

## The new Vocationally Oriented Master Curriculum in Sport Coaching - (60 ECTS, 2 semesters)

### Educational aims and description of the program

Being one of the countries with the highest rate of vitality of the population in Europe, Kosova\* has ranked sports as one of the national priorities that will serve as a tool to support in preparing and integrating the youth in the world of global sports including participation related sport activities, school sports, senior sports, disabled sports, leisure sports, recreation sports, health related sports, fitness sports, wellness sports, adventure sport, prevention, rehabilitation among many others.

The fast-paced dynamics of opening of sports schools for the youth, in many different sports branches, the need to activate social sports that would support to reanimate physical activity in the community, the need to gain popularity and involve females in the sports, re-applying the system of interschool contests and involvement of the youth for the purpose of ensuring a more refined selection for elite sport present the main argument of the need to offer this program. Furthermore, the fact that Kosovo\* is a country in transition and the job market, regarding PES is still not regulated brings the necessity to have a program that would enable preparation that would provide professional coaching qualification.

The Study program is in conformity with the programs at institutions that offer similar profiles in different European and non-European countries, under the umbrella of Bologna Chart and the local requirements for the development of sport coaches, taking into account the specificity of developments in the country and the need of advancing particular profiles.

### Learning outcomes (“Dublin Descriptors”)

#### Knowledge and understanding

This programme is designed to provide professional development of sport coaches and those working in closely related fields. The modules focus on the development of professional practice and knowledge for the Coaching profession. Graduates of the vocationally-oriented Master of Sports Coaching will be able to perform the roles required to an elite level coach at both the junior and professional levels (**Table 10**).

Course Type	Subject C = Compulsory E = Elective	1 <sup>st</sup> semester	2 <sup>nd</sup> semester	ECTS 1 ECTS = 25 hours	Student workload (hours)					
					Lectures	Practical Teaching	Internship/ Practice/RW	Individual work	Exam	Total hours
C1	Psychological Aspects of Sport Performance	X		3	15	30	0	20	10	75
C2	Research Methods	X		4	30	15	0	45	10	100
C3	Advanced Sport Physiology	X		4	30	15	0	45	10	100
C4	Sport Biomechanics	X		3	15	30	0	20	10	75
C5	Advanced Training Methods	X		4	30	15	0	45	10	100
C6	Information Technology in Sports	X		3	15	30	0	20	10	75
C7	Coaching Practice 1	X		6	0	0	100	40	10	150
E	<b>Elective Subject Group 1 (one choice among the following courses):</b> 1. Training Process in Individual Sports 2. Training Process in Sport Games 3. Physical Preparation of Spotsmen	X		3	15	15	15	20	10	75
C8	Developing Talented Performer: Bio-Psycho-Social Development		X	3	30	15	0	20	10	75
C9	Sport Nutrition/ Anti Doping Issues		X	2	20	10	0	15	5	50
C10	Sport Injury and Rehabilitation		X	2	20	10	0	15	5	50
C11	Exercise testing and training recommendations		X	4	15	45	0	30	10	100
C12	Understanding and Analysing Sport and Performance		X	3	30	15	0	20	10	75
C13	Coaching Practice 2		X	7	0	0	125	40	10	175
E	<b>Elective Subject Group 2 (one choice among the following courses):</b> 1. Long Term Athletic Development 2. Sport Management and Administration 3. Recovery and Nutrition for Elite Athletes		X	3	30	15	0	20	10	75
C	Applied Coaching Research Project (Final Exam)		X	6			100	40	10	150
	<b>Total</b>			<b>60</b>	<b>295</b>	<b>260</b>	<b>340</b>	<b>455</b>	<b>150</b>	<b>1500</b>

RW = Research work



Graduates of the Master of Sports Coaching will have advanced knowledge of the:

- Be able to understand and implement the theory and practice related to sports coaching, including the pedagogical approaches to sports coaching, training methodologies and coaching practices, motor skill acquisition and the role of sports medicine in coaching;
- Demonstrate the ability to conduct practices and competitions that enhance the physical, social and emotional growth of the athletes and to develop and monitor goals for individual athletes and overall programs.
- Recognize psychological theories that underpin sport coaching and integrate a variety of tools available to reduce stress and performance anxiety and enhance the athlete motivation.
- Design programs of training, conditioning, and recovery that properly utilize exercise physiology and training principles.
- Demonstrate organizational and administrative efficiency in implementing sport programs.
- Develop reasonable objectives and goals for individuals and teams and determine effective evaluation techniques for athlete individual performance, and team performance.
- Research methodologies relevant to addressing questions related to sport coaching.

