COURSE DETAIL

SPORTS COACHING: THEORY AND PRACTICE
Country Australia
Host Institution University of Melbourne
Program(s) University of Melbourne
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Education
UCEAP Course Number 12
UCEAP Course Suffix
UCEAP Official Title SPORTS COACHING: THEORY AND PRACTICE
UCEAP Transcript Title SPORTS COACHING
UCEAP Quarter Units 6.00
UCEAP Semester Units 4.00

Course Description

This course introduces the theoretical and practical aspects of sport and exercise coaching. Through active participation in lectures and movement laboratories, students develop a basic understanding of training and performance, with reference to a variety of groups. Students also learn how to evaluate and improve their own coaching performance by applying reflective and analytical skills. Topics examined in this course include coaching pedagogy, training principles, session planning, basic concepts of sports science, and ethical issues.

Language(s) of Instruction
English

Host Institution Course Number
EDUC10051

Host Institution Course Title
SPORTS COACHING: THEORY AND PRACTICE

Host Institution Course Details
https://handbook.unimelb.edu.au/2017/subjects/educ10051

Host Institution Campus
Melbourne

Host Institution Faculty

Host Institution Degree

Host Institution Department
Education

Course Last Reviewed
2024-2025

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