

Sports Coaching and Management

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SPOCMA20 Sports Coaching and Management: 200 op**SLFSD1 Personal development and professional growth: 15 op****SLF1SD400 Personal and professional development 1: 5 op****Osaamistavoitteet**

The student is familiar with the learning theories and their relevance in one's personal development. The student is able to recognize the differences between the deep and the surface approach to learning with respect to their previous experiences and personal development routines. The student is familiarized with the impact of teaching methods in increasing the student engagement in learning. The student is introduced with the holistic coaching profile in assessing one's competencies and development needs in coaching. The student is further able to use the provided feedback in conjunction with the self-assessment in building a personal development plan for coaching.

Sisältö

Tools: 1-1 meetings, 360° coaching competence –profile and personalized development plan

SLF1SD401 Personal and professional development 2: 5 op**Osaamistavoitteet**

The student is further familiarized with behavioral and working routines beneficial for learning and development. Based on the analysis and assessment, the student is able to select appropriate strategies to enhance the learning experience both at the individual and group level. The student is introduced with the concept of life management and its' relevance behind one's behavioral and learning processes. Based on the personal profile, the student is able to build and monitor development routines to support continuous learning and development.

SLF1SD402 Personal and professional development 3: 5 op**Osaamistavoitteet**

The student extends the awareness of one's characteristics in respect to working life demands. The student is able to understand the requirements of the working life organization at the individual level. The student also becomes familiar with the strategies in recruiting and developing personnel in sports organizations. Based on the professional development profile, the student is able to use appropriate strategies in further developing the individual capabilities and related networks. The student is further able to use the provided feedback in conjunction with the self-assessment in building a personal development plan for coaching.

COMSD1 Communication and language skills: 5 op**COM1SD400 Finnish language and culture: 3 op****Osaamistavoitteet**

The student has the basic knowledge of Finnish language in order to cope in simple everyday

situations and to continue studying Finnish independently. In addition the student gets a general overview of the Finnish history, society, culture and the way of life.

Sisältö

Introduction to the Finnish language, the basic grammar (case system, verb types, consonant gradation), everyday vocabulary, phrases and conversations. Basics of the Finnish culture.

COM1SD401 Svenska i arbetslivet: 3 op**Osaamistavoitteet**

The student achieves such spoken and written skills that s/he manages in typical work situations in Swedish.

Sisältö

- Social contacts in working life
- Presenting companies or other organisations
- Principles of written communication in different situations
- Intercultural communication
- Other communication situations in working life

COM1SD402 Written english: 3 op**Osaamistavoitteet**

The purpose of this course is to enable the students to write a variety of English texts correctly and in an appropriate style register. The students will also be given an introduction to academic writing.

Sisältö

- The basics of punctuation
- Sentence and paragraph construction
- Cohesion and thematisation
- Formal vs. informal language
- Correct language usage
- Writing an academic essay

COM1SD403 Computing skills: 3 op**Osaamistavoitteet**

Students will learn how to create formal letters, write a job application and their own C.V. ,and to format documents in Word. Excel will be used to analyze data and create charts to effectively represent data. Students will also learn how to use Power Point to create presentations, but also how to use the program as a tool to create effective presentations.

Sisältö

- The use of computers and resource management
- Information retrieval
- Basics of word, excel and power point processing

COM1SD404 Communication skills: 3 op**Osaamistavoitteet**

Learning objectives:

- to develop verbal and non-verbal communication skills
- to learn to analyse your own and others' communication, interaction and self-expression by getting to know basic theories of interaction and communication
- to improve active listening skills
- to improve feedback and discussion skills
- to improve verbal motivation skills
- to learn basics of public speaking
- to be inspired to learn about tactfulness and diplomacy in communication

Sisältö

1. The Act of Introduction (Theory, practical exercises)
 - How to introduce yourself and your colleagues in a professional manner
2. Theory of Communication and Interaction (Lecture, discussion)
 - Major communication/interaction styles.
3. Non-verbal Communication (Lecture on theory, practical exercises)
4. Assertion; Empathy, Tact (Lecture and discussion)
5. Informative Presentation
 - Students introduce one Communication culture they are familiar with
6. Speech assignment
 - Instructions: structure, language, performance skills and non-verbal communication, energy, contact with the audience, and ethics of public speaking
7. Active Listening (Theory, practical exercises including speech exercises)
8. Constructive Feedback
(Instructions and discussion, practical exercises after each speech)
9. Inspirational/motivational speech in class
(Speech assignments and active listening, feedback sessions and discussion)
10. Talking to media (Discussion, theory, practical exercises)
11. "Small talk" as a special skill (Practical exercises)
 - Practical exercise in "Farewell Cocktail Party" -situation
 - Small speeches as we toast to our achievements during DP studies)
12. Written self-reflection assignment (min. two pages)

COM1SD405 Other foreign language: 3 op

Osaamistavoitteet

Students will be able to use other foreign language to cope in the most common communication situations, for example when travelling, or receiving foreign visitors. Communicative functions practised will include asking for and giving information, offering assistance, and giving advice.

