

# Contemporary Sport Coaching

(SPOR801)

## Pathways, programmes/specialisations the paper is attached to

Master of Sport and Exercise, Postgraduate Diploma in Sport and Exercise, Postgraduate Certificate in Sport and Exercise

## Am I eligible to enrol in this paper?

This paper is for coaches and students who:

- Have had some experience at coaching at any level
- Have previous tertiary education and learning experience
- Want to learn more about the how and who we coach
- Want to improve their coaching and focus on athlete performance

## What is this paper about?

Analyses and applies coaching pedagogical theory to coaching contexts and develops critical awareness of current coaching practice. Analyses and applies the science of coaching theory and develops critical awareness of current coaching philosophies and issues for the development of coaching practice.

## What can I expect to learn?

- The coaching process and coaching philosophies
- Paradigms in coaching pedagogy
- Coaching research
- Creating motivating learning environments: Theory to practice
- Learning theories and their practical application
- Reflective process
- Sociological issues in coaching
- Team culture
- Critical analysis of talent development
- Humanistic coaching Theory to practice

## How is this paper taught?

**Location:** The paper is taught at AUT North Shore

**Teaching Period(s):** Semester 1

**Online:** Online discussions

**Teaching Style:** Flexible, blended learning is used throughout this paper, encouraging the student to explore and critique theory and its practical application, though a combination of lectures, workshops, seminars, online discussions, practical coaching and practical sessions

## How will I be assessed?

1. A literature review of contemporary coaching issues, topics, and pedagogy (2,000 words)
2. Personal Development Coaching Plan
3. Critical Reflection of Personal Development Coaching Plan Between 8,000 – 12,000 words across all assignments

## Who will be teaching me?

**Paper Coordinator:** Dr Kirsten Spencer

Kirsten Spencer is a Senior Lecturer in Sport Coaching and is an active researcher in the Sports Performance Research Institute New Zealand and the Coach Research Group. Kirsten's research interests are in coaching behaviours and performance analysis. She is particularly interested in the design of coaching programmes to influence learning, as well as coach development <http://www.aut.ac.nz/profiles/kirsten-spencer>

## Fees

Information about paper tuition fee for papers may be found at:

<http://www.aut.ac.nz/study-at-aut/fees-scholarships-and-finance/fees/postgraduate-fees>

**Enrolment and enquires**

Please contact Debra Spinetto for any enquiries about enrolment. Further information about our postgraduate offerings may be found online.