

SPX371 Advanced Coaching Science

School: School of Health - Sport and Exercise Science

2024 | Semester 2

UniSC Sunshine Coast

**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 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
BLENDED LEARNING			
Learning materials – Combination of pre-recorded and other online learning materials	1hr	Week 1	13 times
Laboratory 1 – Face-to-face on campus activities designed to develop individual skills and to contextualise the learning materials	2hrs	Week 1	13 times
Tutorial/Workshop 1 – Question and answer session relating to the learning materials	2hrs	Week 1	13 times

1.3. Course Topics

- Roles of the HP Coach & LTAD
- Coaching Effectiveness
- Communication
- Structured Planning
- Integrated Planning
- Working with Teams
- Speed
- Competition Planning
- Course Presenter Training

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 [UniSC 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

Early feedback is provided via Assessment Task 1

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	25%	400 words	Week 4	Online Submission
All	2a	Oral and Written Piece	Individual	50%	15 mins	Refer to Format	In Class
All	2b	Written Piece	Individual	25%	Provide feedback for at least 75% of the class presentations	Refer to Format	Online 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 (face-to-face or remotely via Zoom, etc.) at least two times and develop a brief report (400 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:	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Evidence that you meet with your mentees at least twice</td> <td>1 3</td> </tr> <tr> <td>2</td> <td>Reflection on your experiences and learnings from your mentoring</td> <td>1</td> </tr> <tr> <td>3</td> <td>Development of an appropriate mentoring agreement</td> <td>1</td> </tr> </tbody> </table>	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	
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 2a: 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 and Written Piece																
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 Canvas or to the course convener at least one day prior to the presentation day. Presentations will occur in class over the last 3 weeks of semester. This assessment task is worth 50% of the TFG.																
CRITERIA:	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Delivery of presentation – professional elements</td> <td>2 3</td> </tr> <tr> <td>2</td> <td>Integration of current best practices from the various sport science disciplines</td> <td>2</td> </tr> <tr> <td>3</td> <td>Communication skills</td> <td>2</td> </tr> <tr> <td>4</td> <td>Ability to answer questions</td> <td>2</td> </tr> </tbody> </table>	No.		Learning Outcome assessed	1	Delivery of presentation – professional elements	2 3	2	Integration of current best practices from the various sport science disciplines	2	3	Communication skills	2	4	Ability to answer questions	2	
No.		Learning Outcome assessed															
1	Delivery of presentation – professional elements	2 3															
2	Integration of current best practices from the various sport science disciplines	2															
3	Communication skills	2															
4	Ability to answer questions	2															

All - Assessment Task 2b: 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:	Written Piece		
FORMAT:	Feedback will be in the form of a feedback sheet with agreed assessment criteria as identified in class. You will submit this assessment task on the first Tuesday (by 11:59pm) following Week 13 to give you a chance to complete your Week 13 assessments.		
CRITERIA:	No.		Learning Outcome assessed
	1	You must develop an inciteful question from at least 75% of the presentations that make up Assessment Task 2a	3
	2	You must provide feedback from at least 75% of the presentations that make up Assessment Task 2a	3
	3	Understanding how coaching fits in with exercise to develop health	4

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

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
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 Canvas page. 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 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:

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. 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.

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.

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.

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 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 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