#### *Applying knowledge and understanding*

- Develop individual and community training programs that promote cultural competence and ethical practice of sport;
- Articulate professional standards outlined in Code of Ethics for Sport Training and Coaching Education Profession;
- Integrate competencies established by the National Law of Health Care Education;
- Credentialing into the practice of training and coaching in sport;
- Assume responsibility for advancing the profession of training and coaching in sport.
- Develop skills related to the administration of training and coaching promotion programs targeting aging populations and elite athletes;
- Design and implement training and coaching promotion programs with specified program goal(s);
- Formulate appropriate and measurable program objectives;
- Assess, select, and apply technologies that will contribute to program objectives;
- Evaluate effectiveness of individual/community based training programs;
- Coordinate the provision of training and coaching services specific for elite athletes.

#### *Making judgements*

- Assess individual and community needs for sports and physical activity promotion and planning targeting aging population and elite athletes;
- Compare and contrast of training and coaching promotion planning models and theories for application in elite athletes;
- Critically examine and evaluate original research related to training and coaching;
- Apply appropriate research principles and methods in training and coaching.

#### *Communication skills*

- Apply theories and conceptual frameworks in the development of training and coaching programs and materials;
- Present ideas clearly and effectively, and elegantly in written and oral communications;
- Exhibit effective interpersonal communication;
- Develop persuasive arguments for adopting physical condition maintenance strategies;
- Organize and facilitate groups, coalitions, and partnerships;
- Develop and apply networking skills to develop and maintain consultative relationships.

#### *Learning skills*

Graduates will develop autonomous learning skills on the basis of the intensive teaching and internship periods, supplemented by tutoring, guided study and some recourse.



For the purpose of conducting practical experience in the real work environment, as well as to provide internship opportunities for students, the Faculty of Physical Education and Sport has signed memorandum of understanding with the following state, public and private institutions, which will provide students with internship places, including:

- Olympic Comity of Kosovo\*
- Kosovo\* Sport Federations
- Sport Clubs
- Fitnes and Health Centers.

### **Employment and professional opportunities**

Having the mission of offering studies and high quality research and generate capable experts to handle development needs in Kosovo\* and the global aspect, by providing flexible and cross-cutting programs it is the study program that is in full conformity with such aims. Through a cross-cutting approach in designing the program is ensured the preparation of experts that would serve to meet more than one dimension of coaching practice. The study program is oriented to provide the greatest versatility for a wide range of employment opportunities, including:

1. Teaching at sport schools,
2. Expertise in coaching
3. Fitness instructor - Prescribing and leading fitness programs for different age groups and fitness levels.
4. Strength and Conditioning coach
5. Coach Development Officer
6. Sport Development Officer
7. Recreation officer
8. Performance Analyst

### **Qualification, admission rules**

Program is mainly dedicated to students who have successfully completed the Bachelor level and who want to update and deepen their knowledge in Sports coaching, which will be prepared for a wide range of employment opportunities in these areas.

A candidate must have a bachelor degree in the field of Physical Education and Sports or related degree, completed with a minimum of 240 ECTS and released from a regionally accredited college or university.

Bachelor graduates from other profiles can enter the program only after additional examination to determine their consistency with the learning outcomes of the Master program in Sport Coaching. On the basis of fixed criteria, previous informal and non-formal education related to sport coaching and certified professional experience could be recognized as ECTS.

To be admitted to the Professional Master in Sport Coaching it is mandatory to have earned a minimum requirement of ECTS in the following areas:

- At least 15 ECTS in the exercise science;
- At least 10 ECTS in the Naturale and Medical Sciences, with special regard to physiology and anatomy;
- At least 4 ECTS in the psychological – pedagogical –sociological areas;

### **Duration of program and qualification awarding**

The program last 1 year (2 semesters) for a total of 60 ECTS, full time. The students successfully completed the program will be awarded with a Master In Physical Culture and Sports degree.

### **Quality assurance**

Quality Assurance in the University aimed at incorporating standards and principles set by the Bologna Process. Implementing these standards is seen as a main precondition to achieving a high quality in teaching and scientific work.

Quality assurance is done in accordance with the Regulation on Quality Assurance and the Instruction on Quality Assurance, which comply with the legal framework in Kosovo and with the Law on Higher Education



and Administrative Instruction on Accreditation of Higher Education Institutions and international standards of the European Network of Quality Assurance (ENQA).

The faculty employs various quantitative and qualitative instruments to carry out the internal evaluation. Information that is collected from the questionnaires, interviews and focus groups includes:

- Students' opinions on teaching per subject
- Students' experience in other fields
- Questionnaires for the staff
- Questionnaires for the graduates
- Questionnaires for stakeholders (employers, professional associations).

Questionnaires address issues related to teaching materials, students' evaluations, methodology of teaching, such as interaction, mentoring, etc. Infrastructure includes classrooms, computer centre, laboratories, IT support, equipment and other services). The relation of theory to practice, support for learning, such as library, additional courses and students' experiences with the administration, professors and services in general may also be addressed.

Focus groups are mainly used to identify specific issues that were not clarified by other methods or where it is more difficult to understand them by quantitative instruments. Besides primary data, other documents, such as the Statute, regulations in force, complaints, prices, media reports, students' reviews and tests as well as students' database and their physical files are used for evaluation.