

## EDUC10051 Sports Coaching: Theory and Practice

<b>Credit Points:</b>	12.50
<b>Level:</b>	1 (Undergraduate)
<b>Dates &amp; Locations:</b>	2011, Parkville This subject commences in the following study period/s: March, Parkville - Taught on campus. Semester 2, Parkville - 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>	Attendance at all classes (tutorial/seminars/practical classes/lectures/labs) is obligatory. Failure to attend 80% of classes will normally result in failure in the subject.
<b>Coordinator:</b>	Miss Melanie Nash, Ms Jane Dawson
<b>Contact:</b>	Education Student Centre
<b>Subject Overview:</b>	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.  Students also have the option to complete a sports specific Level 1 coaching qualification, or a Level 2 first aid certificate.
<b>Objectives:</b>	Information not available
<b>Assessment:</b>	On-line tests related to readings (25 per cent) bi-weekly Coaching unit and rational (50 per cent) (exam period) Presentation (25 per cent) (mid semester)
<b>Prescribed Texts:</b>	Book of readings will be available
<b>Breadth Options:</b>	This subject potentially can be taken as a breadth subject component for the following courses: # <b>Bachelor of Arts</b> ( <a href="https://handbook.unimelb.edu.au/view/2011/B-ARTS">https://handbook.unimelb.edu.au/view/2011/B-ARTS</a> ) # <b>Bachelor of Biomedicine</b> ( <a href="https://handbook.unimelb.edu.au/view/2011/B-BMED">https://handbook.unimelb.edu.au/view/2011/B-BMED</a> ) # <b>Bachelor of Commerce</b> ( <a href="https://handbook.unimelb.edu.au/view/2011/B-COM">https://handbook.unimelb.edu.au/view/2011/B-COM</a> ) # <b>Bachelor of Environments</b> ( <a href="https://handbook.unimelb.edu.au/view/2011/B-ENVS">https://handbook.unimelb.edu.au/view/2011/B-ENVS</a> ) # <b>Bachelor of Music</b> ( <a href="https://handbook.unimelb.edu.au/view/2011/B-MUS">https://handbook.unimelb.edu.au/view/2011/B-MUS</a> ) # <b>Bachelor of Science</b> ( <a href="https://handbook.unimelb.edu.au/view/2011/B-SCI">https://handbook.unimelb.edu.au/view/2011/B-SCI</a> ) # <b>Bachelor of Engineering</b> ( <a href="https://handbook.unimelb.edu.au/view/2011/B-ENG">https://handbook.unimelb.edu.au/view/2011/B-ENG</a> )  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.
<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>

**Generic Skills:**

At the completion of this course, the student will be able to:

- # Explain the roles and ethical responsibilities of the coach.
- # Develop strategies to work with parents, officials and sports administrators.
- # Safely conduct a training session, ensuring fun and maximum participation through games and activities.
- # Utilize a range of communication, teaching and behavior management strategies to help athletes learn basic skills and tactics.
- # Demonstrate the content knowledge, understanding and skills needed to design, implement and evaluate programs relevant to specific sport.
- # Cater for the physical and social development of athletes.
- # Demonstrate a high level of interpersonal and communication skills including both written and verbal abilities.
- # Demonstrate a commitment to personal and professional development.
- # Demonstrate an understanding of the diversity of Australian society, particularly in relation to socioeconomic class, ethnicity, gender and disability.