

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 Campus

Melbourne

Host Institution Faculty

Host Institution Degree

Host Institution Department

Education

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