

## University of Roehampton International Summer School

### School of Education

**Module Title:** London Sports Hub: Integrating Coaching, Science, Psychology and Management

**Module Code:** TBC

### Module Rationale

This module has been purposely developed to holistically cover the combined pillars of sport: sports coaching, sports science, sports psychology, and sports management. None of these domains operate in full isolation of each other, and consequently the module will consider their interconnected nature, the role they play and how they feature in our consumption of and participation in sport and physical activity. Our London location is central to this learning experience and opportunity: It is the home of the iconic Wembley Stadium in football, Twickenham, the home of English Rugby, the ultimate in racket sports: the Wimbledon Tennis Championships and the LTA, and the momentous and monumental London 2012 Olympic Park. The module has been designed so that you get to explore all three, literally! This will mean field trips in the form of tours and exhibitions. As well as the tours, site visits and exhibitions, students will have morning lectures and workshops, plus guest speakers from Premier League Clubs, that will include former students that have set up their very own sports businesses and are now thriving with incredible success.

### Learning Outcomes

The principle aim of the module is that on completion students will understand:

- Selected core aspects of sports coaching, sports psychology, and sports management and their interconnected relationship.
- The consumer experience of major sports organisations/physical activity events and understand the commercial opportunities that they represent.
- How performance principles from sport can be applied to business and industry.
- The value and role of leadership, and how this can be integrated into future career directions in sport and physical activity including an entrepreneurial perspective.

### Assessment

A Video Voice-over PowerPoint presentation (100% weighting) 10-12 minutes.

Assessment will be in the form of an individual video presentation (100%) focusing on potential future career directions in sport and physical activity based on the learning, experience gained, and reflection of completing the module.

## Indicative Timetable

	Monday 10am – 1pm	Tuesday 10am – 1pm	Wednesday 10am – 1pm	Thursday 10am – 1pm
<b>Week 1:</b>  10 <sup>th</sup> – 13 <sup>th</sup> June  <b>Sports Coaching/Science</b>	The Coaching Process & Coaching Philosophies  <b>*Afternoon Field Trip: Twickenham Stadium Tour</b>	Ethical Conduct & Debates in Sport	Active Health: Connecting Sport, Physical Fitness and  <b>*All-day field trip: Elevate 2024 at London Excel</b>	Active Health & Behaviour Change
<b>Week 2:</b>  17 <sup>th</sup> – 20 <sup>th</sup> June  <b>Sports Psychology</b>	Coach – Athlete Relationships  <b>*Afternoon Field Trip: Olympic Park Tour</b>	Motivation and Confidence	Psychological Skills: ‘Flow’, Peak Performance, and Peak Experience  <b>*Afternoon Field Trip Wimbledon Tennis Tour OR Visit the LTA</b>	Group Dynamics & Team Cohesion
<b>Week 3:</b>  24 <sup>th</sup> – 27 <sup>th</sup> June  <b>Sports Management</b>	The 90-minute Manager Case Study: Sir Alex Ferguson  <b>*Afternoon Field Trip: Wembley Stadium Tour</b>	The ‘Sports – Business’ Performance Metaphor	Entrepreneurship in Sport  + Guest Speaker(s)	Talent ID & Youth Development  + Guest Speakers from Crystal Palace FC Fulham FC

## Indicative Bibliography

- Weinberg, R. S., & Gould, D. (2023). *Foundations of sport and exercise psychology* (8th ed.). Human Kinetics.
- Zehndorfer, E. (2021). *Leadership: Performance beyond expectation*, 2<sup>nd</sup> Ed. Oxon: Routledge.
- Woodward, C. (2004). *Winning*. London: Hodder & Stoughton.