

Course Outline

Code: SPX120

Title: Sports Field Studies 1

School:	Health & Sport Sciences
Teaching Session:	Semester 1
Year:	2019
Course Coordinator:	Dr Rob Buhmann
Course Moderator:	Dr Max Stuelcken

Please go to the USC website for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1 Description

This course introduces you to the basic strategies, principles, and organisational aspects associated with coaching/teaching a range of sport and physical activities. You will explore the underlying rationale behind many skill acquisition strategies and how these can be used to help design and implement skill-based activities. You will participate in practical sessions involving peer coaching and instruction where you will plan, organise, and implement activities for a range of motor skills.

1.2 Course topics

Modified games to develop skill and teamwork; Team sports; Aquatic activities; Game-based coaching; Basic teaching/coaching principles; Teaching skills, progressions, and organisational strategies; Skill acquisition strategies including constraints coaching and variability; Skill development across the lifespan; Expert perceptual-motor performance.

2. What level is this course?

100 level Introductory - Discipline knowledge and skills at foundational level, broad application of knowledge and skills in familiar contexts and with support. Normally associated with the first full-time year of an undergraduate program

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

Specific Learning Outcomes On successful completion of this course you should be able to:	Assessment Tasks You will be assessed on the learning outcome in task/s:	Graduate Qualities or Professional Standards mapping Completing these tasks successfully will contribute to you becoming:
Explain the principles that underpin appropriate coaching/teaching strategies and how these can be applied in a practical setting.	Task 1, 2, and 3	Knowledgeable. Empowered.
Design and implement appropriate skill-based activities using specific coaching methods and skill acquisition strategies.	Task 2	Empowered.
Explain how the use of skill acquisition principles and strategies in an applied setting can enhance the learning and performance of individuals.	Task 1 and 3	Sustainability-focussed
Demonstrate knowledge of skill development across the lifespan and the nature of expert performance.	Task 3	Knowledgeable.

5. Am I eligible to enrol in this course?

Refer to the [USC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1 Enrolment restrictions

Enrolled in Program SC344, SC346, SC347, SC110, UU301 or XU301.

5.2 Pre-requisites

Nil

5.3 Co-requisites

Nil

5.4 Anti-requisites

Nil

5.5 Specific assumed prior knowledge and skills (where applicable)

Nil

6. How am I going to be assessed?

6.1 Grading scale

Standard – High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL)

6.2 Assessment tasks

Task No.	Assessment Tasks	Individual or Group	Weighting %	What is the duration/length?	When should I submit?	Where should I submit it?
1	In Class Test	Individual	20%	Approx. 1.25 hours	Week 4	Normal Tutorial Class Time
2	Peer Coaching	Group	35%	See Blackboard for more details	Week 11 or Week 12	Normal Tutorial Class Time
3	Final Exam	Individual	45%	2 hours + 10 minutes reading time	Exam Period	Exam Period
			100%			

Assessment Task 1: In Class Test

Goal:	The in-class test is designed to assess your understanding of the Course topics. A certain proportion of the questions are aimed at assessing your understanding of the concepts covered in tutorial classes, but the test will also assess your knowledge and understanding of the content covered in any readings and lectures.	
Product:	In Class Test	
Format:	The test will be completed during your normal tutorial time under exam conditions. It is a closed book assessment task and the questions will be multiple choice.	
Criteria:	You will be assessed on your understanding of the material covered in lectures, tutorials, and/or readings. This assessment task comprises 20% of your final grade.	
Generic skill assessed		Skill assessment level
Problem solving		Introductory

Assessment Task 2: Peer Coaching

Goal:	This task is aimed at assessing your understanding of some of the key principles in coaching/teaching and skill acquisition, and your capability to apply these in a practical session.	
Product:	Peer Coaching Session	
Format:	In groups, you will conduct a peer coaching session where you will demonstrate your knowledge and understanding of coaching/teaching and your ability to apply the strategies from skill acquisition. See Blackboard for more details.	
Criteria:	Specific details of the assessment criteria will be made available to you on Blackboard. In general, the main areas upon which you will be assessed include your knowledge and understanding of the principles and strategies of coaching/teaching and skill acquisition and your capability to demonstrate how to apply those strategies in a practical setting. This task comprises 35% of your final grade.	
Generic skill assessed		Skill assessment level
Problem solving		Introductory
Communication		Introductory

Assessment Task 3: Final Exam

Goal:	This assessment task is designed to assess your knowledge of the material covered within this course, including lectures, practical classes (tutorials), and selected readings (see Blackboard).	
Product:	Final Exam	
Format:	You will complete a comprehensive final examination within the allocated Semester 1 examination period. The exam will consist of multiple choice questions, with a certain proportion of these being based upon the content covered in tutorials and practical classes. The exam will be 2 hours in duration, with 10 minutes allocated for reading.	
Criteria:	Marks available for each question will be outlined on the examination paper. You will be assessed on different aspects of the content covered within the course such as your knowledge of the principles of skill acquisition, your knowledge of how to apply coaching/teaching strategies, and your understanding of how to organise practice activities. This assessment task comprises 45% of your final grade, and you should ensure that you bring a calculator with you to the exam.	
Generic skill assessed	Skill assessment level	
Problem solving	Introductory	

7. What are the course activities?

7.1 Directed study hours

Four hours per week for each week of the semester including 1 x 2 hour lecture and 1 x 2 hour practical/tutorial.

