

UNIVERSITY of  
STIRLING

A scenic view of the University of Stirling campus. In the foreground, a calm lake reflects the sky and surrounding greenery. A wooden pier extends into the water on the right. In the middle ground, a large, modern white building with many windows sits on a grassy hill. Behind it, a dense forest of trees covers the hillside. In the background, a tall, dark stone tower with a pointed top stands prominently against a clear blue sky. The overall atmosphere is peaceful and academic.

# PG Dip. (MSc) Sport Performance Coaching Programme Overview



# Overview

- Distance learning, online only
- Two year, part time programme
- September entry point
- Currently 60 students across the two cohorts

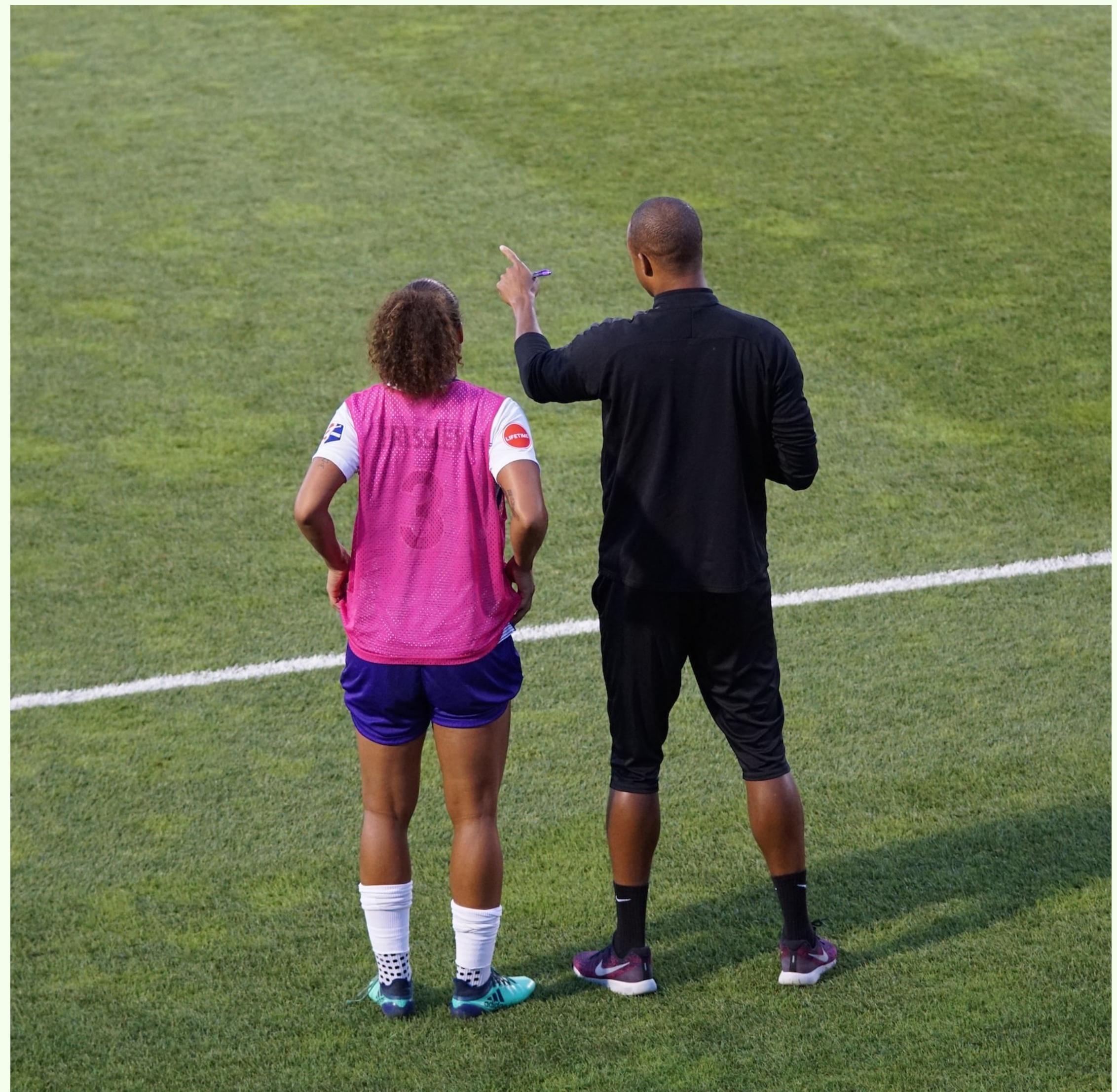


Photo by [Jeffrey F Lin](#) on [Unsplash](#)



