

Global Learning Semesters

Course Syllabus

Course: SPSC-422 Advanced Sports Coaching

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-422	Advanced Sports Coaching	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 builds on the Advanced Sports Coaching I and recognises that coaching in all sports goes beyond the technical requirements or rudimentary skills of the game. It is, therefore, essential that coaches understand the need of performers to develop their mental as well as physical skills, as they impinge upon and influence accomplishments in sport. Within this course, students will have the opportunity to apply this knowledge within the practical context of their choice. Options may be chosen from team sports, aquatics or individual sports (gymnastics, athletics). Students will be required to identify some of the psychological factors underlying sport performance; understand how psychology can be used to support and enhance sporting performance; apply theory to practice; and, critically, evaluate the use of social psychology in coaching and learning situations.

Prerequisites

All previous levels courses

Topic Areas

1. Coaching practice: Plan, deliver and evaluate peer coaching.
2. Coaching techniques applied to specific sporting disciplines, based on specialisation chosen (see below).
3. Characteristics of Good and Poor Coaches.
4. Advanced tactical application skills and systems explanation/demonstration.
5. The link-management between theory and practice.

Learning Outcomes

By the end of this course students should be able to:

1. Achieve high standards of advanced coaching skills (theoretical and practical skills).
2. Communicate effectively through a number of mediums.
3. Apply theoretical coaching skills to real situations.

Assessment

Two Mini Essays/Reviews, 1500 words each:	(20%)
Midterm Examination, Theory and Practice:	(30%)
Final Examination, Theory and Practice:	(50%)

Readings and Resources

Required Textbooks

- Coaching Essentials Set (2004) Sports Coach UK. Code: BCESET.
- Tudor O. Bompa, Michael Carrera (2005) Periodization Training for Sports-2nd Edition, Human Kinetics ISBN: 0736055592.
- Lee E. Brown, Vance Ferrigno (2005) Training for Speed, Agility, and Quickness-2nd Edition. Human Kinetics, ISBN: 0736058737.