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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