

SPX305 Athlete Coach and Club Welfare

School: School of Health and Behavioural Sciences

2026 | Semester 2

Online

ONLINE

You can do this course without coming onto campus, unless your program has specified a mandatory onsite requirement.

Please go to unisc.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

In this online course, you will increase your knowledge and understanding of the concepts and theories underpinning athlete and coach welfare at both the elite and community level. You will further your understanding of factors influencing athlete and coach wellness and identify, analyse and evaluate the various support structures in place within sports organisations as well as the potential impact of such organisations' policies on athlete and coach welfare. You will also be introduced to the notion of club culture; the factors that may contribute to it or erode it and management and communication strategies which positively develop sporting clubs.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
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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 Critically analyse the impacts of sporting clubs and the effects on individuals, communities and society.	Sustainability-focussed
2 Research and identify issues relating to athlete, coach and officials well-being and recommendations for sporting clubs	Engaged
3 Analyse issues affecting club management in communities and make and justify recommendations to address these issues.	Engaged
4 Communicate information about sporting club management through written and multi-media modes	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

SPX101

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

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

Not applicable

5.5. Microcredential Information

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

An integral component of your completion of the first assessment task (Literature Review) will require you to negotiate your topic with the lecturer. This process (which must be completed during Week 3) will allow the provision of early feedback on your engagement with the learning materials and general progress in the course.

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	Literature Review (or component)	Individual	25%	1500 words	Week 5	Online Assignment Submission with plagiarism check
All	2	Report	Individual	25%	1500 words	Week 9	Online Assignment Submission with plagiarism check
All	3	Artefact - Creative, and Written Piece	Individual	50%	8-10 mins	Week 13	Online Assignment Submission with plagiarism check

All - Assessment Task 1: Literature Review

GOAL:	You will investigate and analyse issues relating to athlete/coach/official wellness and critically analyse the issues contributing to athlete and coach wellness.															
PRODUCT:	Literature Review (or component)															
AUTHORSHIP STATEMENT:																
FORMAT:	1500 words - Individual Essay You will negotiate a topic relevant to issues contributing to athlete and coach wellness and/or volunteer coach/official recruitment and retention with your course coordinator. You will draw from at least 8 evidence-based, peer-reviewed journal articles (from 2007 to the present year). The review must follow APA literature review guidelines in terms of the style, format, referencing and layout.															
CRITERIA:	<table border="1"> <thead> <tr> <th>No.</th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Identification and critical analysis of key issues affecting athlete wellbeing</td> </tr> <tr> <td>2</td> <td>Critical appraisal and evaluation of literature within the chosen topic</td> </tr> <tr> <td>3</td> <td>Recommendations for practice</td> </tr> <tr> <td>4</td> <td>Communication</td> </tr> <tr> <td>5</td> <td>Academic Integrity – referencing using APA</td> </tr> <tr> <td>6</td> <td>Assessment criteria are mapped to the course learning outcomes. 1 2 3 4</td> </tr> </tbody> </table>	No.	Learning Outcome assessed	1	Identification and critical analysis of key issues affecting athlete wellbeing	2	Critical appraisal and evaluation of literature within the chosen topic	3	Recommendations for practice	4	Communication	5	Academic Integrity – referencing using APA	6	Assessment criteria are mapped to the course learning outcomes. 1 2 3 4	
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GENERIC SKILLS:																

All - Assessment Task 2: Interview

GOAL:	This task has been designed to support your advancing knowledge of club management. You will interview a sporting club official to ascertain information about the recruitment and retention of coaches and officials within the club (voluntary or paid). In a written report, you will explain the club's recruitment and retention situation and make recommendations for improvement.	
PRODUCT:	Report	
AUTHORSHIP STATEMENT:		
FORMAT:	1500 words - Professional report developed from interview data You will choose a sporting club official to interview. You will create questions aimed at eliciting information about coach and official recruitment and retention. These questions will be discussed with your lecturer prior to you interviewing your subject. Using the data collected from the interview, you will write a report outlining the sporting club's approach to recruitment and retention and make commendations and recommendations on how they might enhance this aspect of their club's administration.	
CRITERIA:	No.	Learning Outcome assessed
	1	Background research – supporting quality questions
	2	Analysis of interview data
	3	Critical analysis of the impact of club management on (individual, community, society)
	4	Justification of recommendations
	5	Written communication of information
	6	Academic Integrity - using APA conventions
GENERIC SKILLS:		

All - Assessment Task 3: Situational Analysis Multi-Media Presentation

GOAL:	The goal is to conduct a situational analysis of a sporting club and present your findings and recommendations in an 8-10 minute multi-media presentation.	
PRODUCT:	Artefact - Creative, and Written Piece	
AUTHORSHIP STATEMENT:		
FORMAT:	2000 words equivalent, 8-10 minute presentation - Professional video presentation You are to adopt the role of a consultant to conduct a situational analysis of a sporting club. You will be provided with a club scenario to analyse. You will develop substantiated recommendations to improve the club's culture and organisational viability. There are resources available for you on Blackboard.	
CRITERIA:	No.	Learning Outcome assessed
	1	Identification and explanation of key influences and issues relevant to the club;
	2	Evaluation and selection of appropriate and realistic strategies applicable to the given context and the given audience;
	3	Justification of recommendations provided and explained
	4	Communication of situational analysis and recommendations through multi-media modes
	5	Academic Integrity – referencing using APA
GENERIC SKILLS:		

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.

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

There are no required/recommended resources for this course.

8.2. Specific requirements

Standard sport and exercise clothing requirements

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

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. 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>

10.5. 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.

10.6. 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