

Postgraduate Programs in Sports Coaching

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THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

Tsukuba University
Japan

18th July 2011



Australian Government
Australian Sports Commission

Evolution of PG Programs in Coaching?

- 1975 - **Coles Report** : Tertiary (higher) education for Australian coaches
- 1978 – **Australian Coaching Council**
- 1981 – **Australian Institute of Sport**
- 1991 – **Graduate Diploma of Sports Coaching (ACC)**
 - Australian Coaching Council award for AIS scholarship coaches & developing elite level coaches
 - Delivered through correspondence & face-to-face seminars/workshops
- 2002 – **UQ & ASC/AIS Postgraduate Programs in Sports Coaching**
- **Part of a package of CPD** for AIS coaches & scholarship coaches

Why Postgraduate Studies in Sports Coaching?

The focus of the postgraduate (PG) programs in sports coaching is the development of **advanced and applied sports coaching skills** essential for developing successful **high performance athletes**.

The aim is to develop **critical thinking** and **creative coaches** who, in turn, will be able to **self-regulate their learning** and subsequently develop their **professional practice**.

Underlying Principles of Program Design

- **Constructivist learning principles**
- Coaching knowledge should be considered as professional knowledge
- **Adult learning principles** within an exclusively **online environment**



Adults as Online Learners

High-quality **online learning for adults** is characterized by:

- social interaction and collaboration with peers,
- connecting new knowledge to past experience,
- immediacy in application,
- a climate of self-reflection, and
- self-regulated learning.

Cercone, 2008

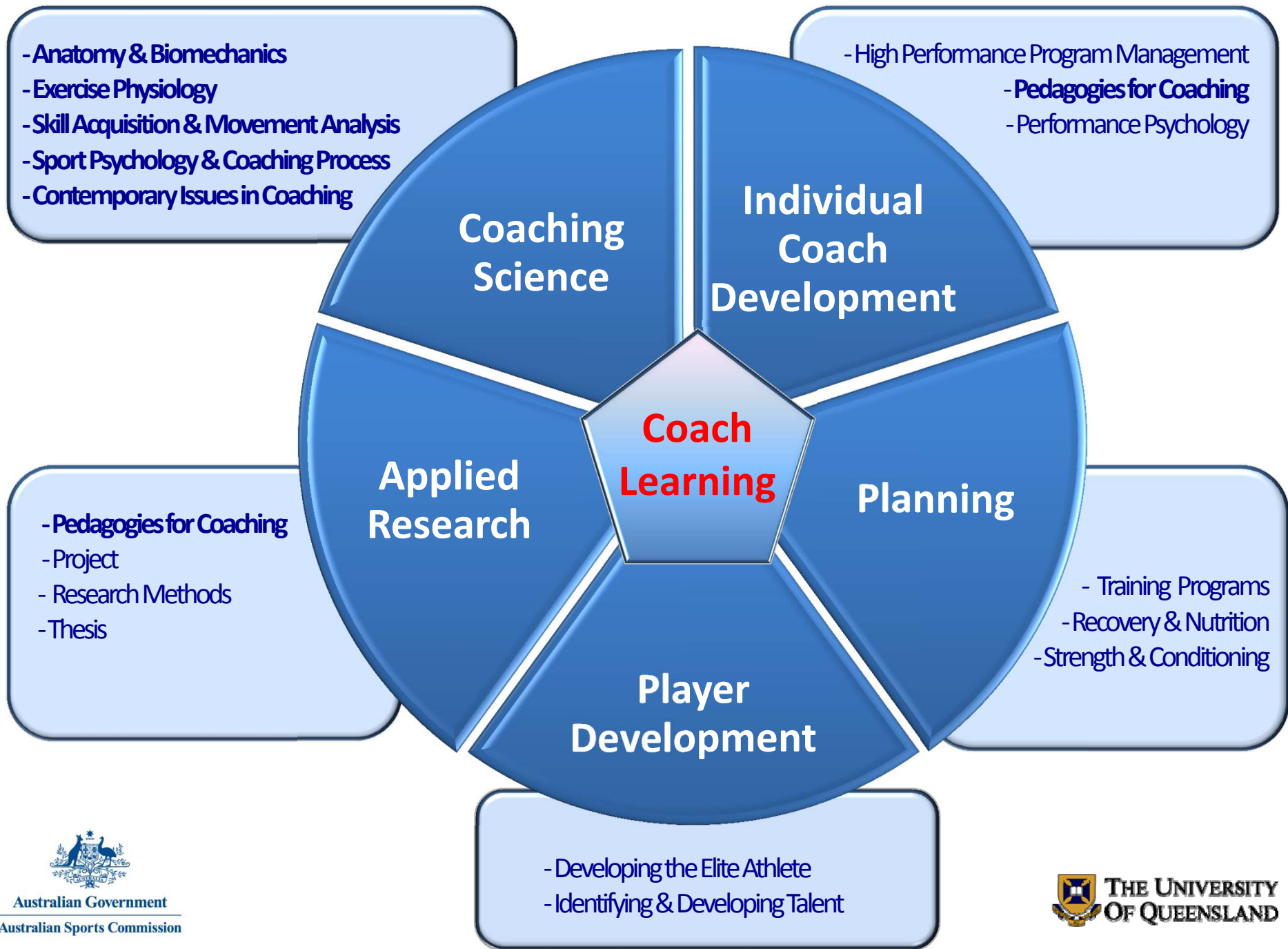
Authentic experiential (situated) **learning approach** that connects learning to current **coaches' practice & contexts**

