**SS2103  Sport Coaching: Foundations of Coaching**

[Lectures: 12 hours; Tutorial and Practical Sessions: 24 hours; Pre-requisites: None; Academic Unit: 3.0]

**Learning Objective:**
This course examines and applies practical sport coach pedagogy (learning theories and instructional models) to the sport environment. Issues related to effective coaching of young athletes will be addressed. In addition, pedagogical knowledge and application of the principles of motor skills' learning will be covered in this course.

**Content:**
This course introduces sport coaching at a foundation level.
- Introduction to Coaching Process
- The Role of the Coach
- Reflective Practice
- Effective Coaching
- Planning for Coaching
- Skill Analysis
- Skill Development
- Growth and Development
- Athlete Learning
- Physical Preparation
- Mental Skills Training
- Affective Outcomes through Sport

**Course Outline:**

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<tr>
<th>S/N</th>
<th>Topic</th>
<th>Lecture Hours</th>
<th>Tutorial/Practical Hours</th>
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<tr>
<td>1</td>
<td>Definition of Coaching Introduction</td>
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<td>2</td>
<td>Role of the Coach &amp; Coaching Model</td>
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<td>3</td>
<td>Reflective Practice</td>
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<td>4</td>
<td>Effective Coaching Evaluation</td>
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<td>5</td>
<td>Planning and Safe Sport</td>
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<td>6</td>
<td>Analysis of Skill</td>
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<td>7</td>
<td>Development of Skills</td>
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<tr>
<td>8</td>
<td>Growth and Development</td>
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<td>9</td>
<td>Athlete Learning</td>
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<td>10</td>
<td>Physical Preparation</td>
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<td>11</td>
<td>Mental Skills Training</td>
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<td>2</td>
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<td>12</td>
<td>Affective Outcomes through Sport</td>
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**Learning Outcome:**
At the end of course students will be able to:
- Understand the theoretical concepts that affect young athletes' learning and performance in sport, as well as character and values development.
- Apply the theories learned during practical sessions.
- Plan and execute *one coaching session* for a given sport, taking into consideration factors that contribute to improved performance.
• Understand the current research in coach education, coaching science and implications.

Student Assessment:
Student will be assessed by:
a. Continuous assessment (100%)
   i) Individual Class Contribution. Engagement, motivation, participation, expression of views & willingness to share experience. (10%)

   ii) Individual Diary. A diary template will be distributed to log:
   a) individual progress, b) learning journey, c) weekly reflections related to lecture topics, d) weekly readings, and e) log of practical coaching comments. The diary will be maintained for the duration of the course. (20%)

   iii) Practical Coaching. An assessment rubric will be employed to grade the individual student’s coaching sessions. (50%)

   iv) Written Test. A 60-minute 4 question (short answer) paper (related to weekly readings) will be administered under examination conditions. The intended outcome is to establish understanding and knowledge related to the coaching process. (20%)

Textbooks/References