

SS4163

Sports Management & Performance

Module Leader:
Dr Ian Sherwin

ECTS Credits: 6



Module aim

This module offers opportunities to explore a range of topics in sports management and performance including event management, sustainability in sport, optimising sports performance, leveraging technology in sport and sports coaching. This is with a view to providing critical training in the skills and tools needed to host and organise minor and major sports events and enhancing sports performance.

Syllabus

This module consists of a number of components relating to sports event management and sports performance. The syllabus aims to develop knowledge and a range of skills in event promotion and organisation, sports performance analysis and coaching science. Theoretical components will provide context and background before being applied in practical field and laboratory settings.

Learning Experience

The module will be delivered in face-to-face and blended modes in the context of the UL Study Abroad Summer School over a three-week block. It will involve interactive lectures and workshops as well as virtual exchanges that will be embedded into the module. While some theoretical background will be provided, the module has a strong focus on task-based, practical and experiential activities as well as on reflective sessions. The module will be informed by recent empirical research. Students will be engaged in field trips and cultural events. It will feature and foster collaborative learning, creativity, knowledge building and social and civic responsibility.

Learning Outcomes

Cognitive (Knowledge, Understanding, Application, Analysis, Evaluation, Synthesis)

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

- Demonstrate an understanding of the unique principles, features and functions of sport management and their application in the Irish setting
- Demonstrate an understanding of key elements of effective coaching
- Demonstrate proficiency in the analysis of movement by inspection of video sequences, identifying key faults and devising strategies for improving techniques

Affective (Attitudes and Values)

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

- Identify individual differences in behaviour in a sport setting

Psychomotor (Physical Skills)

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

- Benefit from acquired field experience in practical coaching and exercise instruction situations

Texts

Prime Text/s

Callary B. and Gearity B. (2018) Coach Education and Development in Sport, Instructional Strategies, 1st Edition, London: Routledge

Slack, T. and Parent, M., (2007) International perspectives on the management of sport, Routledge

Chambers, F. (2018) Learning to mentor in sports coaching, London: Routledge

Other Texts:

LaVoi, N.M., McGarry, J.E. and Fisher, L.A., (2019) Final thoughts on women in sport coaching: Fighting the war. , Women in Sport and Physical Activity Journal, 27(2), pp.136-140.

Sites We Visit

- Thomond Park
- Croke Park
- UL Arena and Sport Facilities
- Limerick City and environs
- Dublin City
- Cliffs of Moher/Lahinch
- Access Campus