Sisältö

Course contents:

- Characteristics of other foreign language
- Pronunciation
- Basics of grammar
- Day to day language and the way of life

COASD1 Coach development: 70 op

COASD2 Team building: 10 op

COA1SD400 Team building 1: 5 op

Osaamistavoitteet

The student has the skills and knowledge to create team values and to establish a suitable team culture. The student has knowledge how to create cohesive and united team. The student understands team development process, different stages of group development and various group roles.

COA1SD401 Team building 2: 5 op

Osaamistavoitteet

The student has the skills and knowledge to create team values and to establish a suitable team culture. The student has knowledge how to create cohesive and united team. The student understands team development process, different stages of group development and various group roles.

COASD3 Sport and athlete analysis: 10 op

COA1SD402 Sport analysis: 5 op

Osaamistavoitteet

The student has skills to analyze and evaluate his/her sport, game and athlete pathways. The student is able to identify the athletic developmental stages and needs of the team and individual athlete. In his/her sport analysis and athlete pathway assignments the student recognizes both individual- and team level coaching processes and different coaching environments. The student is able to recognize his/her professional capabilities in relation to the current context s(he) is operating. The student has skills to find, understand, evaluate and use information related to the context they are working.

Sisältö

Athlete pathways

COA1SD403 Athlete pathways: 5 op

Osaamistavoitteet

The student has skills to analyze and evaluate his/her sport, game and athlete pathways. The student is able to identify the athletic developmental stages and needs of the team and individual athlete. In his/her sport analysis and athlete pathway assignments the student recognizes both individual- and team level coaching processes and different coaching environments. The student is able to recognize his/her professional capabilities in relation to the current context s(he) is operating. The student has skills to find, understand, evaluate and use information related to the context they are working.

Sisältö

Sport and game analysis

COA1SD4 Fundamentals of coaching: 20 op

COA1SD404 Knowledge base: 10 op**Osaamistavoitteet**

The student has the skills and knowledge to develop short term plans and execute safe practices. The student has the skills and knowledge to incorporate appropriate means and methods to achieve desired training effects. The student has the skills and knowledge to create athlete centered coaching environment.

Sisältö

Planning, implementing and evaluating practise sessions and games

- Technical and tactical development
- Physical development
- Mental development
- Pedagogical and didactical knowledge and skills

COA1SD405 Practical coaching competence development: 10 op**Osaamistavoitteet**

The student has the skills and knowledge to develop short term plans and execute safe practices. The student has the skills and knowledge to incorporate appropriate means and methods to achieve desired training effects. The student has the skills and knowledge to create athlete centered coaching environment.

Sisältö

Planning, implementing and evaluating practise sessions and games

- Technical and tactical development
- Physical development
- Mental development
- Pedagogical and didactical knowledge and skills

COA2SD5 Athlete-centered coaching: 20 op**COA1SD406 Knowledge base: 10 op****Osaamistavoitteet**

The student is able to effectively and comprehensively plan and evaluate practices and seasonal plans of his own orientation group (child, youth, adult) to support athlete's personal development based on the results of the individual profiling and the developmental stage. The student is capable of leading practices and competitions and appropriately reacting to changing situations. The student is able to develop coaching environment with emphasis on athletes' engagement and ownership. The student is capable of developing athlete's life skills and to enhance performance and promote

recovery. The student is able to activate different stakeholders for the benefit of the coaching process.

Sisältö

Practical coaching processes

COA1SD407 Coaching process: 10 op**Osaamistavoitteet**

The student is able to effectively and comprehensively plan and evaluate practices and seasonal plans of his own orientation group (child, youth, adult) to support athlete's personal development based on the results of the individual profiling and the developmental stage. The student is capable of leading practices and competitions and appropriately reacting to changing situations. The student is able to develop coaching environment with emphasis on athletes' engagement and ownership. The student is capable of developing athlete's life skills and to enhance performance and promote recovery. The student is able to activate different stakeholders for the benefit of the coaching process.

Sisältö

Practical coaching processes

COA2SD6 Coaching methods development: 10 op**COA1SD408 Innovative coaching methods development: 10 op****Osaamistavoitteet**

The student has capabilities to develop and use coaching methods which offer a benefit to working life and the working life partner. Student is able to implement knowledge from other areas in developing innovative solutions for coaching. Student is able to facilitate learning using variety of methods and to develop learning environments in order to enhance learning experience in coach education.

Sisältö

Non linear pedagogy framework

MGTSD1 Event and organizational management: 35 op**MGT1SD400 Sport program planning and implementation 1: 4 op****Osaamistavoitteet**

The student is able to plan, organize and implement sport events and programs. The student has knowledge and skills to teach variety of sports; be able to plan and implement a sport-session. The student is capable of interacting and communicating with the customer in productive manner. The student has skills and knowledge to produce information and solutions to working life needs.

