

# ACADEMIC LEARNING PLAN

## **Movement Sciences & Health, M.S.**

### *Sport Performance and Coaching Specialization*

#### **Mission Statement**

The Sports Performance and Coaching Master's degree specialization is an advanced educational program designed to prepare one to lead individuals in areas of coaching (collegiate, high school, youth), physical activity, physical education, fitness, wellness, and health. Each of these areas requires leaders who can successfully and effectively plan, motivate, communicate, explain, connect, demonstrate, and reflect. These professional behaviors are all developed through subject-specific pedagogy.

Course instructors allow students to learn pedagogy through individualized instruction. In other words, one will be allowed to shape course requirements and assignments around their interest or profession.

Those who are interested in enhancing their coaching skills will align their coursework to season goals, sport-specific skills, and practices. Current or future teachers will find that their coursework will revolve around curriculum, units, and lessons. Fitness, training and health professionals will address prescription, instruction and assessment.

#### **Student Learning Outcomes**

The Sports Performance and Coaching specialization graduates will be able to do the following:

#### **Content**

- Critically evaluate and utilize instructional behaviors for physical activity performance to maximize successful participation in physical activity and learning new physical activity skills on a regular basis.
- Apply a variety of concepts from disciplinary knowledge (pedagogy; motor development and learning; exercise science, sociology and psychology of movement; history and philosophy within the discipline) when planning and implementing physical activity enhancing interventions.

#### **Critical Thinking**

- Examine, evaluate, and apply research on developing skills and learning in physical education, coaching, and physical activity domains.

#### **Communication**

- Communicate instructional behavior evaluation results and intervention plan for improvement with professionals observed in physical activity settings.
- Create informative documents using electronic communication tools to promote sport and physical activity programs with participants, professionals, and stakeholders.

## **Integrity/Values**

- Develop a plan for health enhancing opportunities that promote individual responsibility, decision-making, and problem solving that motivate and support others to engage in physical activity.

## **Assessment of Student Learning Outcomes**

- Written tests
- Projects
- Portfolios
- Literature Review
- Data recording and analysis

## **Job Prospects for Sports Performance and Coaching Graduates**

- College instructor/adjunct professor
- College/university recreation
- College/university recreation
- County curriculum specialist
- Fitness director
- Government/military physical activity specialist
- Physical Activity Specialist
- Physical Education Teacher
- Recreation center professional
- Sport and fitness coaching

***Find out more about Sports Performance and Coaching at UWF:***  
***<https://catalog.uwf.edu/graduate/healthleisureandexercisescience/#specializationphysicaleducationhumanperformancetext>***