

## EDUC10051 Sports Coaching: Theory and Practice

<b>Credit Points:</b>	12.5
<b>Level:</b>	1 (Undergraduate)
<b>Dates &amp; Locations:</b>	2016, Parkville This subject commences in the following study period/s: February, Parkville - Taught on campus. Semester 1, Parkville - Taught on campus. Semester 2, Parkville - Taught on campus. The February intensive availability has a quota of 125 students. Places will be allocated based on date of enrolment until the quota is reached. Anyone enrolling after the quota has been reached will be notified by the MGSE Student Centre at least one week prior to the start of teaching. Pre-teaching period (February): During the pre-teaching period students will be required to complete readings that will be provided via LMS and watch a film.
<b>Time Commitment:</b>	Contact Hours: 36 hours Total Time Commitment: 170 hours
<b>Prerequisites:</b>	None
<b>Corequisites:</b>	None
<b>Recommended Background Knowledge:</b>	None
<b>Non Allowed Subjects:</b>	None
<b>Core Participation Requirements:</b>	<p>For the purposes of considering request for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Student Support and Engagement Policy, academic requirements for this subject are articulated in the Subject Overview, Learning Outcomes, Assessment and Generic Skills sections of this entry.</p> <p>It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and Student Equity and Disability Support: <a href="http://services.unimelb.edu.au/disability">http://services.unimelb.edu.au/disability</a></p>
<b>Coordinator:</b>	Miss Melanie Nash, Ms Anna Krohn
<b>Contact:</b>	<a href="mailto:mjnash@unimelb.edu.au">mjnash@unimelb.edu.au</a> (mailto:mjnash@unimelb.edu.au) <a href="mailto:akrohn@unimelb.edu.au">akrohn@unimelb.edu.au</a> (mailto:akrohn@unimelb.edu.au)
<b>Subject Overview:</b>	This subject introduces students to the theoretical and practical aspects of sport and exercise coaching. Through active participation in lectures and movement laboratories, students will develop a basic understanding of training and performance with reference to a variety of groups. Students will also learn how to evaluate and improve their own coaching performance by applying reflective and analytical skills. Topics covered include coaching pedagogy, training principles, session planning, basic concepts of sports science and ethical issues.  Students also have the option to complete the ASC's "Community Coaching General Principles" Online Course.
<b>Learning Outcomes:</b>	<ul style="list-style-type: none"> <li># Students will develop a basic understanding of sports training and performance.</li> <li># Students will learn how to evaluate and improve their own coaching performance.</li> <li># Students will learn to plan and design Micro and Meso plans applicable to Coaching programs.</li> <li># Students will learn the basics of Health and Safety as it applies in a sporting context.</li> </ul>
<b>Assessment:</b>	On-line tests related to readings, including the AIS Community Coaching General Principles online test. Due throughout the teaching period, (25 per cent) Coaching unit and rationale (2000 words) Due at end of teaching period, (50 per cent) Practical Coaching Presentation (1000 word

	equivalent) Due as scheduled during the second half of the teaching period, (25 per cent) This subject has a minimum hurdle requirement of 80% attendance at all tutorials, seminars and workshops.
<b>Prescribed Texts:</b>	Readings will be made available
<b>Breadth Options:</b>	<p>This subject potentially can be taken as a breadth subject component for the following courses:</p> <ul style="list-style-type: none"> <li># <b>Bachelor of Arts</b> (<a href="https://handbook.unimelb.edu.au/view/2016/B-ARTS">https://handbook.unimelb.edu.au/view/2016/B-ARTS</a>)</li> <li># <b>Bachelor of Biomedicine</b> (<a href="https://handbook.unimelb.edu.au/view/2016/B-BMED">https://handbook.unimelb.edu.au/view/2016/B-BMED</a>)</li> <li># <b>Bachelor of Commerce</b> (<a href="https://handbook.unimelb.edu.au/view/2016/B-COM">https://handbook.unimelb.edu.au/view/2016/B-COM</a>)</li> <li># <b>Bachelor of Environments</b> (<a href="https://handbook.unimelb.edu.au/view/2016/B-ENVS">https://handbook.unimelb.edu.au/view/2016/B-ENVS</a>)</li> <li># <b>Bachelor of Music</b> (<a href="https://handbook.unimelb.edu.au/view/2016/B-MUS">https://handbook.unimelb.edu.au/view/2016/B-MUS</a>)</li> <li># <b>Bachelor of Science</b> (<a href="https://handbook.unimelb.edu.au/view/2016/B-SCI">https://handbook.unimelb.edu.au/view/2016/B-SCI</a>)</li> <li># <b>Bachelor of Engineering</b> (<a href="https://handbook.unimelb.edu.au/view/2016/B-ENG">https://handbook.unimelb.edu.au/view/2016/B-ENG</a>)</li> </ul> <p>You should visit <b>learn more about breadth subjects</b> (<a href="http://breadth.unimelb.edu.au/breadth/info/index.html">http://breadth.unimelb.edu.au/breadth/info/index.html</a>) and read the breadth requirements for your degree, and should discuss your choice with your student adviser, before deciding on your subjects.</p>
<b>Fees Information:</b>	Subject EFTSL, Level, Discipline & Census Date, <a href="http://enrolment.unimelb.edu.au/fees">http://enrolment.unimelb.edu.au/fees</a>
<b>Links to further information:</b>	<a href="http://education.unimelb.edu.au/study_with_us/breadth/leading_community_sport_and_recreation#sports">http://education.unimelb.edu.au/study_with_us/breadth/leading_community_sport_and_recreation#sports</a>
<b>Related Breadth Track(s):</b>	Leading Community Sport and Recreation