MGT1SD401 Sport program planning and implementation 2: 4 op**Osaamistavoitteet**

The student is able to plan, organize and implement sport events and programs. The student has knowledge and skills to teach variety of sports; be able to plan and implement a sport-session. The student is capable of interacting and communicating with the customer in productive manner. The student has skills and knowledge to produce information and solutions to working life needs.

MGT1SD402 Sport organizational analysis and development planning 1: 4 op

Osaamistavoitteet

The student has understanding of a sports organization's functions and operations. Student is able to work in various tasks in different sport events. The student has skills to produce situation analysis of an organization using different methods and including stakeholders interest. The student is able to produce and implement specific development plan for an organization.

MGT1SD403 Sport organizational analysis and development planning 2: 3 op

Osaamistavoitteet

The student has understanding of a sports organization's functions and operations. Student is able to work in various tasks in different sport events. The student has skills to produce situation analysis of an organization using different methods and including stakeholders interest. The student is able to produce and implement specific development plan for an organization.

MGT1SD404 Sport event management 1: 5 op

Osaamistavoitteet

The student is capable of planning and developing sports program based on customer needs, defining goals, establishing strategy and developing plans to coordinate activities. Student is able to budget and finance event or program and develop cost-effective methods. The student is able to develop a coherent and complete marketing plan and participate effectively as a member of marketing project team.

MGT1SD405 Sport event management 2: 5 op

Osaamistavoitteet

The student is capable of planning and developing sports program based on customer needs, defining goals, establishing strategy and developing plans to coordinate activities. Student is able to budget and finance event or program and develop cost-effective methods. The student is able to develop a coherent and complete marketing plan and participate effectively as a member of marketing project team.

MGT1SD406 Sport organizational management 1: 5 op

Osaamistavoitteet

- A student is able to develop and monitor relevant student-centered learning environments, teaching methods and tasks to meet learning goals
- A students is able to design, deliver and evaluate meaningful learning opportunities and environments that meet the learning needs of coaches
- A student has skills of creating, implementing and evaluating a targeted development project plan.

The student is able to lead and manage development project related to club and association development.

MGT1SD407 Sport organizational management 2; coach education: 5 op

Osaamistavoitteet

- A student is able to develop and monitor relevant student-centered learning environments, teaching methods and tasks to meet learning goals
- A student is able to design, deliver and evaluate meaningful learning opportunities and environments that meet the learning needs of coaches
- A student has skills of creating, implementing and evaluating a targeted development project plan. The student is able to lead and manage development project related to club and association development.

METSD1 RDI competences: 15 op

MET1SD400 Information retrieval and evaluation: 5 op

Osaamistavoitteet

The student understands the significance of research, becomes familiar with concepts related to research, and grasps the principles of project management. The student is able to utilize a variety of information sources and assess existing information critically. The student is able to report project and its outcome.

Sisältö

Course contents

- Starting, planning, carrying out, and completing a project
- The nature, criteria and concepts of scientific knowledge
- Academic writing

MET1SD401 Information collection and analysis: 5 op

Osaamistavoitteet

The course provides the basic skills for planning a Bachelor's thesis. The student is aware of different types of theses. Based on the requirements of thesis, the student is able to plan a research or development project. The student learns the methods used to collect and analyse data for research and development project. The student is able to choose the most suited research and project management method and apply it in the thesis project. The student is able to understand the requirements of ethical working methods.

Sisältö

Course contents

- Creating a thesis plan
- Project and research types
- Research ethics
- The role of a theoretical frame of reference in research
- Empirical data collection methods
- Principles of questionnaire design

MET1SD402 Critical thinking and problem solving: 5 op**Osaamistavoitteet**

The student extends the awareness of one's characteristics in respect to working life demands. The student is able to understand the requirements of the working life organization at the individual level. The student also becomes familiar with the strategies in recruiting and developing personnel in sports organizations. Based on the professional development profile, the student is able to use appropriate strategies in further developing the individual capabilities and related networks.

Sisältö

Course contents

- Analytical thinking
- Argumentation and reasoning skills

ELE8SD1 Elective studies: 15 op**PLA6SD1 Work placement: 30 op****PLA6DS400 Work placement: 30 op****Osaamistavoitteet**

The student extends the awareness of one's characteristics in respect to working life demands. The student is able to understand the requirements of the working life organization at the individual level. The student also becomes familiar with the strategies in recruiting and developing personnel in sports organizations. Based on the professional development profile, the student is able to use appropriate strategies in further developing the individual capabilities and related networks. The student is further able to use the provided feedback in conjunction with the self-assessment in building a personal development plan for coaching.

THE7SD1 Bachelor's thesis: 15 op**THE7SD400 Bachelor's thesis: 15 op****Osaamistavoitteet**

The Bachelor thesis provides a chance for the student to get acquainted with methods used in scientific research and to practice skills in objective problem solving. In addition, the thesis further develops the interpersonal abilities of the student through co-operation with representatives from working life.

The thesis may be an empirical, research-based publication or a project leading to, for example, a product (e.g. a guide-book) or an event (sport-event; Grassroots Hockey Day). Whether research- or project-based, the thesis should enable the student to take part in a developmental process with direct benefits to working life.