



# UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b> SPSC-360	<b>Course Title</b> Sports Coaching Principles	<b>ECTS Credits</b> 6
<b>Department</b> Sports Science	<b>Semester</b> Spring or Fall	<b>Prerequisites</b> SPSC-140; SPSC-200
<b>Type of Course</b> Required	<b>Field</b> Coaching	<b>Language of Instruction</b> Greek
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 3 <sup>rd</sup>	<b>Lecturer</b> Prof. Kioumourtzoglou Efthymis
<b>Mode of Delivery</b> face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None
<b>Recommended Optional Programme Components: N/A</b>		

### Objectives of the Course:

The course aims to attain a breadth of coaching knowledge. It introduces students to a range of topics related to the area of sports coaching. This includes codes of behaviour, ethics, communication with and reinforcement of players. It also includes teaching sport skills and strategies, games sense and information technology. In addition, the students will have the opportunity to develop the proper perspective on winning and losing, training athletes physically for competition, and managing the details and paperwork involved in coaching.

### Learning Outcomes:

#### A. General Learning Objectives

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

1. Present the coach as an educator
2. Introduce a professional code of behaviour and ethics in sport
3. Present a critical analysis of knowledge in sport coaching
4. Introduce the nature and qualifications of the profession
5. Provide over view of theories and approaches for assessing aptitude in sport coaching
6. Expose students to current research, bibliographies, and coaching styles
7. Explain relevant topics and material that will influence their future career in sport coaching
8. Introduce coaching administration and business
9. Present organizations in sport education and coaching
10. Demonstrate basic leadership skill and team cohesiveness

#### B. Specific Behavioral Objectives

As a result of the activities and study of this course, students should be able to:

1. Identify basic concepts, theories, profiles of coaching
2. Explain the ability to implement effective instruction
3. Define, evaluate, and measure the role of coach
4. Discuss strategies, goal setting, and evaluation processes
5. Assess programming and demonstrate a knowledge of physical conditioning
6. Discuss models and responsibilities of an interscholastic coach
7. Describe current research in science of coaching

**Course Contents:**

1. The responsibilities of coaching
2. Different styles of coaching
3. Coaching organizations and associations
4. The process of learning skills
5. Communication styles and techniques
6. Motivation and reinforcement for effective coaching
7. Benefits and stressors of athletics and coaching
8. The importance of management and supervision skills
9. Public relations, fund raising, and recruiting responsibilities
10. Discipline and enforcement of rules
11. Training and conditioning program
12. Coaching ethics and preparation to serve
13. The legal responsibilities of coaches in sport
14. Psychological approaches to sport

**Learning Activities and Teaching Methods:**

Lectures

**Assessment Methods:**

Midterm Examination, Final examination, essay/assignment, attendance/participation

**Required Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Tania G. Cassidy, Robyn L. Jones, Paul Potrac	Understanding Sports Coaching	Routledge: Taylor and Francis	2008	978-0-415- 44272-5

**Recommended Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Robyn L. Jones, Mike Hughes, Kieran Kingston	An Introduction to Sports Coaching: From Science and Theory to Practice	Routledge: Taylor and Francis	2007	978-0-415- 41131-8
Michael Baccarini and Tiina Booth	Essential Ultimate: Teaching, Coaching, Playing	Human Kinetics	2008	0736050930
Lee, M.	Coaching Children in Sport: Principles and Practice (3 <sup>rd</sup> edition)	Chapman and Hall	1993	978-0-419- 18250-4

