

BTEC

HIGHER NATIONALS

Sport and Exercise Science



Higher National
Diploma Lvl 5

Unit 35: Contemporary Issues in Coaching

Unit code	K/616/1701
Unit level	5
Credit value	15

Introduction

Sports coaching is a dynamic environment where the coach is required to reflect in the moment and respond to different scenarios and to the changing needs of their athletes or game/sport environment. To make a successful career in sports coaching, entrepreneurial skills, and the ability to solve problems efficiently and effectively while responding to rapid changes in policy and funding streams, need to be developed.

This unit aims to develop critical awareness of the international and local coaching contexts as well as a variety of contemporary issues associated with the environment of sports coaching. This unit challenges students by embracing a scenario/problem-based learning approach. Within this pedagogical model, students are required to develop solutions, with innovation and creativity, responding to the dynamic nature of the coaching environment. Students will be challenged to explore pedagogic, sociological, ethical, philosophical and entrepreneurial theory to respond to the challenges presented.

Students successfully completing the unit will have developed group working skills, presentation skills and be able to critically apply coaching theory into real-world scenarios, justifying their solutions to the problems being addressed. Problems and scenarios drawn from real-world scenarios could be drawn from contemporary issues in performance enhancement, athlete surveillance, funding streams, policy development and the emerging use of technology in sports performance.

Learning Outcomes

By the end of this unit students will be able to:

1. Produce innovative and creative solutions to contemporary issues in coaching
2. Assess the application of theory in solving real-world coaching problems/scenarios
3. Review the history of coaching policy nationally and internationally
4. Evaluate contemporary issues surrounding sports coaching.

Essential content

LO1 **Produce innovative and creative solutions to contemporary issues in coaching**

Group dynamics:

Phases of group formation

Change management

Contract formation and negotiation

Problem and scenario-based learning pedagogy

Strategy generation:

Leadership models and styles

Employability skills

Entrepreneurism

Contemporary issues in sports coaching:

Ethical practice

Safeguarding

Drugs

Deviance

Technology and sports performance

Athlete surveillance

Drop out and burn out

Sport for development

Competition ethics

Disability

LO2 **Assess the application of theory in solving real-world coaching problems/scenarios**

Contemporary coaching pedagogy:

Non-linear coaching

Transformational/transactional/servant leadership

Athlete wellbeing and long-term athlete health

Considering alternative strategies

Evaluating solutions

Debating concepts

Producing compelling presentations and solutions

Evidence-based practice

LO3 Review the history of coaching policy nationally and internationally

Coaching policy:

Government

National Governing Bodies

Olympic funding

Mega-events planning and legacy

Government ideologies

Talent pathways

International policy development:

Child protection

Competition

Mega events, e.g. Olympics, World Cup, etc.

LO4 Evaluate contemporary issues surrounding sports coaching

Policy history:

Government documentation

Umbrella organisations, e.g. Sports Coach UK, UK Sport, Canadian Sport 4 Life, Australian Institute of Sport

Sociological perspectives, e.g. sport for development, health, etc.

Contemporary issues:

Any number of topics could be included here in response to contemporary coaching challenges and emerging issues in sports coaching media.

Learning Outcomes and Assessment Criteria

Pass	Merit	Distinction
LO1 Produce innovative and creative solutions to contemporary issues in coaching		LO1 & LO2 D1 Critically evaluate relevant theoretical frameworks to produce an effective solution to a contemporary coaching problem
P1 Investigate the issues inherent in a contemporary coaching problem P2 Discuss a solution to a contemporary coaching problem	M1 Evaluate a range of potential solutions to a contemporary coaching problem	
LO2 Assess the application of theory in solving real-world coaching problems/scenarios		
P3 Discuss a relevant theory to underpin a solution to a coaching problem/scenario P4 Review the strength of contemporary research underpinning coaching theory	M2 Evaluate a range of theories that could contribute to solving a coaching problem/scenario	
LO3 Review the history of coaching policy nationally and internationally		LO3 & LO4 D2 Critically evaluate the contemporary landscape of coaching, both nationally and internationally, identifying how policy/theory has informed, shaped and challenged coaching development
P5 Investigate policy changes and documents that have informed the history of sports coaching P6 Examine the impact of one government policy document or strategy on sports coaching environments	M3 Evaluate the impact of a range of policy documents and strategies on the sports coaching environment and contemporary coaching practice	

Pass	Merit	Distinction
LO4 Evaluate contemporary issues surrounding sports coaching		
P7 Evaluate the challenges facing contemporary sports coaching environments P8 Review literature surrounding contemporary issues, identifying strengths and weaknesses in research	M4 Explore the challenges and issues most pertinent in a personal coaching environment	

Recommended resources

Textbooks

HARDMAN, A. & JONES, C. (eds) (London) (2011) *The Ethics of Sports Coaching*. Routledge.

HOULIHAN, B. & MALCOLM, D. (London) (2016) *Sport and Society*, 3rd Ed. Sage.

PARKER, A. & VINSON, D. (London) (2013) *Youth Sport, Physical Activity and Play – policy, intervention and participation*. Routledge.

Websites

www.uk sport.gov.uk

UK Sport

Resources

General Reference

www.gov.uk

Government Policy

Department of Culture Media and Sport

Research and general reference

sportforlife.ca

Canadian Sport for Life

Resources

Research and general reference

Links

This unit links to the following related units:

Unit 5: Coaching Practice & Skill Development

Unit 34: Innovation in Coaching.