



Health and Sports Science Module Handbook
Faculty of Sports Science Universitas Negeri Makassar

Module designation		<i>Foundation of Sports Coaching</i>				
Semester(s) in which the module is taught		3				
Person responsible for the module		Etno Setyagraha, S.Or, M.Kes Dr. Saharullah, M.Pd Sulaeman, S.Pd, M.Pd				
Language		Bilingual (Bahasa and English)				
Relation to curriculum		Compulsory				
Teaching methods		3 parallel classes consist of 35 students/class: 1) Lecture (Face to face lecture): 2 hours x 14 weeks 2) Practical class: -				
Workload	Total workload	88 hours				
		Face to face teaching	Structured activities	Independent study	Exam	total
	Lecture	28	28	28	4	88
	Practical class	-	-	-	-	-
	Total					88
Credit points		2 credits				
Required and recommended prerequisites for joining the module		None				



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<p>Module objectives / intended learning outcomes</p>	<p>This course introduces students to the scientific bases for coaching sports and the process of coaching athletes. It includes the development of an individual coaching philosophy and the application of scientific training in the psychological, physiological, and managerial bases of sport coaching.</p> <p>This course is designed to enable students to do the following:</p> <ul style="list-style-type: none"> • Identify coaching strategies based upon fundamental principles of training and conditioning. • Explain the application of sport psychology concepts in coaching. • Identify the appropriate pedagogical practices to enhance athlete learning and performance capabilities. • Identify effective leadership and managerial principles employed in the coaching process. • Develop an individual philosophy of sport and coaching. • Demonstrate an understanding of professional integrity and ethical behavior in coaching.
<p>Content</p>	<ul style="list-style-type: none"> • Developing coaching philosophy • Determining coaching objectives • Selecting coaching style • Coaching diverse athletes • Communicating with your athletes • Motivating athletes • Managing athlete behavior • The games approach and teaching technical & tactical skills • Planning for teaching • Training basics • Managing team



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<p>Exams and assessment formats</p>	<p>Assignments</p> <ul style="list-style-type: none"> • Article Review Students will research a current topic in coaching literature, review a peer-reviewed article on that subject, and discuss the findings and the relevance to current issues/trends. Weight: 20% • Presentation Students will present to the class the results of their article review/analysis. There will be a short Q&A session with the whole class following the presentation. Weight: 20% <p>Mid Semester & Final Semester Exams The exams will consist of matching, multiple-choice, true-false, and/or essay questions. The exams will be based on materials assigned or discussed in class, including readings, discussion, article reviews. Weight: 60%</p>
<p>Study and examination requirements</p>	<p>Students must attend all classes in order to participate in the discussions and presentations, unless circumstances hold them to, they can notify and submit evidence.</p> <p>The final grade will be based on student attendance, their participation in the discussions, their scores in article reviews and presentations, and their scores in the mid and final semester exams.</p>
<p>Reading list</p>	<p>Required Text</p> <p>Martens, R. (2012). Successful coaching, 4th Edition. Human Kinetics.</p> <p>Supporting Texts</p> <p>McMorris, T., & Hale, T. (2006). Coaching Science: Theory into Practice. Wiley.</p> <p>Hasyim, H., & Saharullah. S. (2019). <i>Dasar-dasar Ilmu Kepeatihan [Foundations of Coacing Science]</i>. Makassar. Badan Penerbit UNM</p>