# Current Students

- Practicing coaches
  - Full or part time
  - Experienced (> 5years)
  - Qualified ( $\geq$  Level 3 or equivalent)
- Talent development, performance and participation contexts



Photo by [Steven Lelham](#) on [Unsplash](#)



# International Network

- 20+ countries
  - UK
  - Europe & Middle East
  - North & South America
  - Asia
  - Australasia
- 20+ sports
  - Archery to Weightlifting (so far!)

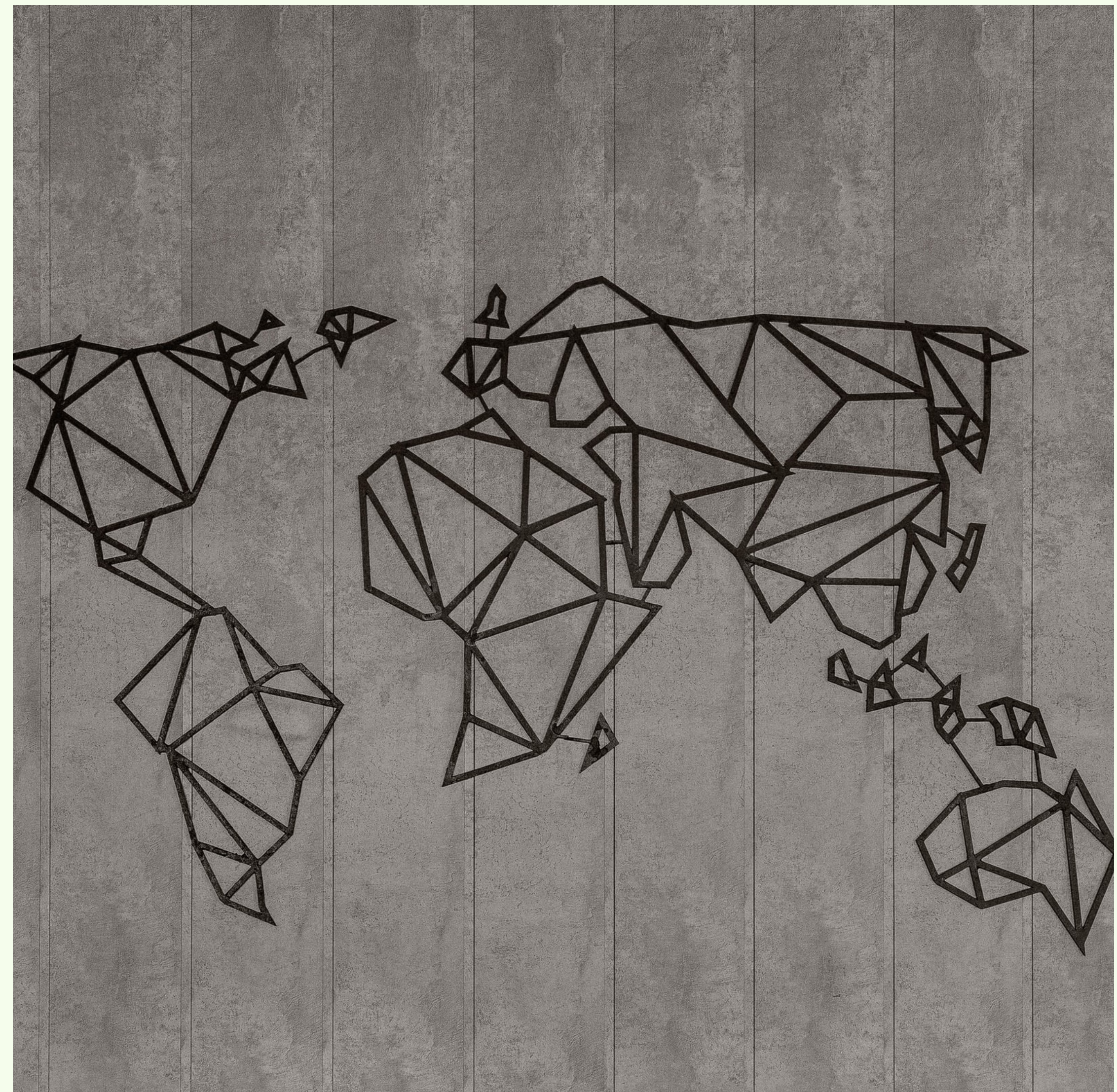


Photo by [Marjan Blan](#) | [@marjanblan](#) on [Unsplash](#)







