Module Descriptor

Title	Coaching: Theory & Practice 3		
Session	2026/27	**Status**	Published
Code	SPOR09050	**SCQF Level**	9
Credit Points	20	**ECTS (European Credit Transfer Scheme)**	10
School	**Health and Life Sciences**		
Module Co-ordinator	Daryl Cowan		

Summary of Module

This module advances knowledge and practical coaching skills developed in previous sport coaching modules. Students will explore and apply coaching theories, concepts and frameworks that relate to how coaches create, manage, and operate within optimised sporting environments. For instance, students will explore the foundations of coach-created motivational climates and analyse the application of these approaches within a different coaching contexts. As part of this, students will also be introduced to coach analysis tools that can promote understanding of and reflection on personal coaching practice.

This module will assist the student in the development of key 'I am UWS Graduate Attributes' to allow those that complete this module to be:

Universal:

Critical Thinker

Emotionally Intelligent

Collaborative

Research-minded

Work Ready:

Knowledgeable

Motivated

Effective communicator

Potential Leader

Successful:

Autonomous

Resilient

Creative

Transformational

Module Delivery Method	On-Campus[1] ☒	Hybrid[2] ☐	Online[3] ☐	Work -Based Learning[4] ☐
Campuses for Module Delivery	☒ Ayr ☐ Dumfries	☒ Lanarkshire ☐ London ☐ Paisley	☐ Online / Distance Learning ☐ Other (specify)	

Terms for Module Delivery	Term 1	☒	Term 2	☐	Term 3	☐
Long-thin Delivery over more than one Term	Term 1 – Term 2	☐	Term 2 – Term 3	☐	Term 3 – Term 1	☐

Learning Outcomes	
L1	Demonstrate an understanding of contemporary approaches to creating and analysing optimal environments in coaching.
L2	Design and deliver a practical coaching session informed by theories of coach-created motivational climate.
L3	Critically reflect on the application of theories of coach-created motivational climate within practice.
L4	
L5	

Employability Skills and Personal Development Planning (PDP) Skills	
SCQF Headings	**During completion of this module, there will be an opportunity to achieve core skills in:**
Knowledge and Understanding (K and U)	**SCQF 9** Demonstrating a critical understanding of sport coaching theories, concepts and frameworks. Demonstrating knowledge of a range of observational tools to analyse coach behaviour.
Practice: Applied Knowledge and Understanding	**SCQF 9** Applying knowledge and understanding of sport coaching theories, concepts and frameworks to coaching practice. Using a range of coach analysis tools to reflect upon coach behaviour.

[1] Where contact hours are synchronous/ live and take place fully on campus. Campus-based learning is focused on providing an interactive learning experience supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus contact hours will be clearly articulated to students.

[2] The module includes a combination of synchronous/ live on-campus and online learning events. These will be supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus and online contact hours will be clearly articulated to students.

[3] Where all learning is solely delivered by web-based or internet-based technologies and the participants can engage in all learning activities through these means. All required contact hours will be clearly articulated to students.

[4] Learning activities where the main location for the learning experience is in the workplace. All required contact hours, whether online or on campus, will be clearly articulated to students

Generic Cognitive skills	**SCQF 9** Undertaking critical analysis, evaluation and/or synthesis of ideas, concepts, information and issues in sport coaching.
Communication, ICT and Numeracy Skills	**SCQF 9** Presenting or conveying, formally and informally, information about contemporary approaches to sport coaching. Using a range of ICT applications to support and enhance work at this level and adjust features to suit purpose. Interpreting, using and evaluating a wide range of numerical data to set and achieve goals/targets.
Autonomy, Accountability and Working with Others	**SCQF 9** Exercising autonomy and initiative in practical sessions but also work as part of a team.

Prerequisites	**Module Code**	**Module Title**
	Other	
Co-requisites	**Module Code**	**Module Title**

Learning and Teaching	
In line with current learning and teaching principles, a 20-credit module includes 200 learning hours, normally including a minimum of 36 contact hours and maximum of 48 contact hours. This module will be delivered on-campus. Core theoretical and practical content will be delivered through a series of practical and classroom-based workshops.	
Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	**Student Learning Hours** (Note: Learning hours include both contact hours and hours spent on other learning activities)
Laboratory / Practical Demonstration / Workshop	36
Independent Study	164
n/a	
n/a	
n/a	
n/a	
TOTAL	200

Indicative Resources
The following materials form essential underpinning for the module content and ultimately for the learning outcomes: Duda, J. L., Appleton, P. R. & Stebbings, J. (2018) 'Towards more empowering and less disempowering environments in youth sport: Theory to evidenced-based practice', in Knight,

C. J., Harwood, C. G. & Gould, D. (eds.) Sport psychology for young athletes. Abingdon, Oxon: Routledge, pp. 81-93.

Gilchrist, M., & Mallett, C. J. (2017) 'The theory (SDT) behind effective coaching', in Thelwell, R., Harwood, C. and Greenlees, I. (eds.) The Psychology of Sports Coaching: Research and practice. London: Routledge, pp. 38-53.

Partington, M., & Walton, J. (2020) 'A guide to analysing coaching behaviours', in Cope, E. and Partington, M. (eds.) Sports Coaching: A Theoretical and Practical Guide. London: Routledge, pp. 18-29.

(N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)

Attendance and Engagement Requirements

In line with the Student Attendance and Engagement Procedure, Students are academically engaged if they are attending and participating in all timetabled programme activities including on-campus and online teaching sessions, asynchronous online learning activities, placement, work-based elements, course-related learning resources, and complete assessments and submit these on time.

For the purposes of this module, academic engagement equates to the following:

100% Attendance at all module events and consistent weekly engagement with online materials.

Equality and Diversity

The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: UWS Equality, Diversity and Human Rights Code.

In line with current legislation (Equality Act, 2010) and the UWS Equality, Diversity, and Human Rights Code, our modules are accessible and inclusive, with reasonable adjustment for different needs where appropriate. Module materials comply with University guidance on inclusive learning and teaching, and specialist assistive equipment, support provision and adjustment to assessment practice will be made in accordance with UWS policy and regulations. Where modules require practical learning or assessment, alternative formats and/or roles will be provided for students with physical disabilities which impact participation.

(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)

Supplemental Information

Divisional Programme Board	**Sport Exercise Health**
Overall Assessment Results	☐ **Pass / Fail** ☒ **Graded**
Module Eligible for Compensation	☒ **Yes** ☐ **No** **If this module is eligible for compensation, there may be cases where compensation is not permitted due to programme accreditation requirements. Please check the associated programme specification for details.**
School Assessment Board	Sport, Exercise & Health
Moderator	Laura Graham
External Examiner	B Ives

Accreditation Details	
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Class test (written).
Assessment 2
Practical Coaching Assessment with Viva.
Assessment 3
(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed. (ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)

Component 1							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Class test (written)	☒	☐	☐	☐	☐	30	1

Component 2							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Clinical/ Fieldwork/ Practical skills assessment/ Debate/ Interview/ Viva voce/ Oral	☐	☒	☒	☐	☐	70	0.5

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		
Combined total for all components						100%	1.5 hours

Change Control

What	**When**	**Who**
Module hours updated	09.03.2026	Daryl Cowan
