
YEAR 10 SUBJECTS

Sports Coaching

Sports Coaching examines the role and importance of a coach in achieving sporting success. You will be actively involved in coaching in practical sessions. Practical activities will primarily revolve around coaching, and how to be an effective coach. This subject introduces you to different styles of coaching, the different roles coaches have, how to set goals and motivate the team you manage. You will be introduced to coaching accreditations by completing an online Community Coaching Course. As part of this subject, you will also develop your own coaching philosophy.

Generic skills that are considered across all the subjects in the Physical Education faculty include:

- Communicate effectively using a variety of styles
- Research, select and organise information utilising a range of sources
- Interact positively within groups and teams
- Demonstrate the application of a range of information and communication technologies

Subject specific skills:

- You will develop an understanding of the impact of changes of technology on sports coaching today
- You will develop awareness regarding what motivates athletes at different performance levels
- You will plan, execute and evaluate coaching sessions involving senior and junior school students



“Sports Coaching is a class where, regardless of if you play sport or otherwise, you can learn so much about leadership skills, what it takes to be a good coach and how to help others achieve in sport.”

Bronte Smith – 2016 Dux of Sports Coaching