**COURSE SPECIFICATION DOCUMENT**

**Academic School/Department:**     Richmond Business School/RIASA

**Programme:**     BA Degree in International Sports Management

*FHEQ* **Level:**     6

**Course Title:**     *Coaching & Management of Sports Teams*

**Course Code:**     SPT 6230

**Course Leader:**     Samantha Bracey

**Student Engagement Hours:**
Lectures:                                     30
Seminar / Tutorials:                     15
Independent / Guided Learning:     75

**Semester:**     Spring

**Credits:**     12 UK CATS credits
6 ECTS credits
3 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

**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:**

A1, A3, A5, A6, A7
B1, B2, B3, B4, B5
C1, C2,
D1, D2, D3, D4, D5

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:
1. Critically evaluate theoretical approaches in coaching in sport, exercise and business environments
2. Identify and apply extant and novel coaching skills in consideration of which techniques are most appropriate in a variety of applied contexts
3. Synthesise knowledge and critical understanding of a range of influences on coaching practice and how they are conceptualized across the key knowledge domains
4. Demonstrate a systematic understanding and critical awareness of the issues underpinning best practice in sports team coaching and management

**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.

**Essay**: Students will choose an aspect of team sport coaching research to critically examine. Students will present a review of relevant literature to provide background for a carefully considered academic argument concerning the science, theory and practice of coaching (2000 words) (30%).

**Presentation**: Students will present an example of theory into practice chosen from personal experience. Drawing on the empirical and theoretical literature students will discuss and explore the practical application and implications, sharing their knowledge with their peers (20%).

**Portfolio**: Students will develop a practical coaching portfolio during the course. For example, students will be expected to document coaching session plans, performance analysis data, tactical notes, excerpts from the literature. A fundamental part of the portfolio will be the evaluation of their coaching practice via a reflective journal (equivalent to 3000 words) (50%).

**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.

***IndicativeText(s):***

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

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.

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