

# SPX102 Introduction to Coaching Science

**School:** School of Health - Sport and Exercise Science

2025 | Semester 2

UniSC Sunshine Coast  
UniSC Moreton Bay

**BLENDED  
LEARNING**

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

*Please go to [usc.edu.au](http://usc.edu.au) 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 professions of sports coaching and officiating. Content cover coaching pedagogy, training principles and an introduction to other sport sciences. You will gain practical skills in physical testing and coaching. Within this course you will also complete the Australian Sports Commission Play By The Rules (2 modules), Beginning Coaching Certificate, and the Introductory Officiating Certificate.

### 1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
<b>BLENDED LEARNING</b>			
<b>Learning materials</b> – Pre-recorded concept videos and associated activity.	2hrs	Week 1	13 times
<b>Laboratory 1</b> – Labs delivered face to face.	2hrs	Week 1	13 times

### 1.3. Course Topics

- Introduction to coaching
- The role of the coach
- The role of the official
- Risk management and ethical behaviour
- Theory and methodology of training
- Training principles
- Integrating coaching science and other sport science disciplines
- Long term athlete development models
- Coaching diverse populations – Masters, females and athletes with disabilities
- Socio-cultural issues for coaches
- Future trends in sport and coaching

## 2. What level is this course?

100 Level (Introductory)

Engaging with discipline knowledge and skills at foundational level, broad application of knowledge and skills in familiar contexts and with support. Limited or no prerequisites. Normally, associated with the first 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	Demonstrate competency and understanding of professional conduct, ethics and professional boundaries in relation to dealing with a variety of athletes, sports coaches, and officials.	Ethical
2	Demonstrate an understanding of coaching requirements for the training and development of athletes of all ages, and special populations and diverse cultural backgrounds	Knowledgeable
3	Apply appropriate methods for teaching sport skills or tactics to diverse populations.	Empowered
4	Collaborate and relate with other students in a variety of coaching contexts, including the management and organisation of a group project.	Creative and critical thinker Engaged
5	Demonstrate effective communication skills.	Engaged

## 5. Am I eligible to enrol in this course?

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

### 5.1. Pre-requisites

Not applicable

### 5.2. Co-requisites

Not applicable

### 5.3. Anti-requisites

SPX321

### 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

This course includes an assessment of a professional competency task deemed necessary to meet the Exercise and Sports Science Australia (ESSA) Professional Standards. Therefore, your attendance and participation in practicals/laboratory's and tutorials is expected. Feedback will be provided to you during each of your classes and will provide you with support and guidance to become competent in the ESSA Professional Standards addressed in this course. For any work that is missed you will need to demonstrate to your course provider that you have covered the required material. This will usually take the form of a detailed summary and reflection of the directed study activities and practical skills for the missed class or placement.

### 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	1a	Portfolio	Individual	10%	20-60 minutes each	Refer to Format	Online Submission
All	1b	Portfolio	Individual	20%	Submission of a lesson plan for a one hour skills based coaching session.	Refer to Format	In Class
All	2	Practical / Laboratory Skills, and Written Piece	Individual	50%	Students will have 10 minutes to administer a random selection of field based practical tests. Students will submit a 400 word report.	Week 9	Online Assignment Submission with plagiarism check and in class
All	3	Examination - Centrally Scheduled	Individual	20%	2 Hours: Multiple choice and short answers	Exam Period	Online Submission

#### All - Assessment Task 1a: Portfolio element A: Coaching and Officiating

GOAL:	This element has been designed to allow you to develop and demonstrate core knowledge of coaching, professional conduct including understanding of the roles and responsibilities of the sports coach and the official and coaching training methods.								
PRODUCT:	Portfolio								
FORMAT:	<p>You will complete four online Australian Sports Commission (ASC) courses. These include: Play By the Rules (two modules): Beginning Coaching General Principles and Introductory Level Officiating General Principles. Marks are allocated by providing evidence of completion.</p> <p>All four courses are completed individually and online. Submit each course's certificate of completion electronically to Canvas by the end of Week four.</p>								
CRITERIA:	<table><thead><tr><th>No.</th><th></th><th>Learning Outcome assessed</th></tr></thead><tbody><tr><td>1</td><td>Evidence of the completion of the modules</td><td>1 2</td></tr></tbody></table>			No.		Learning Outcome assessed	1	Evidence of the completion of the modules	1 2
No.		Learning Outcome assessed							
1	Evidence of the completion of the modules	1 2							
GENERIC SKILLS:	Communication								

