



<b>Course Code</b> SPSC-422	<b>Course Title</b> Coaching Internship	<b>ECTS Credits</b> 6
<b>Department</b> Sports Science	<b>Semester</b> Spring	<b>Prerequisites</b> SPSC-: 240, 315, 316, 360, 421
<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> All program's academics
<b>Mode of Delivery</b> face-to-face	<b>Work Placement</b> Yes	<b>Co-requisites</b> None
<b>Recommended Optional Programme Components:</b> N/A		

### **Objectives of the Course:**

The purpose of this course is to acquaint the student with the real world of coaching through a hand on coaching internship under the supervision of experienced coaches in selected sports. This course builds on the Advanced Coaching and recognizes 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 impose 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. Students will provide a minimum 40 hours with athletes for every one (1) hour of credit. Therefore for two hours of credit a student must provide 80 service hours of coaching.

### **Learning Outcomes:**

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

1. gain valuable experience in athletic coaching education
2. Achieve high standards of advanced coaching skills (theoretical and practical skills).
3. Communicate effectively through a number of mediums.
4. Apply theoretical coaching skills to real situations.
5. Learn the philosophies, skills, strategies, and planning necessary to be a successful coach

### **Course Contents:**

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 Activities and Teaching Methods:**

Lectures and placement

**Assessment Methods:**

Portfolio, Final examination (theory and practice)

**Required Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Rainer Martens	Successful Coaching-3rd Edition	Human Kinetics	2004	0736040129

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Authors	Title	Publisher	Year	ISBN
Lee E. Brown, Vance Ferrigno	Training for Speed, Agility, and Quickness-2nd Edition.	Human Kinetics	2005	0736058737
Tudor O. Bompa, Michael Carrera	Periodization Training for Sports-2nd Edition,	Human Kinetics	2005	0736055592
Christopher Carling, Thomas Reilly, A. Mark Williams	Performance Assessment for Field Sports	Routledge: Taylor and Francis	2008	978-0-415-42685-5
Powers, Scott and Edward Howley	Exercise Physiology: Theory & Application to Fitness & Performance: Exercise Physiology, 6/e	McGraw-Hill.	2007	0073028630