

## 460-680 Sports Coaching: Theory and Practice

<b>Credit Points:</b>	12.50
<b>Level:</b>	1 (Undergraduate)
<b>Dates &amp; Locations:</b>	2009, This subject commences in the following study period/s: Semester 2, - Taught on campus. Parkville campus
<b>Time Commitment:</b>	Contact Hours: 36 hours Total Time Commitment: 120 hours total commitment
<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>&lt;p&gt;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.&lt;/p&gt;         &lt;p&gt;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: &lt;a href="http://services.unimelb.edu.au/disability"&gt;http://services.unimelb.edu.au/disability&lt;/a&gt;&lt;/p&gt;</p>
<b>Coordinator:</b>	Miss Melanie Jane Nash
<b>Subject Overview:</b>	<p>This course 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.</p> <p>Students also have the option to complete a sports specific Level 1 coaching qualification, or a Level 2 first aid certificate.</p>
<b>Objectives:</b>	Information not available
<b>Assessment:</b>	Online quizzes relating to subject readings. Word count: equivalent to 1,000 words (25 per cent) ongoing during semester. Research essay 2,000 words 50 per cent (examination period)Group assignment: design and deliver a coaching program 1,000 words per student (25 per cent of total assessment), maximum three students per group (mid semester)Total assessment equivalent to 4,000 words
<b>Prescribed Texts:</b>	Book of readings will be 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/2009/D09">https://handbook.unimelb.edu.au/view/2009/D09</a>)</li> <li># <b>Bachelor of Biomedicine</b> (<a href="https://handbook.unimelb.edu.au/view/2009/J07">https://handbook.unimelb.edu.au/view/2009/J07</a>)</li> <li># <b>Bachelor of Commerce</b> (<a href="https://handbook.unimelb.edu.au/view/2009/F04">https://handbook.unimelb.edu.au/view/2009/F04</a>)</li> <li># <b>Bachelor of Environments</b> (<a href="https://handbook.unimelb.edu.au/view/2009/A04">https://handbook.unimelb.edu.au/view/2009/A04</a>)</li> <li># <b>Bachelor of Music</b> (<a href="https://handbook.unimelb.edu.au/view/2009/M05">https://handbook.unimelb.edu.au/view/2009/M05</a>)</li> <li># <b>Bachelor of Science</b> (<a href="https://handbook.unimelb.edu.au/view/2009/R01">https://handbook.unimelb.edu.au/view/2009/R01</a>)</li> <li># <b>Bachelor of Engineering</b> (<a href="https://handbook.unimelb.edu.au/view/2009/355-AA">https://handbook.unimelb.edu.au/view/2009/355-AA</a>)</li> </ul>

	You should visit <b><a href="http://breadth.unimelb.edu.au/breadth/info/index.html">learn more about breadth subjects (http://breadth.unimelb.edu.au/breadth/info/index.html)</a></b> and read the breadth requirements for your degree, and should discuss your choice with your student adviser, before deciding on your subjects.
<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>Generic Skills:</b>	<p>At the completion of this course, the student will be able to:</p> <ul style="list-style-type: none"> <li># Explain the roles and ethical responsibilities of the coach.</li> <li># Develop strategies to work with parents, officials and sports administrators.</li> <li># Safely conduct a training session, ensuring fun and maximum participation through games and activities.</li> <li># Utilize a range of communication, teaching and behavior management strategies to help athletes learn basic skills and tactics.</li> <li># Demonstrate the content knowledge, understanding and skills needed to design, implement and evaluate programs relevant to specific sport.</li> <li># Cater for the physical and social development of athletes.</li> <li># Demonstrate a high level of interpersonal and communication skills including both written and verbal abilities.</li> <li># Demonstrate a commitment to personal and professional development.</li> <li># Demonstrate an understanding of the diversity of Australian society, particularly in relation to socioeconomic class, ethnicity, gender and disability.</li> </ul>