

## Higher National Unit Specification

### General information for centres

**Unit title:** Psychology of Sports Coaching

**Unit code:** DD35 34

**Unit purpose:** This Unit introduces candidates to the key psychological considerations relating to practical sports coaching situations

On completion of this Unit, the candidate will be able to:

1. Discuss the main psychological components.
2. Describe coaching methods designed to enhance psychological factors.
3. Describe strategies for increasing participation and motivation.

**Credit value:** 1 HN Credit at SCQF level 7: (8 SCOTCAT credit points at SCQF level 7\*)

*\*SCOTCAT points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCOTCAT points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to doctorates.*

**Recommended prior knowledge and skills:** Candidates should possess good written and oral communication skills. Ultimately, entry is at the discretion of the centre.

**Core skills:** There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

**Context for delivery:** If this Unit is delivered as part of a group award, it is recommended that it be taught and assessed within the subject area of the group award to which it contributes. This Unit is included in the framework for HNC/D Sports Coaching with Development of Sport.

**Assessment:** Candidates should demonstrate a clear grasp of the theoretical knowledge of the module and an ability to identify the links between this information and practical coaching situations in sport. Outcome 1 is assessed by use of restricted response questions. Outcomes 2 and 3 are assessed by extended response assignments.

## **Higher National Unit specification: statement of standards**

**Unit title:** Psychology of Sports Coaching

**Unit code:** DD35 34

The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

### **Outcome 1**

Discuss the main psychological components

#### **Knowledge and/or skills**

- Definition of Sport Psychology.
- Definition of the components of Sport Psychology: Anxiety; Concentration; Confidence; Motivation; Team Spirit.
- Influence of components on participants.

#### **Evidence requirements**

To achieve this outcome, each candidate will require to produce written evidence to demonstrate their understanding of all aspects of the knowledge and /or skills section. The candidate will be required to define the term “Sports Psychology” and state 3 reasons why it is important for a coach to be aware of psychological components. The candidate should also provide a definition of the main components of sports psychology. In addition, an understanding of how these components influence participants in a coaching environment is required. The assessment instrument will be 3 restricted response questions.

All questions must be answered satisfactorily.

#### **Assessment guidelines**

Written or oral evidence that the candidate can describe the main psychological factors.

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** Psychology of Sports Coaching

### **Outcome 2**

Describe coaching methods designed to enhance psychological factors.

#### **Knowledge and/or skills**

- Coaching methods to enhance confidence.
- Coaching methods to manage anxiety.
- Coaching methods to improve concentration.
- Coaching methods to enhance team spirit.

#### **Evidence requirements**

To achieve this outcome each candidate will require to produce written evidence to demonstrate their understanding of all aspects of the knowledge and / or skills section. Each candidate will be required to evaluate two coaching methods designed to enhance each of the four psychological components. The assessment instrument will be an extended response question paper of 1000 words. The evaluation will be produced under supervised conditions.

#### **Assessment guidelines**

Written or oral evidence that the candidate can evaluate coaching methods designed to enhance psychological factors.

### **Outcome 3**

Describe strategies for increasing participation and motivation.

#### **Knowledge and/or skills**

- Common motives for participation in sport.
- Coaching methods to enhance motivation.
- Behaviour modification techniques.

#### **Evidence requirements**

To achieve this outcome each candidate will require to produce written evidence to demonstrate their understanding of all aspects of the knowledge and / or skills section.

Each candidate is required to produce a 500 word report covering 2 common motives for participation in sport, 2 coaching methods to enhance motivation and 2 behaviour modification techniques.

#### **Assessment guidelines**

Written evidence that the candidate can describe strategies for increasing participation and maximising motivation.

## **Administrative Information**

**Unit code:** DD35 34

**Unit title:** Psychology of Sports Coaching

**Superclass category:** PK

**Date of publication:** August 2003

**Version:** 01

**Source:** SQA

© Scottish Qualifications Authority 2003

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this Unit specification can be purchased from the Scottish Qualifications Authority. The cost for each Unit specification is £2.50. (A handling charge of £1.95 will apply to all orders for priced items.)

## Higher National Unit specification: support notes

### Unit title:- Psychology of Sports Coaching

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

### Guidance on the content and context for this Unit

#### Outcome 1:

Sport Psychology:	Definitions; importance to the Coach.
Components:	Team spirit; motivation; confidence; anxiety; concentration
Situations:	Learning new skills; first time at class; competitions; gaining attention; enhancing motivation to learn; giving demonstrations; setting up practices/drills; giving feedback.

#### Outcome 2:

Confidence:	Breaking skills down; achievable aims; feedback; Appropriate practices.
Anxiety:	Awareness; logical progression; minimising pressure; Attitude to competition; attributions; simple relaxation methods; breaking skills down; visibility of students during practices.
Concentration:	Time of practices; short instructions/demonstrations; concise coaching points; relation of skills to game; effective communication.
Team Spirit:	Group goals; team talks; peer support; peer feedback; Positional rotation in team.

#### Outcome 3:

Motives for Participation:	Alderman & Wood (1975); Sensation; affiliation; self direction; achievement; friendship; fitness; fun; learn new skills.
Enhancing Motivation:	Goal setting; reinforcement; feedback; communication skills; enthusiasm; appropriate drills/practices; relating practices to game/sport; use of role models; examples of elite performers.
Behaviour Modification:	Positive reinforcement; Negative reinforcement; Punishment.

## **Higher National Unit specification: support notes (cont)**

**Unit title:-** Psychology of Sports Coaching

### **Guidance on the delivery and assessment of this Unit**

An active and student centred approach should be emphasised. There is plenty of opportunity for the use of video analysis of practical coaching situations to highlight many of the concepts from this unit in action. The key aim is to give the student key theoretical knowledge in relation to the psychological aspects related to practical sports coaching at an introductory level. The links between this unit and the practical element of coaching needs to be emphasised. Students should be encouraged to apply the knowledge gained from this unit during their practical coaching. Therefore, this unit would be best delivered during Year 1 of the HNC/D Programme at the same time as students are on coaching placements.

### **Open learning**

Open learning implies that, while candidates study out with the centres using materials provided, it would be necessary to attend the centre for assessment purposes. For further information of Open and Distance Learning, please refer to the SQA publication, Assessment and Quality Assurance of Open and Distance Learning (SQA 2000).

### **Special needs**

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering special alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance on Special Assessment Arrangements* (SQA, 2001).

## **General information for candidates**

### **Unit title:** Psychology of Sports Coaching

Many situations can pose a challenge for those new to formal sports coaching. The aim of this unit is to equip you with the key areas of psychological knowledge relating to sports coaching to enable you to deal effectively with these situations.

For example, just how important are these psychological factors, and which factors are relevant when giving instructions and demonstrations? Which are relevant when a child is having difficulty with learning a new skill? How would you ensure that you maximise participation and motivation in your coaching classes? The answers to all of these questions lie in an understanding of Sport Psychology and its applications to coaching.

You will be assessed by means of a restricted response paper, an extended response assignment and submission of an extended report.

### **Bibliography:**

- sportscoachUK (1998) Delivering the Goods.
- sportscoachUK (1998) Motivation & Mental Toughness.
- sportscoachUK (1998) A guide to planning Coaching Programmes.
- Bull SJ (Ed.) (1991) Sport Psychology - A Self Help Guide. Crowood Press, Wiltshire.
- Martens, R (1997) Successful Coaching. Human Kinetics, Champaign, Illinois
- Wesson et. al. (2000) Sport & PE – A Complete Guide to Advanced level Study. Hodder & Stoughton, London.