- Therefore, learning is **contextual** (e.g., youth women's basketball)
- Interrelatedness of **content-pedagogy-assessment**
- Focus on developing the **coach-athlete-performance relationship**

Advantages of Online Learning

- Requires limited IT skills or equipment
- Increases completion rates versus face-to-face courses
- Frees coaches from a rigid schedule of face to face lectures
- Enables self-paced/flexible learning
- Cost effective
- 'Portable' nature of study; can be taken with team on tour
- Convenience for coaching 'lifestyle'

(Cerccone, 2008)



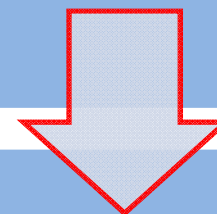


One-Year Path of Part-Time Study for Graduate Certificate in Sports Coaching



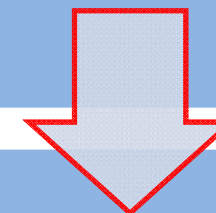
Semester 1 Feb - June

Exercise Physiology for Coaches (#1 unit)
Functional Anatomy and Biomechanics (#2)



Semester 2 July - Nov

Skill Acquisition & Movement Analysis (#2)
Sport Psychology & the Coaching Process (#2)



Semester 3 Nov - Feb

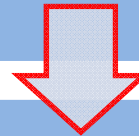
Contemporary Issues in Coaching (#1)



Sample Two-Year Path of Part-Time Study in **Graduate Certificate in Sports Coaching**