**88,000**  
alumni in more than  
170 countries



**Over 120**  
nationalities  
represented  
on campus



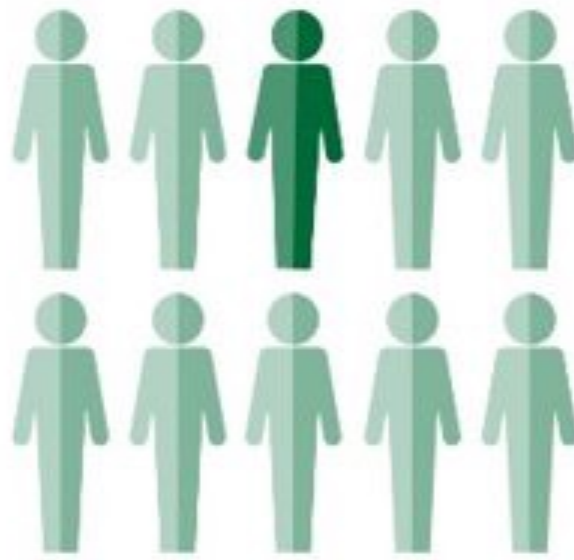
**1st**  
in the UK  
for a good  
environment  
on campus

International Student Barometer  
(ISB) 2016



**84.4%**  
STUDENT  
SATISFACTION

National Student Survey 2017



**1 in 10**  
Stirling students  
study abroad  
each year



The University of Stirling  
has been named one of world's

**TOP 350**  
universities

Times Higher Education World  
University Rankings 2018

ALMOST  
**3/4**

of research activity rated  
either world-leading or  
internationally excellent

REF2014



**Top 5 in Scotland**  
**Top 40 in the UK**  
for Student Experience

Times Higher Education Student Experience Survey 2018



**1st in Scotland**  
for welcoming international students

International Student Barometer  
(ISB) 2016



**1st**  
in Scotland  
**TOP 5**  
in the UK for  
Good  
Sports  
Facilities

Times Higher Education  
Student Experience Survey 2017



**TOP 50**  
in the world

Times Higher Education Golden  
Age university ranking 2018



**Joint 2nd in Scotland**  
**Top 15 in the UK**  
for graduate employability

Almost 97% of our undergraduate leavers  
are in employment or further study  
within six months of graduating

Destinations of Leavers from  
Higher Education survey 2016/17



**20%**  
of our students  
are from overseas



QS EXCELLENCE AWARD for  
**TEACHING**

QS World University Rankings 2018



Scotland's University for  
**Sporting Excellence**

UNIVERSITY of  
**STIRLING**



**SCOTLAND'S SPORTING**  
**UNIVERSITY OF EXCELLENCE**

UNIVERSITY of  
STIRLING

**BE THE DIFFERENCE**



# Programme Aims:

- To develop students' knowledge
- To develop critical analytical and reflective skills
- To apply theory to coaching practice



Photo by [Annie Spratt](#) on [Unsplash](#)



