

COURSE DETAIL

SPORTS COACHING: THEORY AND PRACTICE

Country

Australia

Host Institution

University of Sydney

Program(s)

University of Sydney

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Education

UCEAP Course Number

20

UCEAP Course Suffix**UCEAP Official Title**

SPORTS COACHING: THEORY AND PRACTICE

UCEAP Transcript Title

SPORT COACHING

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course introduces students to the theoretical and practical aspects of sport and exercise coaching. Through active participation in lectures, tutorials and practical workshops, students learn how to create a positive sporting environment by utilizing athlete-centered coaching strategies. Students also learn how to evaluate and improve their own coaching performance by applying reflective and evaluative skills. Topics covered include coaching, training and management principles, coaching pedagogy, planning, skill learning and sports psychology. Students also complete the beginning coaching general principles course. At the completion of this course, students are more confident and knowledgeable in their coaching practice.

Language(s) of Instruction

English

Host Institution Course Number

EDGU1005

Host Institution Course Title

SPORTS COACHING: THEORY AND PRACTICE

Host Institution Campus

sydney

Host Institution Faculty

Host Institution Degree

Host Institution Department

Education

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