

Course Title	:	Practicing Sports Training Principle
Recommended Study Year	:	3 or 4
No. of Credits/Term	:	3
Mode of Tuition	:	Sectional Approach
Class Contact Hours	:	3 hours per week
Category in Major Prog.	:	Programme Required
Discipline	:	Sports
Prerequisite(s)	:	Foundation of Sports Coaching
Co-requisite(s)	:	N/A
Exclusion(s)	:	N/A
Exemption Requirement(s)	:	N/A

Brief Course Description

This course focuses on the knowledge and skills to applying theory of sports coaching to practice. Students will learn the concept of periodization and the guideline to develop and organize annual training programme, they are equipped with the skill to prepare a teaching plan at different period in the whole season. The concepts of coaching team sport and individual sport are introduced, the practical knowledge and skills in teaching, instructing and leading sport activities and programmes are covered. Students will learn the basic skills, competition rules and regulations in sports through lecture, workshop and practical session. The ethical issues, technology development and new trend of sports training are also discussed.

Aims

This course aims to:

- equip students the knowledge and skills to applying theory of sport coaching
- introduce students the concept of periodization
- help students to understand the guideline to develop an annual training programme
- equip students the knowledge and skills in teaching, instructing and leading the sport training programme

Learning Outcomes (LOs)

On successful completion of this course, students will be able to:

1. apply the knowledge and skills to lead a training session;
2. examine the impact of technology development on sports training;
3. develop an annual training programme to adopt the concept of periodization; and
4. prepare a detail training plan for a training session

Indicative Content

1. Introduction of basic skills, competition rule and regulation of the common individual and team sports in Hong Kong
2. Overview of fundamental knowledge and skills of sports coaching

3. Concept of periodization: concepts related to periodization, training cycle, periodization period and sports season
4. Design a training plan: principle to design an annual training
5. Principle and skills of teaching, instructing and leading the sports training activities
6. Teaching, instructing and leading sports training activities demonstration
7. Ethical issues in sports coaching
8. New trend and technology development in sports coaching

Teaching Methods

The course is delivered through lectures, classroom discussions, case studies, role play, video, workshops, practice and tutorials. Teacher will illustrate the essential concepts with real-life example and facilitate students to search information for active learning. Practice is used to equip students with the knowledge and skills in teaching, instructing and leading the sport training programme. Through the teaching and learning activities, students are facilitated to achieve the CILOs via interactive and students-centered approaches. Lectures will be accompanied by relevant reading materials which students would have to read before the lecture.

Measurement of Learning Outcomes

In-class participation and discussion assess students' understanding of key sport training knowledge and skills, the trend and technology development in sports training and ability to apply them in sport training session.

Mid-term test assess students' understanding of the sport training knowledge and the ability to apply the concepts and skills in sports training programme and sport coaching.

Individual assignment(s) require students to show his ability to develop an annual sports training programme and examine the impact of technology development on sports training, it provides student the opportunity to apply their knowledge and skills in sport training.

Group assignment and practical assessment assesses students' overall achievement for the course. It provides students the opportunity to develop a detail training session and apply the knowledge and demonstrate the skills to lead a sport training programme.

Learning Outcome	In-class participation and discussion	Mid-term test	Individual assignment(s)	Group assignment and demonstration
1. Apply the knowledge and skills to	✓	✓		✓

lead a training session				
2. examine the impact of technology development on sports training	✓		✓	✓
3. Develop an annual training programme to adopt the concept of periodization	✓	✓	✓	✓
4. Prepare a detail training plan for a training session	✓	✓		✓

Assessment

Continuous Assessment

100%

1. 10% In-class participation and discussion
2. 30% Mid-term test
3. 20% Individual assignment(s)
4. 40% Group assignment and practical assessment

Required/Essential Readings

Basic Sport Skills. <https://www.specialolympics.ca/british-columbia/basic-sport-skills>

B DK Publishing. (Ed.). (2020). The Sports Book: The Sports, the Rules, the Tactics, the Techniques (5 ed.). DK Publishing, Inc.

Bompa, T. O., & Buzzichelli, C. A. (2019). Periodization: Theory and Methodology of Training (6 ed.). Human Kinetics.

Cope, E., & Partington, M. (Eds.). (2020). Sports Coaching: A Theoretical and Practical Guide. Routledge.

Gill, A. J. (Ed.). (2021). Foundations of Sports Coaching: Applying Theory to Practice (3 ed.). Routledge.

Gilbert, W. (2016). Coaching Better Every Season: A Year-Round System for Athlete Development. Human Kinetics.

Rules of Sports: <https://www.rulesofsport.com/>

Recommended/Supplementary Readings

Baghurst, T. (Ed.). (2019). Coaching for Sports Performance. Routledge.

Dick, F. W. (2018). Beyond Sports Coaching. Bloomsbury.

DK Publishing. (Ed.). (2020). The Sports Book: The Sports, the Rules, the Tactics, the Techniques (5 ed.). DK Publishing, Inc.

Hardman, A. R., & Jones, C. (Eds.). (2010). The Ethics of Sports Coaching. Routledge.

Jeffreys, I., & Moody, J. (Eds.). (2021). Strength and Conditioning for Sports Performance (2 ed.). Routledge.

Light, R., & Harvey, S. (Eds.). (2020). Applied Positive Pedagogy in Sport Coaching: International Cases. Routledge.

Lori, G.-O., Melissa, T., & Van, M. P. (2020). National Standards for Sport Coaches: Quality Coaches, Quality Sports (3 ed.). Jones & Bartlett Learning.

Lyle, J., & Cushion, C. (2017). Sport Coaching Concepts: A framework for coaching practice (2 ed.). Routledge.

Partington, N. (2021). Coaching, Sport and the Law: A Duty of Care. Routledge.

Simon, R. L. (Ed.). (2018). The Ethics of Coaching Sports: Moral, Social and Legal Issues. Routledge.

Wallis, J., & Lambert, J. (Eds.). (2020). Sport Coaching with Diverse Populations: Theory and Practice. Routledge.

**Additional readings may also be suggested on a topic by topic basis*

Important Notes:

1. Students are expected to spend a total of 9 hours (i.e. 3 hours of class contact and 6 hours of personal study) per week to achieve the course learning outcomes.
2. Students shall be aware of the University regulations about dishonest practice in coursework, tests and examinations, and the possible consequences as stipulated in the Regulations Governing University Examinations. In particular, plagiarism, being a kind of dishonest practice, is “the presentation of another person’s work without proper acknowledgement of the source, including exact phrases, or summarised ideas, or even footnotes/citations, whether protected by copyright or not, as the student’s own work”. Students are required to strictly follow university regulations governing academic integrity and honesty.
3. Students are required to submit writing assignment(s) using Turnitin.

4. To enhance students' understanding of plagiarism, a mini-course "Online Tutorial on Plagiarism Awareness" is available on <https://pla.ln.edu.hk/>
5. Students must adhere to the University's guidelines and practices when using Generative Artificial Intelligence (AI) tools. The official documents "Guidelines for Using GAI Tools at Lingnan University" and "Best Practices for Ethical and Responsible Use of GAI Tools in Course Assessments" can be found here: <https://www.ln.edu.hk/tlc/generative-artificial-intelligence/gai-guidelines-best-practices>