

# 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

SPORT COACHING: THEORY AND PRACTICE

## Host Institution Course Details

<http://sydney.edu.au/courses/uos/EDGU1005>

## Host Institution Campus

sydney

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Education

## Course Last Reviewed

2022-2023

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