



UNIVERSITY
of
TECHNOLOGY,
MAURITIUS

School of Health Sciences

Diploma in Sports Training, Coaching and Exercise

PROGRAMME DOCUMENT

DSTCE

v1.0

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University of Technology, Mauritius

School of Health Sciences

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Diploma in Sports Training, Coaching and Exercise

A. PROGRAMME INFORMATION

In line with Governmental policy to give a new dimension to sports and physical exercise at regional, national and international levels, it has become a necessity to produce highly qualified professionals in the field of sports that have the competency to teach, train and coach physical activities and exercise programmes in a variety of sports and fitness contexts.

This Diploma has been designed for those interested in developing an understanding of evolving aspects surrounding sports training, coaching and physical exercise. It will also appeal to aspiring or practicing leaders of sports or fitness activities and high level athletes.

Key features of this programme include a combination of practical/coaching sessions and lectures, outdoor activities, discussions with experts who are active in the field of sports training, coaching, physical education, health sciences and industry placement. The content taught in this programme will ensure that students will learn about current trends and practices in the domain of sports, and understand the evolving importance of coaches and fitness trainers in promoting health and maintaining physical and mental well-being.

With this Diploma, awardees will be able to integrate confidently in a variety of work environments. It also provides excellent grounding for students intending to pursue careers in teaching, sports administration in national sports associations, physical training officers in fitness clubs, spas and recreational centres, sports coaching, fitness training or recreational management in the private or commercial leisure sector.

This programme offers an exit point to enable students to qualify for the award of a Certificate in Sports Training, Coaching and Exercise.

B. PROGRAMME AIMS

The Diploma programme in Sports Training, Coaching and Exercise aims to provide students the requisite knowledge, competencies and experiences to enter a variety of professions directly associated with current sports and coaching.

C. PROGRAMME OBJECTIVES

The intended learning objectives of this programme are as follows:

- Draw upon a wide range of intellectual resources, theoretical perspectives and academic disciplines to help illuminate the students' understanding of sports, coaching and physical exercise in the context in which they take place.
- Develop the students' understanding and appreciation of the variables involved in the delivery of sports, coaching, physical education and exercise.
- Enable students to develop skills that can allow them to monitor and evaluate performance in sport, coaching and exercise through evaluation, analysis and monitoring techniques.
- Provide a critical insight into organizations and structures responsible for conducting sports, coaching and physical education activities, to enable students to independently plan, design and confidently lead and manage practical activities.
- Educate students on framework and policies, safety awareness and ethical issues involved in sport performance, teaching and planning of sports, coaching and exercise-related activities.
- Enable students to develop a number of attributes and key transferable skills (intellectual, vocational and interpersonal) that are required to pursue a range of employment opportunities in the sports industry
- Allow students to participate in work-based learning, to enable them to apply their theoretical knowledge and practical skills in real-world situations. Also, to encourage them to develop a network of professional contacts in this field.

Part I - REGULATIONS

D. GENERAL ENTRY REQUIREMENTS

As per UTM's 'Admissions Regulations' and 'Admissions to Certificate and Diploma Programmes'

E. PROGRAMME ENTRY REQUIREMENTS

Applicants are required to take a valid medical test (this can be done at a clinic, hospital or at the Medical Sports Unit, Vacoas). Only those candidates who are certified as medically fit to do sports will be retained for final selection.

F. PROGRAMME MODE AND DURATION

Full Time: Minimum Duration: 2 Years (4 semesters)
 Maximum Duration: 4 Years (8 semesters)

Part Time: Minimum Duration: 3 Years (6 semesters)
 Maximum Duration: 5 Years (10 semesters)

Each academic year includes 2 semesters.

G. TEACHING AND LEARNING STRATEGIES

The programme will employ a variety of teaching methods, including lectures, tutorials/seminars, individual or group projects, presentations and practical training/coaching.

The University recognises the importance of practical experience and its value to employers, hence the Work Placement module holds a significant role in this course as it allows students to develop key employability skills.

H. STUDENT SUPPORT AND GUIDANCE

Group tutorial sessions are arranged for students as and when needed.

I. ATTENDANCE REQUIREMENTS

As per UTM's Regulations and Policy

J. CREDIT SYSTEM

1 credit = 15 hours of lecture

1 credit = 30 hours of practical/tutorials/seminars

1 credit = 75 hours of Work Placement

Total Number of Credits for the Programme = 70

K. STUDENT PROGRESS AND ASSESSMENT

For the award of the Diploma, all modules must be passed in the examinations, coursework and other forms of assessment.