# Programme Principles

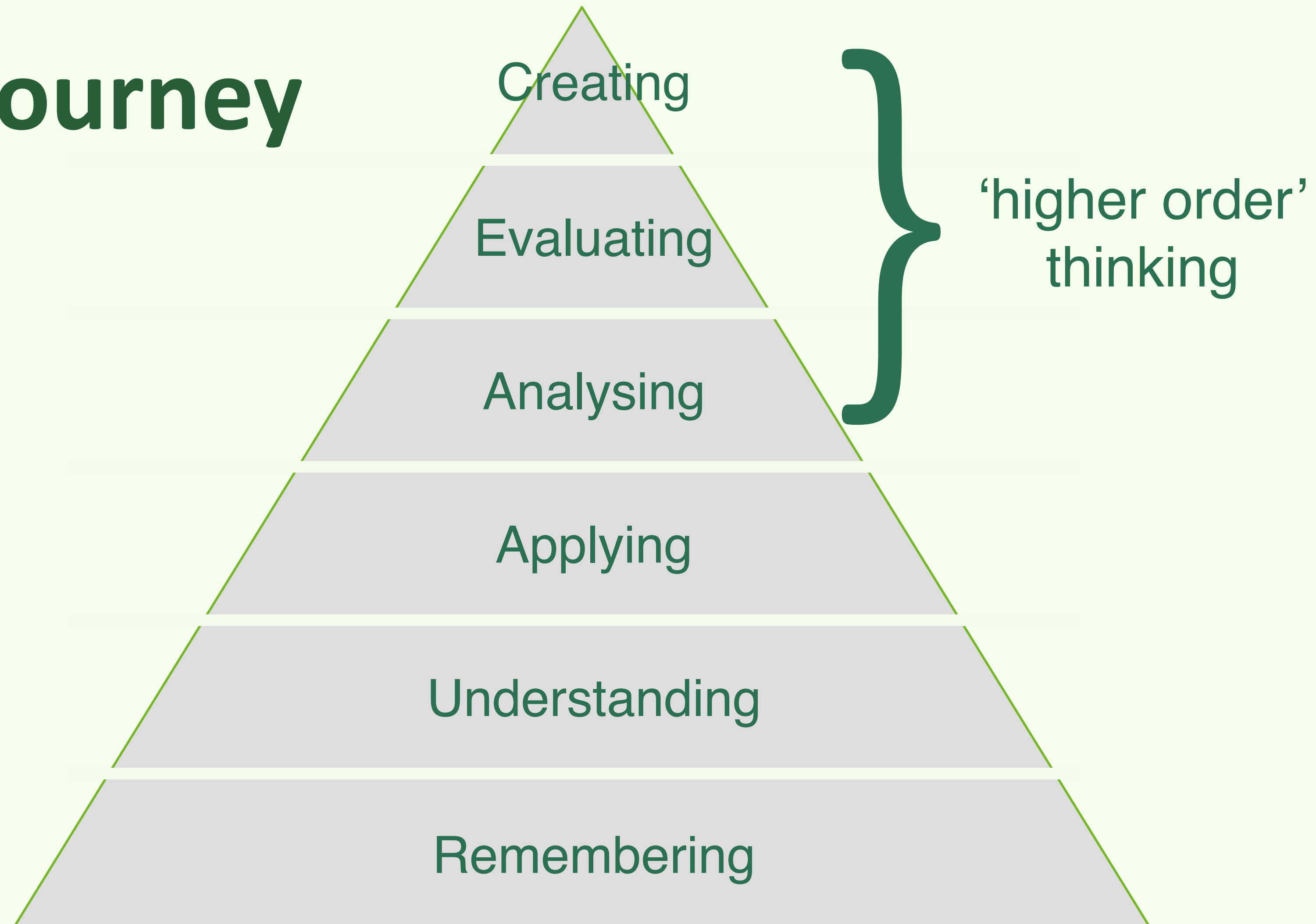
- Learning journey of the coach
- Reflective practice
- Evidence-guided practice
- Coaching is a complex, dynamic, situated process where some structure is useful



Photo by [Fitsum Admasu](#) on [Unsplash](#)