#### All - Assessment Task 1b: Portfolio element B: Practical Coaching

<b>GOAL:</b>	Demonstrate effective coaching practice by designing a lesson plan for a one-hour coaching session	
<b>PRODUCT:</b>	Portfolio	
<b>FORMAT:</b>	Design a lesson plan for a one hour coaching session for a sport recognised by the Australian Sports Commission. The lesson plan will be submitted electronically via Canvas.	
<b>CRITERIA:</b>	<b>No.</b>	<b>Learning Outcome assessed</b>
	1 Demonstration of coaching requirements:	1 2
	2 Time management; structured planning; class organisation	4
	3 Communication skills	5
	4 Understanding of appropriate methods:	1 2
	5 demonstration and teaching of sports skills; appropriate and effective feedback; skill correction; and for the application of appropriate risk management strategies.	1 2 3 5
	6 Collaboration and management of a group	4
<b>GENERIC SKILLS:</b>	Communication, Organisation	

#### All - Assessment Task 2: Physical Testing and Talent Reporting

<b>GOAL:</b>	You will collect data using anthropometric measures and field based performance tests. You will be practically assessed on your ability to deliver field based tests. You will also be assessed on your ability to interpret data and evaluate sporting performance via a report. The goal of this task is to determine your ability to administer field based fitness tests and interpret data from these tests.	
<b>PRODUCT:</b>	Practical / Laboratory Skills, and Written Piece	
<b>FORMAT:</b>	Students will submit their report online via Canvas by the end of week 9. The physical testing assessments are designed to assess your capacity to conduct the physical tests from the Laboratory classes. The assessment of physical testing will be conducted during the Laboratory classes in Weeks 8 - 12.	
<b>CRITERIA:</b>	<b>No.</b>	<b>Learning Outcome assessed</b>
	1 Analysis of each of the performance tests;	2
	2 Assessment of their reliability/validity;	2
	3 Evaluation of sporting strengths and weaknesses;	1
	4 Recommendations of potentially suitable sport/s based on your performance evaluations;	2
	5 Professional communication	5
<b>GENERIC SKILLS:</b>	Communication, Problem solving, Organisation, Applying technologies	

### All - Assessment Task 3: Final Exam

<b>GOAL:</b>	Demonstrate an understanding of the theoretical content taught during the semester.	
<b>PRODUCT:</b>	Examination - Centrally Scheduled	
<b>FORMAT:</b>	A 2 hour exam consisting of multiple choice and short answer questions. This examination will take place during the Semester 2 Final Examination Period	
<b>CRITERIA:</b>	<b>No.</b>	<b>Learning Outcome assessed</b>
	1 Understanding of professional conduct	1
	2 Knowledge of coaching requirements	2
	3 Knowledge of training and development of all ages	2
	4 Knowledge of training and development for special and diverse populations	3
<b>GENERIC SKILLS:</b>	Problem solving, Applying technologies, Information literacy	

## 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. Student workload is calculated at 12.5 learning hours per one unit.

## 7.1. Schedule

PERIOD AND TOPIC	ACTIVITIES
1	Course Introduction The Role of the coach and the role of the Official Risk management and ethical practice and codes of conduct
2	Performance Testing Talent Identification
3	Theory & Methodology of Training: Part 1 Training Principles
4	Theory and Methodology of Training: Part 2 Training Capacities
5	Planning and Programming Designing a Training Session
6	Tutorial "Drop-in" Session
7	Long Term Athlete Development Active Start & FUNDamentals
8	Long term Athlete Development Learning to Train & Training to Train
9	Long Term Athlete Development Training to Compete & Training to Win
10	Coaching female athletes Coaching pregnant athletes
11	Coaching for diverse populations
12	Future trends in sport
13	Course summary

## 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 Canvas 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	EDITION	PUBLISHER
Recommended	Frank Pyke	2012	Coaching Excellence	n/a	Human Kinetics

### 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.

## 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 Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

### 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%; and
- (b) The course is graded using the Standard Grading scale

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 submissions may be penalised up to and including the following maximum percentage of the assessment task's identified value, with weekdays and weekends included in the calculation of days late:

- (a) One day: deduct 5%;
- (b) Two days: deduct 10%;
- (c) Three days: deduct 20%;
- (d) Four days: deduct 40%;
- (e) Five days: deduct 60%;
- (f) Six days: deduct 80%;
- (g) Seven days: A result of zero is awarded for the assessment task.

The following penalties will apply for a late submission for an online examination:

Less than 15 minutes: No penalty

From 15 minutes to 30 minutes: 20% penalty

More than 30 minutes: 100% penalty

### 10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUniSC team by phone [07 5456 3864](tel:0754563864) or email [safe@usc.edu.au](mailto:safe@usc.edu.au).

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email [studentwellbeing@usc.edu.au](mailto:studentwellbeing@usc.edu.au).

### 10.5. 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](mailto:studentcentral@usc.edu.au).

### 10.6. 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](mailto:studentwellbeing@usc.edu.au) or call 07 5430 1226.

## 10.7. 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](mailto:AccessAbility@usc.edu.au) or call 07 5430 2890.

## 10.8. 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
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

## 10.9. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

## 10.10. General Enquiries

### In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

**Tel:** +61 7 5430 2890

**Email:** [studentcentral@usc.edu.au](mailto:studentcentral@usc.edu.au)