Written examinations for modules without practical components carrying 3 credits will be of maximum duration 3 hours and will contribute to 70% of the total marks. Continuous assessment will carry 30% of total marks and will be based on assignments, practical reports, class assessments and/or seminars.

Written examinations for modules with practical components carrying 4 credits will be of minimum duration 3 hours and will contribute to 50% of the total marks. Continuous assessment will carry 50% of total marks and will consist of evaluation of practical/coaching skills (35%) and assignments, practical reports, class assessments and/or seminars (15%).

The module *Technological Advancements in Sports* will be assessed through 100% coursework.

EXIT POINTS

Students may exit the program with a Certificate in Sports Training, Coaching and Exercise with 36 credits at:

- End of Semester 2 of Year 1 (Full-Time)
- End of Semester 1 of Year 2 (Part-Time)

L. EVALUATION OF PERFORMANCE

Grading

Grade	Marks x (%)
A	$70 \leq x \leq 100$
B	$60 \leq x < 70$
C	$50 \leq x < 60$
D	$40 \leq x < 50$
F	$x < 40$
A-D	Pass
F	Fail

M. PROGRAMME DEVELOPMENT COMMITTEE

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Programme vetted by:

Mr. Yudish Ramma (yusdishr@gmail.com): Lecturer in the field of Physical Education at Mauritius Institute of Education

Mr. Shravansingh Sowamber (rishrav@yahoo.com): Educator and part-time Lecturer in the field of Physical Education at the University of Mauritius

Part II - PROGRAMME STRUCTURE AND SYLLABUS OUTLINE

N. Diploma in Sports Training, Coaching and Exercise

PROGRAMME STRUCTURE AND PLAN- (FULL-TIME)

Semester 1		YEAR 1				Semester 2	
Code	Modules	Hrs/Wk L+T/P+ DS	Credits	Code	Modules	Hrs/Wk L+T/P+ DS	Credits
DSTCE 1101	History and Global Sports Events	2+1+1	3	DSTCE 1201	Sports Organization and Administration	2+1+1	3
DSTCE 1102	Applied Anatomy and Physiology in Sports	2+2+2	4	DSTCE 1202	Methods and Principles of Sports Training, Coaching and Officiating	2+1+1	3
DSTCE 1103	Sports Medicine, First Aid and Performance Enhancing Drugs	2+2+2	4	DSTCE 1203	Psychology in Sports and Exercise	2+1+1	3
DSTCE 1104	Practical, Teaching and Coaching Skills in Basketball	2+2+2	4	DSTCE 1204	Practical, Teaching and Coaching Skills in Volleyball	2+2+2	4
DSTCE 1105	Practical, Teaching and Coaching Skills in Football	2+2+2	4	DSTCE 1205	Practical, Teaching and Coaching Skills in Badminton	2+2+2	4
Semester 1		YEAR 2				Semester 2	
Code	Modules	Hrs/Wk L+T/P+ DS	Credits	Code	Modules	Hrs/Wk L+T/P+ DS	Credits
DSTCE 2101	Health, Fitness and Sports Nutrition	2+1+1	3	DSTCE 2201	Technological Advancements in Sports	2+1+1	3
DSTCE 2102	Measurement and Evaluation in Sports Training, Coaching and Exercise	2+2+2	4	DSTCE 2202	Skill Acquisition and Development	2+1+1	3
DSTCE 2103	Teaching Methods in Sports Education	2+1+1	3	DSTCE 2203	Practical, Teaching and Coaching Skills in Table Tennis	2+2+2	4
DSTCE 2104	Practical, Teaching and Coaching Skills in Athletics	2+2+2	4	DSTCE 2204	Practical, Teaching and Coaching Skills in Judo	2+2+2	4
DSTCE 2000	Work Placement					-	6

PROGRAMME STRUCTURE AND PLAN- (PART-TIME)