# Learning Journey





# Transformative Learning

- ie: learning that transforms your perspectives on coaching

## Central Features

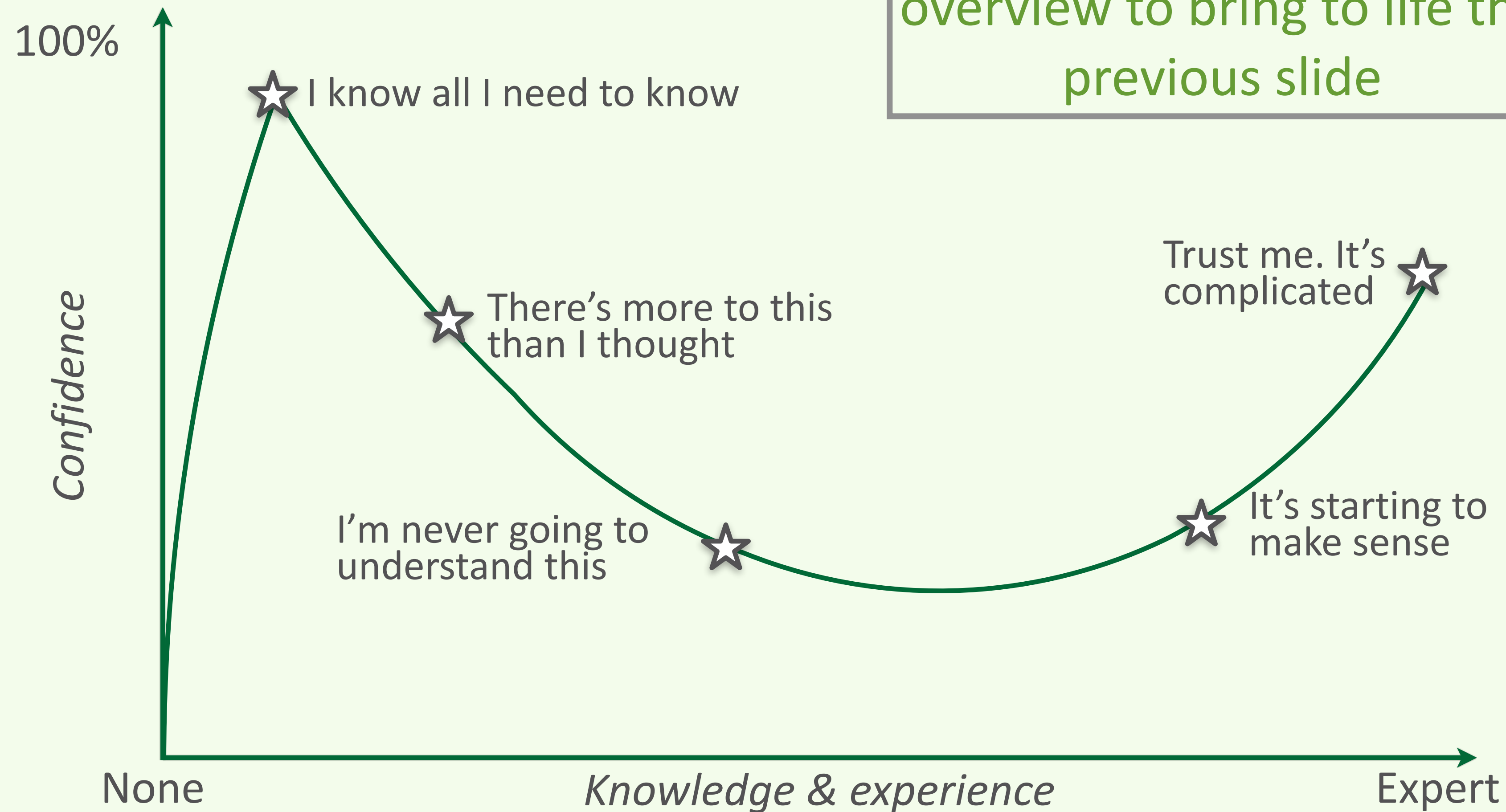
- requires your investment and choice to pursue
- some degree of risk, possibly fear
- broadening, expanding your perspective or worldview
- moving toward greater integrity of identity





# Dunning-Kruger (Idea: Kirkland, 2019)

Andy to provide 2 minute overview to bring to life the previous slide





# Expectations

- Students:
  - Open and curious also critical and evaluative
  - High degree of independence and proactivity
  - Professional interactions (e.g., respectful of others)
  - Keep in contact
- Staff:
  - High quality, current and engaging content
  - Guidance and structure
  - Responsive to requests in realistic timeframe



sm will invite Andy to provide overview of marked modules

# Programme structure (September intake)

Year	Semester	Modules	
		20 Credit	10 Credit
<b>Year 1</b>	Autumn	The Coaching Process	
	Spring	Coaching Concepts	Understanding Performance
	Summer	Coaching as Learning	Planning for sport coaching
<b>Year 2</b>	Autumn	Identifying and Solving Problems in Sport	Psychological Perspectives
	Spring	Applied Project (MSc option)	Creating Engaging Practice
	Summer	Applied Project (cont.)	





---

*“if in doubt - reach out”*

stephen.macdonald@stir.ac.uk

andrew.kirkland@stir.ac.uk