7.2 Teaching semester/session(s) offered

Sippy Downs: Semester 1

7.3 Course content

Teaching Week / Module	What key concepts/content will I learn?	What activities will I engage in to learn the concepts/content?	
		Directed Study Activities	Independent Study Activities
1	Lecture = Introduction; Assessment tasks; Key concepts & definitions; Tutorial = Team-work games and energisers.	Lecture; Tutorial	Recommended readings.
2	Lecture = Fundamentals of skill acquisition; Tutorial = Practical activities demonstrating different coaching/teaching approaches.	Lecture; Tutorial	Recommended readings.
3	Lecture = Using constraints as a teaching strategy to enhance motor skills; Tutorial = Fundamental motor skills	Lecture; Tutorial	Recommended readings.
4	Lecture = Introduction to variability and related strategies that can be used to enhance skill acquisition. Tutorial = In class test.	Lecture; Tutorial	In Class Test
5	Lecture = Catering to the individual; Tutorial = Using constraints and variability.	Lecture; Tutorial	Recommended readings.
6	Lecture = Games-based coaching methods; Tutorial = Catering to the individual.	Lecture; Tutorial	Recommended readings.
7	Lecture = How to deliver information to enhance skill learning; Tutorial = Game sense activities.	Lecture; Tutorial	Recommended readings.
8	Lecture = Introduction to skill development across the lifespan; Tutorial = Peer coaching task preparation.	Lecture; Tutorial	Recommended readings.

9	Lecture = Part 2 of skill development across the lifespan; Tutorial = Adapting a coaching/teaching plan.	Lecture; Tutorial	Recommended readings.
10	Lecture = Part 1 of the qualities of expert performers; Tutorial = Developing FMS using games.	Lecture; Tutorial	Recommended readings.
11	Lecture = Part 2 of the qualities of expert performers; Tutorial = Peer coaching/teaching assessment.	Lecture; Tutorial	Peer Coaching Assessment
12	Lecture = Part 3 of the qualities of expert performers; Tutorial = Peer coaching/teaching assessment.	Lecture; Tutorial	Peer Coaching Assessment
13	Lecture = Exam revision; Tutorial = Exam revision.	Lecture; Tutorial	Recommended readings.

* Please note that the course activities may be subject to variation.

8. What resources do I need to undertake this course?

Please note that course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Blackboard site. Please log in as soon as possible.

8.1 Prescribed text(s)

Nil

8.2 Specific requirements

It is compulsory for all students to wear clothing and covered footwear that is appropriate for physical activity in practical classes, including indoor, outdoor, and aquatic environments. Appropriate sun protection and hydration strategies for all outdoor and practical activities are also the responsibility of the student. Due to the practical nature of this course and the related activities, this course has an expectation of a minimum attendance at no less than 80% of tutorial classes. An attendance roll will be recorded at each tutorial class. All content from this unit is assessable, including the content covered in tutorials, lectures, and readings.

9. Risk management

This course contains a large volume of physical activity in indoor, outdoor, and aquatic environments, and many of the physical activities are competitive and require maximal efforts. It is your responsibility to wear appropriate clothing and safety equipment, and to determine whether you are able to complete the required activities before participating. It is also your responsibility to research and understand the risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the online induction training for students. If you are unable to participate in any of the practical activities due to injury, illness, etc., please advise the tutors, and attend the class if you are able to do so in order to benefit from the learning that can occur through observation. You may withdraw from any of the practical activities at any time and it is not compulsory to participate.

10. What administrative information is relevant to this course?

10.1 Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Blackboard, are electronically checked through SafeAssign. This software allows for text comparisons to be made between your submitted assessment item and all other work that SafeAssign has access to.

10.2 Assessment: Additional requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- a) The final mark is in the percentage range 47% to 49.4%
- b) The course is graded using the Standard Grading scale
- c) You have not failed an assessment task in the course due to academic misconduct

10.3 Assessment: Submission penalties

Late submission of assessment tasks will be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.
- 10% (of the assessment task's identified value) for the third day
- 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.
- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task.

Weekdays and weekends are included in the calculation of days late.

To request an extension, you must contact your Course Coordinator to negotiate an outcome and complete an

Application for Assessment Extension (AAE) form which can be downloaded from the Blackboard site for this course.

10.4 Study help

In the first instance, you should contact your tutor, then the Course Coordinator. Additional assistance is provided to all students through Academic Skills Advisers. To book an appointment or find a drop-in session go to [Student Hub](#).

Contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au

10.5 Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Administration of Central Examinations
- Deferred Examinations
- Student Academic Misconduct
- Students with a Disability

Visit the USC website:

<http://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.6 General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **USC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **USC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **USC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au