Semester 1		YEAR 1				Semester 2	
Code	Modules	Hrs/Wk L+T/P+ DS	Credits	Code	Modules	Hrs/Wk L+T/P+ DS	Credits
DSTCE 1101	History and Global Sports Events	2+1+1	3	DSTCE 1104	Practical, Teaching and Coaching Skills in Basketball	2+2+2	4
DSTCE 1102	Applied Anatomy and Physiology in Sports	2+2+2	4	DSTCE 1105	Practical, Teaching and Coaching Skills in Football	2+2+2	4
DSTCE 1103	Sports Medicine, First Aid and Performance Enhancing Drugs	2+2+2	4	DSTCE 1201	Sports Organization and Administration	2+1+1	3
-	-			DSTCE 1202	Methods and Principles of Sports Training, Coaching and Officiating	2+1+1	3
Semester 1		YEAR 2				Semester 2	
Code	Modules	Hrs/Wk L+T/P+ DS	Credits	Code	Modules	Hrs/Wk L+T/P+ DS	Credits
DSTCE 1203	Psychology in Sports and Exercise	2+1+1	3	DSTCE 2101	Health, Fitness and Sports Nutrition	2+1+1	3
DSTCE 1204	Practical, Teaching and Coaching Skills in Volleyball	2+2+2	4	DSTCE 2102	Measurement and Evaluation in Sports Training, Coaching and Exercise	2+2+2	4
DSTCE 1205	Practical, Teaching and Coaching Skills in Badminton	2+2+2	4	DSTCE 2103	Teaching Methods in Sports Education	2+1+1	3
Semester 1		YEAR 3				Semester 2	
Code	Modules	Hrs/Wk L+T/P+ DS	Credits	Code	Modules	Hrs/Wk L+T/P+ DS	Credits
DSTCE 2104	Practical, Teaching and Coaching Skills in Athletics	2+2+2	4	DSTCE 2202	Skill Acquisition and Development	2+1+1	3
DSTCE 2201	Technological Advancements in Sports	2+1+1	3	DSTCE 2204	Practical, Teaching and Coaching Skills in Judo	2+2+2	4
DSTCE 2203	Practical, Teaching and Coaching Skills in Table Tennis	2+2+2	4	-	-	-	-
DSTCE 2000	Work Placement / Portfolio						6

O. Syllabus Outline

DSTCE 1101 History and Global Events in Sports

Brief historical review of sports, Physical education and sports in Mauritius, contribution of pioneers to development of sports, modern Olympic Games, Francophone Games, Commonwealth Games, African Games, Indian Ocean Island Games, cultural games, socio-economic impacts of global events on host nation, contributing factors to achieving excellence in sports, attitudes and benefits of mass participation in sports, factors affecting access and participation in sports, types of sponsorship, influence of media coverage, contemporary issues in sports: commercialism, politics, sponsorship, media, ethics in fair play, spectator violence, doping, discrimination

DSTCE 1102 Applied Anatomy and Physiology in Sports

Skeletal System: location and function of major bones, types of joints, joint structure and function, movements at joints, Muscular System: types of muscles, location and role of major muscles, muscle fibre types, role of antagonistic pairs, prime movers and synergists during physical activities, role and function of tendons during movement, Circulatory System: components of blood, haemoglobin, blood vessels, heart structure and function, cardiac output, long term and short term effects of exercise on the heart, Respiratory system: pathway of air, gaseous exchange at the alveoli, mechanics of breathing, breathing volumes and minute ventilation

DSTCE 1103 Sports Medicine, First Aid and Performance-Enhancing Drugs

Introduction to sports medicine, causes of sports-related injuries, role of physiotherapy in sports medicine, sports massage techniques, Components of a first aid box for sports, methods of treating sports injuries: cuts, abrasions, sprains, cramps, concussions, drowning, Reasons for using prohibited performance-enhancing drugs (PEDs), Types of PEDs: anabolic steroids, beta blockers, stimulants, diuretics, effects of PEDs on performance, types of testing, blood doping and its side-effects

DSTCE 1104 Practical, Teaching and Coaching Skills in Basketball

introduction to invasion games, structure, rules and principles in basketball, skills and basic tactics and game strategies, introductory activities and progressions, safety aspects, lesson planning, teaching methods, officiating in basketball

DSTCE 1105 Practical, Teaching and Coaching Skills in Football

Introduction to team sports, structure, rules and principles in football, skills and techniques in football, safety aspects, lesson planning, teaching and coaching methods for football, officiating in football

DSTCE 1201 Sports Organization and Administration

Understanding organization and administration, strategic and operational planning in sports, management of sports facilities and infrastructure, design & technical guidelines for different sports, types of teaching methods for sports, principles of class management, public relations in sports, governance of sports organisations, National Sports Federation, International Sports Federations, Sports Act, managing disability sports (disability management), organization and conduct of competitions and tournaments: knock-out, league, combination and challenge, Organization behaviour and team management, Inclusive Sports Facility (ISF) accreditation, Decision-making process in sports management, total quality management (TQM) in sports, ISO97.220 series (sports facilities and equipment management), ISO20121 (sporting events management)

DSTCE 1202 Methods and Principles of Sports Training, Coaching and Officiating

Principles of training, principles of overload, dangers of overtraining, methods of training: continuous training, weight training, Fartlek training, plyometric training, circuit training, high-intensity interval training, high altitude training as a specialist training method, physiological implications of warming up and cooling down, periodization of training, role and responsibilities of a coach and sports officials

