

EDUC30070 Applying Coaching Science

EDUC10051 Applying Coaching Science

Credit Points:	12.5						
Level:	3 (Undergraduate)						
Dates & Locations:	2015, Parkville This subject commences in the following study period/s: Semester 2, Parkville - Taught on campus.						
Time Commitment:	Contact Hours: 36 Total Time Commitment: 170 hours						
Prerequisites:	Either EDUC10051 Sports coaching: Theory and Practice, or an equivalent Level 1 Accredited Coaching Qualification <table><tr><th>Subject</th><th>Study Period Commencement:</th><th>Credit Points:</th></tr><tr><td>EDUC10051 Sports Coaching: Theory and Practice</td><td>February, Semester 1, Semester 2</td><td>12.50</td></tr></table>	Subject	Study Period Commencement:	Credit Points:	EDUC10051 Sports Coaching: Theory and Practice	February, Semester 1, Semester 2	12.50
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EDUC10051 Sports Coaching: Theory and Practice	February, Semester 1, Semester 2	12.50					
Corequisites:	To enrol in this subject students must concurrently have a role as a coach or assistant coach of a sports team (school or club). Contact the subject coordinator with proof before enrolling.						
Recommended Background Knowledge:	If EDUC10051 Sports Coaching: Theory and Practice has not already been completed, an understanding of the content covered in this subject is recommended. <table><tr><th>Subject</th><th>Study Period Commencement:</th><th>Credit Points:</th></tr><tr><td>EDUC10051 Sports Coaching: Theory and Practice</td><td>February, Semester 1, Semester 2</td><td>12.50</td></tr></table>	Subject	Study Period Commencement:	Credit Points:	EDUC10051 Sports Coaching: Theory and Practice	February, Semester 1, Semester 2	12.50
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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						
Contact:	Contact Us (https://enquiry.app.unimelb.edu.au/?cc=MGSE-ALL&fn=MGSE) Call: 13 MELB (13 6352)						
Subject Overview:	The subject explores the complex educational relationship between, coach, athlete, coaching program and social context, and encourages students to develop an open and reflective approach to their own coaching practice. It offers a deeper insight into the theory and practice of sports coaching highlighting the pedagogical and scientific concepts underpinning good coaching practice. It addresses key issues such as: viewing the athlete as a learner; instructional methods and reflection; how analysis of ability informs assessment; and how the various sports science sub-disciplines can be used to enhance athletic performance. Students will be expected to apply the theoretical knowledge learnt in this subject through the development, implementation and evaluation of teaching and coaching programs that they have designed for their specific sport setting. The subject is aimed at those students who have proven coaching experience and a current association with a sporting club or school organisation.						

Learning Outcomes:	<ul style="list-style-type: none"> # Understand the importance of sports science sub-disciplines and their use in modern coaching; # Interpret scientific test data to assess the strengths and weaknesses of an athlete; # Understand the importance of recovery and provide strategies to ensure that athletes are not over trained; # Develop and critically defend a periodised training program; # Utilize performance analysis tools to assess the demands of training and competition.
Assessment:	Coaching Plan (1000 words) due mid-semester, 25% Coaching Report (1000 words) due end of semester, 25% Six written tasks (total 2000 words) due fortnightly during semester, 50% 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.
Prescribed Texts:	Banks, J et al (2008) Intermediate coaching: General principles manual (ASC) Belconnen, A.C.T.: Australian Sports Commission Selected readings online
Breadth Options:	<p>This subject potentially can be taken as a breadth subject component for the following courses:</p> <ul style="list-style-type: none"> # Bachelor of Arts (https://handbook.unimelb.edu.au/view/2015/B-ARTS) # Bachelor of Biomedicine (https://handbook.unimelb.edu.au/view/2015/B-BMED) # Bachelor of Commerce (https://handbook.unimelb.edu.au/view/2015/B-COM) # Bachelor of Environments (https://handbook.unimelb.edu.au/view/2015/B-ENVS) # Bachelor of Music (https://handbook.unimelb.edu.au/view/2015/B-MUS) # Bachelor of Science (https://handbook.unimelb.edu.au/view/2015/B-SCI) <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>Examine critically, synthesise and evaluate knowledge across a broad range of disciplines</p> <p>Expand their analytical and cognitive skills through learning experiences in diverse subjects</p> <p>Have the capacity to participate fully in collaborative learning and to confront unfamiliar problems</p> <p>Have a set of flexible and transferable skills for different types of employment</p>
Links to further information:	http://education.unimelb.edu.au/study_with_us/breadth/leading_community_sport_and_recreation#applying
Related Breadth Track(s):	Leading Community Sport and Recreation