



# UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b> SPSC-415	<b>Course Title</b> Coaching Effectiveness	<b>ECTS Credits</b> 6
<b>Department</b> Sports Science	<b>Semester</b> Spring or Fall	<b>Prerequisites</b> SPSC-200, SPSC-360
<b>Type of Course</b> Elective	<b>Field</b> Science of Sports: Coaching	<b>Language of Instruction</b> Greek
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 4 <sup>th</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:</b> N/A		

### Objectives of the Course:

This course was designed to provide a thorough introduction to the key psychological factors influencing coaching effectiveness and sport performance through the application of theoretical models studied in the previous years. Included will be information and strategies dealing with communication effectiveness, leadership and effective coaching skills. The course will consider a broad array of psychological factors such as coach-athlete relationship during practice and competition and group dynamics (e.g. team cohesion). Practical recommendations will be offered that are designed to enhance sport performance through effective coaching techniques. The course will include key note lectures that introduce students to key theoretical perspectives and research findings, practical sessions that involve the collection of data, and, seminars involving discussion of video material, journal articles, and data collected by students, both independently and in groups.

### Learning Outcomes:

- On successful completion of this unit students should be able to:
1. Discuss coaching for behavioural change.
  2. Recognize the difference between coaching and consultation.
  3. Define the many and varied roles that may be taken in a coaching activity.
  4. Identify the day-to-day behaviour of leaders.
  5. Identify the "foundation elements" that are essential in coaching.
  6. Examine some of the tried-and-tested practical approaches to coaching.
  7. Understand how and why the ability to influence others is essential to getting work done.
  8. Describe a powerful system of influence behaviours and strategic thinking.
  9. Examine the practice of influence to understand how to build a better long-term relationship.
  10. Discuss group dynamics associated with performance and unity.

### Course Contents:

**Part I: Psychological Perspectives**

1. Philosophy of Coaching
  2. Motivation
  3. Coach-athlete relationship.
  4. Group dynamics and team cohesion for successful performance.
  5. Athletes and coaches psychological burn out.
- Part II: Psychological Skills for Coaches**
6. Leadership Skills
  7. Communication Skills
  8. Coach leadership.

**Learning Activities and Teaching Methods:**  
 Lectures and discussions

**Assessment Methods:**  
 Midterm Examination, Final examination, essay/assignment, attendance/participation

**Required Textbooks:**

Authors	Title	Publisher	Year	ISBN
H.A. Dorfman	Coaching the Mental Game: Leadership Philosophies and Strategies for Peak Performance in Sports and Everyday Life	Taylor Trade Publishing	2005	1589792580

**Recommended Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Bruce Eamon Brown	Teaching Character Through Sport: Developing a Positive Coaching Legacy	Coaches Choice Books	2003	1585187291
John Lyle	Sports Coaching Concepts: A Framework for Coaches' Behavior	Routledge: Taylor & Francis Group	2002	0415261589
Damian Farrow, Joseph Baker, Clare MacMahon	Developing Sport Expertise: Researchers and Coaches Put Theory into Practice	Routledge: Taylor & Francis Group	2007	978-0-415-77187-0
Tania G. Cassidy, Robyn L. Jones, Paul Potrac	Understanding Sports Coaching: The Social, Cultural and Pedagogical Foundations of Coaching Practice	Routledge: Taylor & Francis Group	2008	978-0-415-44272-5
Christian Klemash	How to Succeed in the Game of Life: 34	Andrews McMeel	2006	0740760653

	Interviews with the World's Greatest Coaches	Publishing		
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