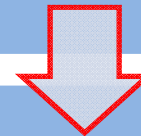
Year 1 - Semester 1

Functional Anatomy & Biomechanics



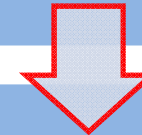
Year 1 - Semester 2

Skill Acquisition and Movement Analysis



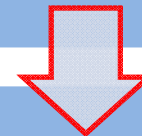
Year 1 - Semester 3

Contemporary Issues in Coaching



Year 2 - Semester 1

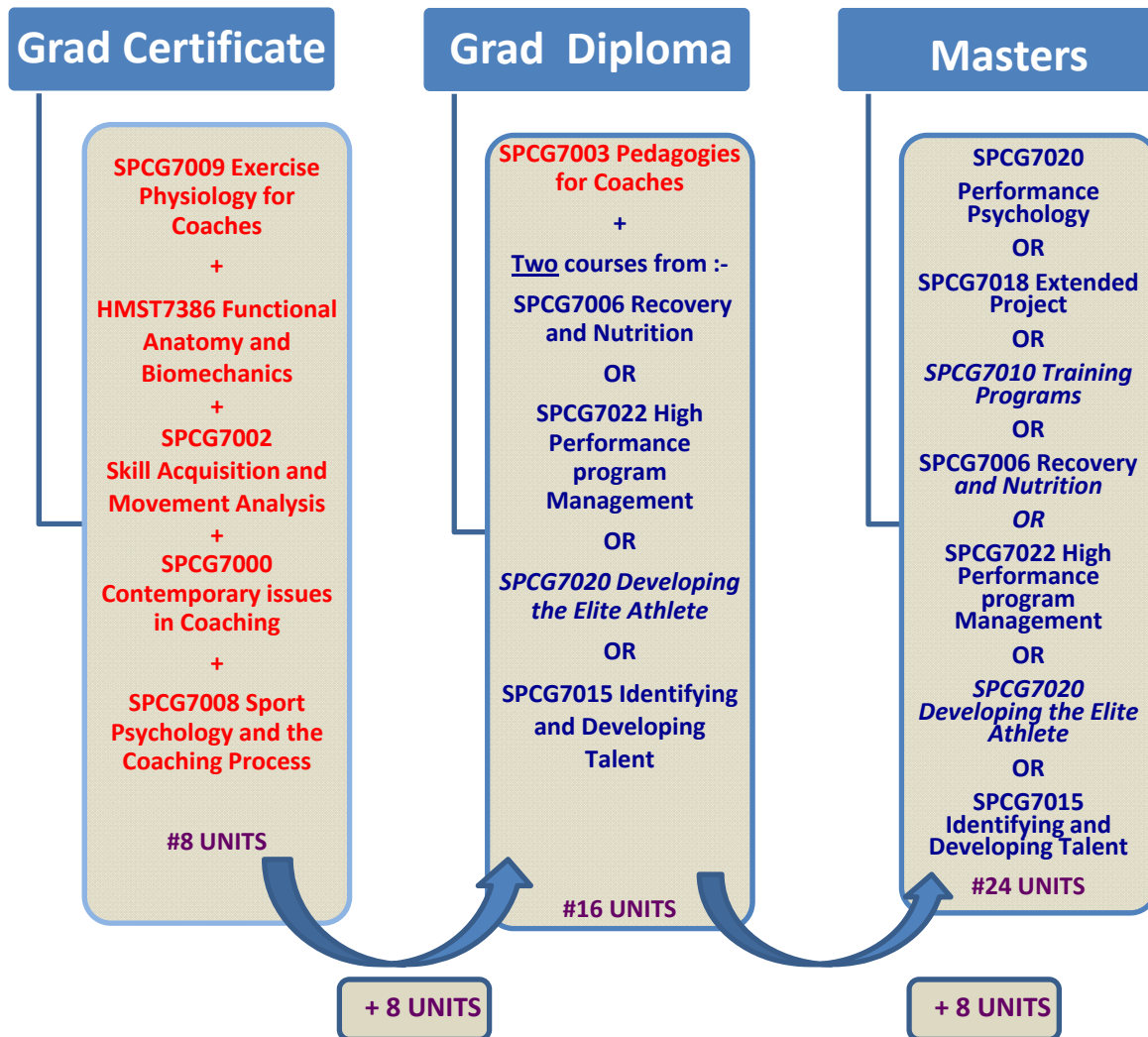
Exercise Physiology for Coaches



Year 2 - Semester 2

Sport Psychology and the Coaching Process

Proposed path of study for #24 Unit Program



SD1

Master of Sports Coaching (16 Units)

Entry Requirements

A four-year Bachelor's degree in Sport/Exercise Science or Health and Physical Education

Masters (#16)

Thesis

Coursework

Year 1

Pedagogies for Coaching (#4)
Research Skills (#2)
+
Elective (# 2 units)

Year 2

Thesis (#8 units)

Year 1

Pedagogies for Coaching (#4)
+
Electives (# 4 units)

Year 2

Electives (# 8 units)

Evaluations of Sports Coaching Programs

- **External Reviews/Feedback**
 - Online learning environment
 - Program design; course content and assessment
 - Link with National Coach Accreditation Scheme

- **Internal Reviews/Feedback**
 - Annual feedback from students on quality of teaching AND courses)
 - Testimonials

Evaluations of Sports Coaching Programs

I also wanted to take the opportunity to say thank you for this unit this semester as well as your support with my challenging role. As an ex-psych, I have found the information very useful on multiple levels and now as a coach have implemented a few strategies that I picked up in this unit on my crew that competed this week and managed to snare a gold medal so again, thanks!

(Email, Nov 2010)

Evaluations of Sports Coaching Programs

It was excellent being able to complete the course online. I looked at doing this course a few years ago when it was based on campus and because of that I wasn't able to do the course. Being able to complete everything online and with flexible timeframes was great.

(Pam; Course survey ; June 2009)

Evaluations of Sports Coaching Programs

The course has improved my coaching by giving me the ability to understand the principles behind many 'accepted' coaching practices. More than that, I now understand why these may not always work and now have the ability to devise an alternative exercise or drill.

(Course survey; July 2009)

Future Directions

- Further Professionalisation of sports coaching
 - CPD (short courses to scaffold pathway from Level 1 + 2 to University-based coach education.
- Integrated with National Coach Accreditation Scheme
 - NSO responsible for ‘field experiences’
- Promote evidence-based coaching through applied research driven by coaches
 - Coursework thesis => MPhil => PhD

Postgraduate Programs in Sports Coaching @ UQ

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Thank you for listening!

ありがとう



Australian Government
Australian Sports Commission