

Global Learning Semesters

Course Syllabus

Course: SPSC-410 Performance Planning and Analysis

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



| Course Summary | | |
|-------------------|-----------------------------------|------------------------------|
| Course Code | Course Title | Recommended Credit Hours |
| SPSC-410 | Performance Planning and Analysis | 3 |
| Semester Offered | Contact Hours | Prerequisites |
| Please contact us | 42-45 | SPSC-220, SPSC-230, SPSC-270 |
| Department | Level of Course | Language of Instruction |
| Liberal Arts | Upper Division | English |

Course Description

Performance Analysis is an area of Sports Science that informs the coaching process through the provision of statistical and video information. It is essential that coaches are able to observe and analyse performance if they are to help their athletes to improve. This also requires the ability to provide corrective feedback so that the necessary changes may be brought about. Students will be required to - understand the mechanical (kinesiological / biomechanical / anatomical / physiological) principles that underpin human movement; understand the need to devise simple frameworks for observation; analyze sporting skills and techniques (and tactics/systems were necessary); learn how to provide feedback to improve performance; learn how to break down skills an techniques into simpler parts; and learn how to use match analysis to improve performance.

Prerequisites

SPSC-220, SPSC-230, SPSC-270

Topic Areas

The mechanical and anatomical analysis of human movement and videotape/DVD analysis of skills, techniques and matches:

1. Principles that underpin human movement.
2. Understanding the need to devise simple frameworks for observation.
3. Analysing sporting skills and techniques (Analysis of the combination between technique, tactics and systems were necessary).
4. Learning how to break down skills and techniques into simpler parts.
5. Exteroceptive feedback (the outcome of the movement through the athlete's senses, observation of the outcome by the athlete, observations from the coach, observations via video/DVD).
6. Learning how to provide feedback to improve performance based on analysis.
7. Learning how to use match analysis to plan for and improve performance.

Learning Outcomes

Upon completion this course students should be able to:

1. Gain principles that underpin human movement.
2. Learn how to practically analyse matches/games/athletic events using videotape, DVDs etc.

3. Understand the need to devise simple frameworks for observation.
4. Learn how to break down skills and techniques into simpler parts.
5. Analyse sporting skills and techniques (Analysis of the combination between technique, tactics and systems were necessary).
6. Learn how to use match/game/athletic events (based on students' specialisation) analysis in order to plan and improve athletic performance.
7. Learn how to provide feedback to improve performance based on analysis.
8. Enhance their coaching effectiveness.
9. Integrate quickly into their coaching program.
10. Review team video in detail.
11. Provide real-time analysis during play.
12. Reveal performance issues through efficient post-game analysis.
13. Complete long-term statistical performance analysis.
14. Work with any sport from a single software tool.

Assessment

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| Midterm Examination: | (25%) |
| Mini-review, 2000 words: | (25%) |
| Final Examination: Videotape/DVD analysis of match/game/athletic event based on students' Specialization: | (50%) |

Readings and Resources

Required Software/Hardware Systems

- Sports CAD Motion Analysis: (Silver - Pentium II 366, 32 mb ram, 1.0 gig hd, cdrom drive, and 1 available PCI slot or GOLD - Pentium III 600, 64 mb ram, 1.0 gig hd, CD-ROM drive, and 1 available PCI slot).
- Sport Motion for Ultimate Athletic Performance: PRO-TRAINER SOFTWARE (Version 5.1).