



UNICUSANO

Università degli Studi Niccolò Cusano - Telematica Roma

Course	Sports Coaching
Level and Course of Study	Degree in Sports Science and Technology (LM-68)
Italian code	M-EDF/02
Course Year	2
Academic Year	2025-2026
Credits	8
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Head Instructor	Lorenzo Marcelli AREA: SCIENZE MOTORIE NICKNAME: Lorenzo Marcelli EMAIL: lorenzo.marcelli@unicusano.it
Course Presentation	The Sports Coaching course aims to present the student with the most up-to-date scientific evidence on the role of the coach in the context of a sports sector that is constantly evolving, also thanks to burgeoning technological development. The course deals with the relational dynamics between coach, athlete and other actors in the coaching process, presents effective communication and feedback strategies, and contextualises them within training planning. A number of tools at the coach's disposal to achieve these goals are discussed in detail. The course also presents the impact of technological development on the aforementioned relationships and provides guidance so that the effective coach can benefit from the correct use of the technological solutions available today.
Objectives	The educational objectives of teaching sports coaching are: <ul style="list-style-type: none"> - To present the multidisciplinary and complexity of the coach's role within the new digital sports ecosystem - To describe the coach-athlete relationship and the strategies to be adopted to improve this relationship - Present in detail the types of feedback the coach can receive from the athlete - Acquire a set of tools to enhance the coach-athlete relationship and foster communication - Understand how the coach should use the athlete's feedback and other relevant information to plan training - Present the different technological solutions available to the coach to enhance the interaction with the athlete
Pre-requisites	Basic knowledge of the theory and methodology of sports training and physical preparation.
Expected Learning Outcomes	In summary, the expected learning outcomes are: <p>KNOWLEDGE AND UNDERSTANDING: The student will have acquired knowledge and understanding of the role of the coach and the strategies to be adopted to improve interaction with the athlete.</p>

	<p>APPLICATION OF KNOWLEDGE AND UNDERSTANDING: the student will be able to apply the conceptual tools acquired within the course to interact effectively with the athlete and other actors in the coaching process.</p> <p>AUTONOMY OF JUDGEMENT (MAKING JUDGEMENTS): The student will be able to interpret subjective and objective information about the athlete to adopt effective interaction strategies and to plan training.</p> <p>COMMUNICATION SKILLS: The student will have acquired the ability to converse effectively with the athlete and staff members, appropriately timing, quantity and quality of information to be communicated.</p> <p>LEARNING SKILLS: the student will be able to adequately use the knowledge acquired to cope with the continuous changes to training paradigms dictated by technological development and the increase in scientific evidence in this area of motor sciences.</p>
Structure of the course	<p>The Sports Coaching course comprises 8 CFUs - corresponding to a student study load of at least 200 hours - and is developed through pre-recorded audio-video lectures, slides, handouts and other supporting teaching resources. The study materials, which are available on the platform, contain all the necessary elements for studying the subject in preparation for the examination. In addition, for even better preparation, we recommend consulting the scientific bibliography in the handouts.</p> <p>The study load comprises at least the following components:</p> <ul style="list-style-type: none"> • 160 hours of didactic delivery for viewing and studying the pre-recorded lectures (7 hours of study for 1 hour of video-recorded lecture, of which 2 hours to listen to the lecture and 5 hours of self-study to assimilate the contents of the lecture, for a total of 23 hours of video-recorded lectures); • 40 hours of interactive teaching on the forum (virtual classroom) aimed at carrying out exercises and exercises proposed by the lecturers, called e-activities. <p>Lastly, teaching makes use of synchronous tools such as the web-conference and chat available on the platform in order to allow real-time interaction with enrolled students.</p> <p>Students are advised to spread the study of the subject evenly over an 11-week period, dedicating at least 17 hours per week to the study.</p>
Course contenets	<ul style="list-style-type: none"> • MODULE I - The sports ecosystem and the coach-athlete relationship • MODULE II - The psychology of the athlete and sports performance • MODULE III - Psychological Strategies in Sport • MODULE IV - The Athlete's Perceptions • MODULE V - Athlete's Feedback • MODULE VI - Technology to support the coach • MODULE VII - VIII - Evaluations and choices of the coach
Study resources	<ul style="list-style-type: none"> • Pre-recorded video lectures by the lecturer divided into 8 modules • Supporting teaching materials by the lecturer (handouts, slides, etc.) • Recommended texts for further study <p>1. Scientific bibliography included in the handouts.</p>
Criteria for the evaluation of learning outcomes	<p>The examination will normally consist of a written test or an oral test (which can be held at the Rome headquarters) aimed at ascertaining the ability to analyse, language property and the ability to re-elaborate acquired concepts.</p> <p>The written test consists of 30 multiple-choice questions covering the entire teaching programme.</p>

	<p>The oral test consists of an interview aimed at ascertaining the student's level of preparation. The latter normally consists of 3 questions (of a theoretical and/or applicative nature) covering the entire syllabus of the course, each question having equal dignity and therefore a maximum mark of 10.</p> <p>In the final assessment, account will also be taken of successful participation in the forums (virtual classrooms) and the proper conduct of the proposed e-activities.</p>
<p>Criteria for the assignment of the final paper</p>	<p>The assignment of the final dissertation will take place on the basis of an interview with the lecturer in which the student will express his or her specific interests in relation to some topic he or she wishes to explore in greater depth; there are no preclusions to the request for the assignment of the dissertation and there is no particular average for requesting it.</p>