

Module Outline**Part 1- as validated**

1.	Title	Performance Coaching (03H)
2.	Level *	6
3.	Credits	20
4.	Indicative Student Study Hours	200
5.	Core (must take and pass), Compulsory (must take) or Optional	Core

*** Foundation Level=3 Degree Year 1 = 4 Degree Year 2 = 5 Degree Year 3 = 6**

PG (Masters) = 7

5. Brief Description of Module (purpose, principal aims and objectives)

This module is intended to provide you with an understanding of the influences and issues affecting high performance coaching for performance and elite athletes.

Areas you will investigate will include the environment in which the coaching of performance and elite athletes takes place, coaching practice, planning for competition and the analysis of coaching.

6. Learning Outcomes - On successful completion of this module a student will be able to:

(Add more lines if required)

1.	Analyse and apply key philosophies and concepts within performance coaching practice
2.	Demonstrate conceptual understanding of a range of issues effecting the development of elite athletes and the production of periodisation plans
3.	Research and critically analyse a range of methods of performance analysis used to inform the development of elite athletes
Generic Learning Outcomes	
4.	Evaluate complex information and data sets
5.	Examine in detail different methods of delivering complex tasks

7. Assessment**Pass on aggregate or Pass all components**

(modules can only be pass all components if this is a PSRB requirement)

Pass on aggregate

Summary of Assessment Plan

	Type	% Weighting	Anonymous Yes / No	Word Count/ Exam Length	Learning Outcomes Coverage	Comments
1.	Professional Discussion	50	No	20mins	1	Discussion will take place with a panel of elite guest coaches from a range of sports (approximately three). Length of discussion allows input from all panel participants and is led by the learner.
2.	Report on Periodisation Plan	50	Yes	1750 words	2, 3, 4 & 5	

Further Details of Assessment Proposals

Give brief explanation of each assessment activity listed

1. Professional Discussion – Candidate's philosophy in terms of elite coaching practice with a panel of elite guest coaches from a range of sports.
2. The production of a periodisation training plan and a report justifying its content and the methods used to develop an individual or team of elite athletes.

8. Summary of Pre and / or Co Requisite Requirements

Completion of Year 1 (HNC Sport & Exercise Science - Coaching Science Pathway), Year 2 (HND Sport & Exercise Science – Coaching Science Pathway) and progression granted by the academic board.

Students that have progressed through the HNC/D pathway will have completed core coaching units where the value and use of a coaching philosophy will have been discussed and developed. To enhance this and prepare all students regardless of their admissions route onto this top-up year, they will be required to undertake pre-induction reading and activity to prepare them for induction exercise on the philosophy of coaching.

9. For use on following programmes

BSc (Hons) in Sports Coaching (top-up)

Module Specification

Part 2- to be reviewed annually

1. Module Leader	Mark Lloyd
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2. Indicative Content
<ol style="list-style-type: none"> 1. The impact of the current political, economic, cultural and social environment on performance sport. 2. Coaching philosophy and athlete / team values 3. Critical self-reflection and analysis of coaching behaviour in an elite sport environment. 4. Profiling, goal setting and performance planning. 5. Talent identification and long term athlete development (LTAD). 6. Professional Discussion – practical assignment delivery. (<i>Assignment 1 Submission</i>) 7. Periodisation of training. 8. Considerations of the effectiveness of working within a multi-disciplinary staff team of specialists 9. Qualitative and quantitative approaches to performance analysis. 10. Creating a programme for an elite athlete or team. 11. Performance analysis tools – Week 1 12. Performance analysis tools – Week 2 (<i>Assignment 2 Submission Week</i>)

3. Delivery Method (<i>please tick appropriate box</i>)					
Classroom Based	Supported Open Learning	Distance Learning	E-Learning	Work Based Learning	Other (specify)
X					
<i>If the Delivery Method is Classroom Based please complete the following table:</i>					
	Activity (lecture, seminar, tutorial, workshop)	Activity Duration - Hrs	Comments	Learning Outcomes	
1	Lecture 36hrs	36		All LO's	

2	Tutorials (group and 1-1)	6		All LO's
3	Assignment preparation	20		All LO's
4	Self-Study	138		All LO's
	Total Hours	200		

If delivery method is *not* classroom based state lecturer hours to support delivery

4. Learning Resources

To include contextualised Reading List.

Highly Recommend:

Bompa, T. and Buzzichelli, C. (2019) *Periodization Theory and Methodology*, 6th edition, Illinois: Human Kinetics.

Gilbert, W. (2017) *Coaching Better Every Season: a year-round system for athlete development and program success*, Illinois: Human kinetics.

Martens, R. (2018) *Successful Coaching*, 4th edition, Illinois: Human Kinetics.

Recommend:

Bompa, T. and Carrera, M. (2005) *Periodization Training For Sports*, Illinois: Human Kinetics.

Lyle, J. (2007) *Sports Coaching Concepts*, Abingdon: Routledge.

E-book copies:

Gilbert, W. (2017) *Coaching better every season: a year-round system for athlete development and program success*, Champaign: Human Kinetics.

<http://wv-colchester.olib.oclc.org/webview/?oid=397248>

Lynch, J. (2001) *Creative coaching: New ways to maximise athlete and team potential in all sports*, Champaign: Human Kinetics.

<http://wv-colchester.olib.oclc.org/webview/?oid=341656>

Websites/Journals/other:

www.ukssport.gov.uk

www.sportengland.gov.uk

www.Sportscoach.UK

Nunes, J. A., Moreira, A., Crewther, B. T., Nosaka, K., Viveiros, L. and Aoki, M. S. (2014)

Monitoring training load, recovery-stress state, immune endocrine responses, and physical performance in elite female basketball players during a periodized training program. *The Journal of Strength and Conditioning Research*, 28(10), 2973–2980.

Mujika, L., Halson, S., Burke, L. M., Balagué, G. and Farrow, D. (2018) An Integrated, Multifactorial Approach to Periodization for Optimal Performance in Individual and Team Sports. *International Journal of Sports Physiology and Performance*, 13(5), 538-561.