

Module code: MOD004111	Version: 5 Date Amended: 14/Jan/2020
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1. Module Title
Applied Teaching and Coaching

2a. Module Leader
Katrina McDonald

2b. School
School of Psychology, Sport and Sensory Sciences

2c. Faculty
Faculty of Science and Engineering

3a. Level
5

3b. Module Type
Standard (fine graded)

4a. Credits
15

4b. Study Hours
150

5. Restrictions			
Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	Sport Coaching and Physical Education Strength and Conditioning with Rehabilitation		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

This module aims to bridge the gap between academic theory and practice. You will practically plan, deliver and evaluate real life coaching sessions with the help of a mentor. By the end of the module, you will have direct coaching/teaching experience and will have generated a portfolio of practical hours of coaching/teaching. The module will develop your appreciation of mentoring, coaching/teaching and reflection, whilst also developing valuable employability skills such as working in a team, communication and professionalism. The key areas we will address are those regarding the 'job' of the coach/teacher, from collecting real time information from your athletes/children, through to relating this into a structured plan and delivering this plan via several linked sessions. Finally, evaluating these sessions and then writing a reflection on this process will complete the coaching/teaching cycle. Throughout the module you will also develop employability skills, such as time management, administration, organisation, peer-feedback, and we will increase your awareness and understanding of important health and safety requirements of the sector. This module will be beneficial for those of you wanting to enhance their practical coaching/teaching experience and generate a greater volume of coaching/teaching hours.

6b. Outline Content

- Liaising with coaching stakeholders - Collect information on athlete/players that is relevant to your planning - Plan at least six consecutive sessions - Deliver the planned sessions - Evaluate the sessions - Reflect upon the process

6c. Key Texts/Literature

The reading list to support this module is available at: <https://readinglists.aru.ac.uk/>

6d. Specialist Learning Resources

Students to be practically coaching within a Sporting Environment

7. Learning Outcomes (threshold standards)

No.	Type	On successful completion of this module the student will be expected to be able to:
1	Knowledge and Understanding	Plan and prepare and deliver a series of coaching or teaching sessions in a safe and progressive environment.
2	Intellectual, practical, affective and transferrable skills	Evaluate and critically reflect upon practical coaching or teaching experience with respect to current coaching theory.
3	Intellectual, practical, affective and transferrable skills	Collaborate effectively with an assigned mentor

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2026/7	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	Hours	Learning Outcomes	Details of Duration, frequency and other comments
Lectures	6	1	3 x 2-hr Lectures
Other teacher managed learning	12	1-2	6 x 2-hr Practical sessions
Student managed learning	132	3	Assignment preparation and work based learning
TOTAL:	150		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	1, 2, 3	100 (%)	Fine Grade	30 (%)
Portfolio of work relating to the planning, delivery and reflection of two coaching sessions. Equiv. 2500 words.					

In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*).

In addition, students are required to:

- (a) achieve the qualifying mark for each element of fine graded assessment as specified above
- (b) pass any pass/fail elements

[* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]