



UNIVERSITI TEKNOLOGI MARA

SPE503: COACHING AND TRAINING METHODOLOGY

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| Course Name (English) | COACHING AND TRAINING METHODOLOGY APPROVED |
| Course Code | SPE503 |
| MQF Credit | 3 |
| Course Description | This course is designed to develop further knowledge and skills related to training and coaching and prepare students to become competent sports coaches. Techniques and principles related to coaching and training of athletes in various teams and individuals sports will be examined. The use of sound instructional strategies, athletic management and organizational techniques applied to coaching will be assessed. This course will also help the students to plan and manage training programs. |
| Transferable Skills | Communication Coaching Leadership Presentation |
| Teaching Methodologies | Lectures, Blended Learning, Demonstrations, Tutorial, Discussion, Presentation |
| CLO | CLO1 Differentiate the scope, objectives and system of sport performance training CLO2 Apply the principles of the training into the various methods training and coaching. CLO3 Design an effective training program using the concept of periodization approach CLO4 Propose a systematic sport performance assessment to obtain objective information on the athletes. |
| Pre-Requisite Courses | No course recommendations |
| Topics | |
| 1. The scope, objectives, & system of training. 1.1) Introduction and Understanding of Training System | |
| 2. Coaching Concepts and Principles 2.1) Training planning and sessions | |
| 3. Components of performance training 3.1) Factors identifying peaking 3.2) The over training state | |
| 4. Principles of training 4.1) Training methods | |
| 5. Talent Identification & Development 5.1) Means and methods of recovery 5.2) Sports specific recovery | |
| 6. Peak Performance 6.1) The training lesson 6.2) The annual plan | |
| 7. Periodization 7.1) Macrocycle 7.2) Mesocycle 7.3) Microcycle | |
| 8. Annual Training Plan 8.1) Preparation and Design of Annual Training Plan | |

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| 9. Performance profiling & testing 9.1) Design of fitness testing procedures |
| 10. Psychological aspects. 10.1) Motivation 10.2) Learning process 10.3) Reinforcement 10.4) Shaping and modelling 10.5) Social expectation 10.6) Self-confidence |
| 11. Group Presentation/Demonstration 11.1) Preparation of training session |
| 12. Principles of physical fitness. 12.1) F.I.T.T |
| 13. Group Project 13.1) Preparing and organizing coaching session |
| 14. Preparing a coaching manual. 14.1) Design and plan sports coaching module |
| 15. Final Exam 15.1) n/a |

| Assessment Breakdown | % |
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| Continuous Assessment | 40.00% |
| Final Assessment | 40.00% |
| Competency Assessment | 20.00% |

| Details of Continuous Assessment | Assessment Type | Assessment Description | % of Total Mark | CLO |
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| | Group Project | Group Presentation on coaching and training lesson. | 15% | CLO1 , CLO2 |
| | Group Project | Organizing and conducting a sports coaching session. | 15% | CLO2 , CLO3 |
| | Quiz | Quiz on topics being discussed. | 10% | CLO1 , CLO2 , CLO3 |

| Reading List | Reference Book Resources |
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| | <ul style="list-style-type: none"> • Bompa, T.O. 1999, <i>Periodization: Theory and methodology of training</i>, 4th Edition Ed., 12 Chapters, Human Kinetics. Champaign, IL. • Bompa, T.O. 1999, <i>Periodization: Theory and methodology of training</i>, 4th Edition Ed., 12 Chapters, Human Kinetics. Champaign, IL. • Bompa, T.O. 1999, <i>Periodization: Theory and methodology of training</i>, 4th Edition Ed., 12 Chapters, Human Kinetics. Champaign, IL. |

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| Article/Paper List | This Course does not have any article/paper resources |
| Other References | This Course does not have any other resources |