DSTCE 1203 Psychology in Sports and Exercise

Influence of individual aspects of sports performance: personality, attitudes, motivation, Group dynamics of sports performance: groups and teams, leadership, Mental preparation for sports performance: commitment, self-confidence, concentration, emotional control, sports competition anxiety, Effects of competition on sports performance: audience effects, evaluation apprehension, distraction effect, homefield advantage phenomenon, causes and theories of aggression, methods for eliminating aggressive behaviour of performers, Weiner's model of attribution to success and failure, relaxation techniques for sportsmen

DSTCE 1204 Practical, Teaching and Coaching Skills in Volleyball

Structure, rules and principles in volleyball, skills and techniques in volleyball, safety aspects, lesson planning, teaching and coaching methods for volleyball, officiating in volleyball

DSTCE 1205 Practical, Teaching and Coaching Skills Badminton

Introduction to set games and racket sports, Structure, rules and principles in badminton, Skills and techniques in badminton, Safety aspects, Lesson planning, Teaching and coaching methods for badminton, Officiating in badminton

DSTCE 2101 Health, Fitness and Sports Nutrition

Definition of health by WHO, physical, mental and social wellbeing, definition of fitness, relationship between health and fitness, components of fitness: aerobic capacity, strength, flexibility, body composition, balance, coordination, agility reaction time and speed, ergogenic aids for performance enhancement, Diet: importance of balanced diet, functions and sources of macronutrients, energy conversion and utilization in muscles, energy balance suitable for physical activities, different energy needs for performers, health supplements

DSTCE 2102 Measurement and Evaluation of Sports Training, Coaching and Exercise

Fitness test protocols for cardiovascular endurance (e.g. multi-stage fitness test, 12-minute cooper run), flexibility (e.g. sit and reach test), muscular endurance (e.g. multi-stage abdominal curl conditioning test), power (e.g. vertical jump test), speed (e.g. 30 meter sprint test), strength (e.g. hand grip dynamometer test), Skill-related test protocols: agility (e.g. Illinois agility test), static and dynamic balance (e.g. standing stork test), coordination (e.g. Anderson wall toss coordination test), reaction time (e.g. ruler drop test), application of statistical testing for evaluation of test data

DSTCE 2103 Teaching Methods in Sports Education

Types of teaching methods for various age groups, Learning styles of various age groups, Principles of class organization and management, Lesson planning and curriculum design, Types of learning disabilities, Teaching sports to special needs children and the physically disabled, Motivation, Strategies to promote positive learning, Creating an interactive teaching environment, Effective communication, Implementation of communication skills for effective teaching: listening, voice variations and control, body language, vocabulary, grammar and pronunciation, Assessment and evaluation methods of performance in sports education, Planning, organization and monitoring of low-key competitions and tournaments

DSTC 2104 Practical, Teaching and Coaching Skills in Athletics

Introduction to sprint events, relays, hurdle events, middle- and long-distance, steeple chase, walks, jumps and throws, structure, rules and principles in athletics, skills and techniques in athletics, safety aspects, lesson planning, teaching and coaching methods for athletics, officiating in athletics

DSTCE 2201 Technological Advancements in Sports

The use of technology in sports: decision-making by officials in team sports, recording time and distance in athletics, enhancing performance in cycling, the positive and negative impacts of technology on officials, performers, spectators, the sports event; Hawk-Eye Technology, Head and Neck Support (HANS) device, Improved track and field

equipment, Cyberathletes (prosthetic assisted sports; 3D-printed assisted equipment), Bio-sensors and wearables in sports monitoring and performance improvement, Sports Health Technology, Adaptive sports technology and biomechanics, IT-mediated equipment design

DSTCE 2202 Skills Acquisition and Development

Classification of skills, characteristics of a skilful performance, characteristics of abilities, factors affecting variation in skill levels, development of fundamental motor skills to sport-specific skills, memory theories related to motor skills, information processing in performance of motor skills: memory, feedback, reaction time, motivation, arousal, positive and negative reinforcement on motor skill development

DSTCE 2203 Practical, Teaching and Coaching Skills in Table Tennis

Introduction to table tennis, structure, rules and principles in table tennis, skills and techniques in table tennis, safety aspects, lesson planning, teaching and coaching methods, officiating in table tennis

DSTCE 2204 Practical, Teaching and Coaching Skills in Judo

Introduction to combat games, structure, rules and principles in judo, skills and techniques in judo, safety aspects, lesson planning, teaching and coaching methods, officiating in judo