



COURSE OUTLINE

SPX371 Advanced Coaching Science

Course Coordinator: Mark Sayers (msayers@usc.edu.au) **School:** School of Health and Behavioural Sciences

2021 | Semester 2

USC Sunshine Coast

ON CAMPUS

Most of your course is on campus but you may be able to do some components of this course online.

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 advanced coaching skills. You will undertake a critical sports science review and present your findings in both written and oral contexts. These tasks will provide you with the skills to be an effective communicator and qualify you for the Australian Sports Commission Course Presenter certificate. You will also critique and report on your own coaching performances using audio visual technologies. On successful completion of embedded industry courses you will be eligible for Australian Sports Commission certificates in Mentor Training and Assessor Training.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
ON CAMPUS			
Laboratory 1	2hrs	Week 1	13 times
Lecture	2hrs	Week 1	13 times

1.3. Course Topics

1. Roles of the HP Coach & LTAD
2. Coaching Effectiveness
3. Communication
4. Structured Planning
5. Integrated Planning
6. Working with Teams
7. Speed
8. Competition Planning
9. Course Presenter Training
10. Student Presentations
11. Student Presentations
12. Student Presentations

2. What level is this course?

300 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth full-time study 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?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...
1 Develop mentoring skills and understand the role of mentoring in personal development	Empowered Ethical Engaged
2 Communicate sport science and coaching principles to both scientific and applied audiences	Knowledgeable Creative and critical thinker Empowered Engaged
3 Interact and work effectively with small groups and colleagues in varied sports contexts	Empowered Ethical Engaged
4 Understanding of the role that exercise plays in individual, community, national and international health	Knowledgeable Ethical Engaged Sustainability-focussed

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. Pre-requisites

SPX102 and SPX203

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

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

6.2. Details of early feedback on progress

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Report	Individual	15%	400 words	Week 3	Online Assignment Submission
All	2	Quiz/zes	Individual	20%	600-1000 words	Week 10	Online Assignment Submission
All	3a	Oral	Individual	45%	15 mins	Refer to Format	In Class
All	3b	Activity Participation	Individual	20%	Provide feedback for at least 75% of the class presentations	Week 13	Online Assignment Submission

All - Assessment Task 1: Report on your Mentor Circle

GOAL:	To develop your communication and mentoring skills		
PRODUCT:	Report		
FORMAT:	In the first week of semester we will start developing your skills as a mentor and work towards providing you with a Mentor Training certificate. To that end you will be assigned 1-3 students from the 1st year of our Program as mentees, with whom you will meet (via Zoom or similar) at least two times and develop a brief report (300 words) which highlights what you have done with your mentor circle and what you have learned about the process. Although it is anticipated that you will maintain contact with your mentees over the course of the semester (perhaps having monthly meeting), this is not part of this assessment.		
CRITERIA:	No.		Learning Outcome assessed
	1	Evidence that you meet with your mentees at least twice	1 3
	2	Reflection on your experiences and learnings from your mentoring	1
	3	Development of an appropriate mentoring agreement	1

All - Assessment Task 2: ESSA Health Promotion Modules

GOAL:	Achieve an awareness of the role of exercise in health in accordance with the ESSA requirements		
PRODUCT:	Quiz/zes		
FORMAT:	You will complete a series of modules (3) designed specifically to meet the ESSA requirements for knowledge and understanding of the role of exercise in health. These modules are all online and require some written and quiz based responses		
CRITERIA:	No.		Learning Outcome assessed
	1	Understanding of the crucial role that exercise plays in health	4

All - Assessment Task 3a: Annual Plan Presentation

GOAL:	To demonstrate your understanding of coaching practices and develop your oral presentation skills by presenting an advanced coaching plan for a group of athletes	
PRODUCT:	Oral	
FORMAT:	Presentations should be of an equivalent professional standard to those delivered at national coaching conferences or similar, including appropriate attire and behaviours. The plan is to be extensive and include macro/microcycle and session specific details. You should be prepared to answer questions about all aspects of the plan. There will be a 15 minute time limit for the delivery with a further 10 minutes for questions. Strict time frames will be adhered to. The oral delivery must be accompanied by a corresponding PowerPoint™ presentation. The PowerPoint™ presentation must be submitted via Blackboard to the course convener at least one day prior to the presentation day. This assessment task is worth 45% of the TFG.	
CRITERIA:	No.	Learning Outcome assessed
	1	Content
	2	Delivery of presentation – professional elements
	3	Organisation
	4	Integration of current best practices from the various sport science disciplines
	5	Communication
	6	Ability to answer questions

All - Assessment Task 3b: Peer Assessment of Oral Presentations

GOAL:	To demonstrate your ability to assess oral presentations based on research information relating to coaching and/or athlete preparation and training	
PRODUCT:	Activity Participation	
FORMAT:	Feedback will be in the form of a feedback sheet with agreed assessment criteria as identified in class	
CRITERIA:	No.	Learning Outcome assessed
	1	You must develop an inciteful question from at least 75% of the presentations that make up Assessment Task 3a
	2	You must provide feedback from at least 75% of the presentations that make up Assessment Task 3a

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Directed study hours may vary by location. Student workload is calculated at 12.5 learning hours per one unit.

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

Please note: 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) or course reader

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

REQUIRED?	AUTHOR	YEAR	TITLE	PUBLISHER
Required	Mark Evans, Michael Lloyd, Henry Oldenhove	2010	Mentor Training Manual	Australian Sports Commission Canberra
Required	Australian Sports Commission	2006	Assessor Training Participant Manual	Australian Sports Commission Canberra
Required	Ian Crawford	2009	Presenter/Facilitator Training Manual	Australian Sports Commission Canberra

8.2. Specific requirements

It is compulsory for all students to wear suitable exercising clothing and covered footwear appropriate for physical activity in practical classes and for all practical sessions. Appropriate sun protection and hydration strategies for all outdoor and practical activities are also the responsibility of the student.

Lists of required and recommended readings may be found for this course on its Blackboard site. These materials/readings will assist you in preparing for tutorials and assignments, and will provide further information regarding particular aspects of your course.

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety 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](#), and following the instructions of the University staff.

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:

The final mark is in the percentage range 47% to 49.4%

The course is graded using the Standard Grading scale

You have not failed an assessment task in the course due to academic misconduct

10.3. Assessment: Submission penalties

Late submission of assessment tasks may 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.

10.4. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.5. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.6. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, , injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.7. 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>

10.8. General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **USC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **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
- **USC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au