

EDUC10051 Sports Coaching: Theory and Practice

Credit Points:	12.50
Level:	1 (Undergraduate)
Dates & Locations:	2014, Parkville This subject commences in the following study period/s: Semester 1, Parkville - Taught on campus. The February intensive has a quota of 100 students.
Time Commitment:	Contact Hours: 36 hours Total Time Commitment: 120 hours. Attendance at all classes (tutorial/seminars/practical classes/lectures/labs/online classes) is obligatory. Failure to attend 80% of classes will normally result in failure in the subject.
Prerequisites:	None
Corequisites:	None
Recommended Background Knowledge:	None
Non Allowed Subjects:	None
Core Participation Requirements:	For the purposes of considering request for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Students Experiencing Academic Disadvantage Policy, academic requirements for this subject are articulated in the Subject Description, Subject Objectives, Generic Skills and Assessment Requirements of this entry. The University is dedicated to provide support to those with special requirements. Further details on the disability support scheme can be found at the Disability Liaison website: http://www.services.unimelb.edu.au/disability
Coordinator:	Miss Melanie Nash, Ms Anna Krohn
Contact:	Education Student Centre 234 Queensberry Street Call: 13 MELB (13 6352)
Subject Overview:	<p>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.</p> <p>Students also have the option to complete the beginning coaching general principles course, and officiating course and a level 2 first aid course.</p>
Learning Outcomes:	Information not available
Assessment:	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)
Prescribed Texts:	Book of readings will be available
Breadth Options:	This subject potentially can be taken as a breadth subject component for the following courses: # Bachelor of Arts (https://handbook.unimelb.edu.au/view/2014/B-ARTS) # Bachelor of Biomedicine (https://handbook.unimelb.edu.au/view/2014/B-BMED) # Bachelor of Commerce (https://handbook.unimelb.edu.au/view/2014/B-COM) # Bachelor of Environments (https://handbook.unimelb.edu.au/view/2014/B-ENVS) # Bachelor of Music (https://handbook.unimelb.edu.au/view/2014/B-MUS)

	<p># Bachelor of Science (https://handbook.unimelb.edu.au/view/2014/B-SCI)</p> <p># Bachelor of Engineering (https://handbook.unimelb.edu.au/view/2014/B-ENG)</p> <p>You should visit learn more about breadth subjects (http://breadth.unimelb.edu.au/breadth/info/index.html) and read the breadth requirements for your degree, and should discuss your choice with your student adviser, before deciding on your subjects.</p>
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	<p>At the completion of this course, the student will be able to:</p> <ul style="list-style-type: none"> # 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.
Links to further information:	http://education.unimelb.edu.au/study_with_us/breadth/leading_community_sport_and_recreation#sports
Related Breadth Track(s):	Leading Community Sport and Recreation