Team Leadership Dynamics in Sport
  - Managing and Motivating Sports Teams
  - Ethics and Decision-Making in Sports Leadership
  - Developing a Personal Leadership Philosophy in Sport

**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):***

- Bowen, J., Katz, R., Mitchell, J., Polden, D. and Walden, R. (2017) *Sports, Ethics and Leadership*. London: Routledge.
- Cotterill, S., Weston, N. and Breslin, G. (2016) *Sport and Exercise Psychology: Practitioner Case Studies*. London: Routledge.
- Cummins, P., O'Boyle, I., and Cassidy, T. (2019) *Leadership in Sports Coaching*. London: Routledge.
- Gill, D. L., and Williams, L. (2023) *Psychological Dynamics of Sport and Exercise*. 5th ed. Illinois: Human Kinetics.
- Northouse, P. G. (2021) *Leadership: Theory and Practice*. 9th edn. Los Angeles: SAGE Publications.

***Journals***

- Journal of Sport Management.*
- Sport, Exercise, and Performance Psychology.*
- Journal of Applied Sport Psychology.*
- International Journal of Sports Science & Coaching.*
- Journal of Leadership in Sport and Management.*
- Sports Medicine.*
- Open International Journal of Sport Culture and Science.*
- Journal of Sports Sciences.*
- Journal of Sport Behaviour.*
- Journal of Sport and Exercise Psychology.*

**Websites**

UK Coaching. Available at: <https://www.ukcoaching.org/> (Accessed: November 2024).

The Sport Psychologist. Available at: <https://journals.humankinetics.com/view/journals/tsp/tsp-overview.xml> (Accessed: November 2024).

Frontiers in Psychology – Performance Science. Available at: <https://www.frontiersin.org/journals/psychology/sections/performance-science> (Accessed: November 2024).

Sports Medicine – Open. Available at: <https://sportsmedicine-open.springeropen.com/>

International Journal of Sports Science & Coaching. Available at: <https://journals.sagepub.com/home/spo> (Accessed: November 2024).

Applied Sport Psychology. Available at: <https://appliedsportpsych.org/> (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	