

TI200 Sports coaching 1: coaching children and youth

General: It is expected that the candidates follow the guidelines for format and referencing, and that the paper is presented in a tidy and well written manner.

Task 1: It is expected that the candidate presents three outcomes that are supported in the literature as potential outcomes of sport participation. They should be defined, followed by an explanation for why they are important. The candidate should then present how each of these can be supported. It is positive if the candidate combined literature with their own knowledge of the specific sport, and it is expected that the suggestions are related to the sport and the club context specifically. The candidate should touch on several of the topics covered in the course, such as motivation, the coaching role, growth and maturation, communication, family or talent development. A critical perspective throughout will be awarded.

Task 2: It is expected that the candidate presents how selection functions in the chosen sport. Thereafter, the candidate should discuss strengths and weaknesses, leaning on the literature. Growth and maturation should be a substantial part of this discussion, but other topics may also be relevant, such as motivation, the coaching role and general talent development research. The candidate should also present some possibilities for change or improvements, and touch on challenges in that system as it is. A critical perspective throughout will be awarded.