

Global Learning Semesters

Course Syllabus

Course: SPSC-421 Advanced Sports Coaching I (All Specialisations)

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-421	Advanced Sports Coaching I (All Specialisations)	3
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	All previous levels courses
Department	Level of Course	Language of Instruction
Liberal Arts	Upper Division	English

Course Description

This course focuses on developing advanced scientific coaching theory which will be fully translated into practice during the follow up semester (SPSC-422). The course deals with exercise testing and physiologically monitoring and evaluating exercise performance of both athletes and training programmes. In this first Part of the Advanced Coaching series, Special attention is paid to an awareness and understanding of the problems associated with the learning and improvement of motor skills; daily, weekly, and seasonal planning; training and conditioning methods; and integration of the whole individual and team in preparation for contests.

Prerequisites

All previous levels courses

Topic Areas

1. Training fundamentals: Periodisation of training (intensity, duration, time, off-season and on-season training programs); constructing training sets.
2. Training principles: Specificity, Frequency, Duration, Progression, Overload, and Reversibility will be covered in some details and where suitable examples for each particular specialisation unit will be given.
3. Training methods: progression, adaptations, tapering, glycogen super-compensation, resting from training, endurance development, power, sprinting, quickness, agility etc. will be covered.
4. Performance assessment: Testing, monitoring and evaluation of training programmes.
5. Applied training for young athletes and talent identification.

Learning Outcomes

On successful completion of this course students will be able to:

1. Exhibit the ability to plan, deliver and evaluate an appropriate training session.
2. Evaluate their strengths and weaknesses as a coach.
3. Summarise the concepts and principles of training.
4. Demonstrate an understanding of biomechanical analysis.
5. Demonstrate performance assessment skills, through the use of inferential statistical analysis.

Assessment

Written Reports: (50%)
Written Examination: (50%)

Readings and Resources

Required Textbooks

1. Tudor O. Bompa, Michael Carrera (2005) Periodization Training for Sports-2nd Edition, Human Kinetics ISBN: 0736055592.
2. Lee E. Brown, Vance Ferrigno (2005) Training for Speed, Agility, and Quickness-2nd Edition. Human Kinetics, ISBN: 0736058737.