Master of Education - Coaching Studies

Program-specific competencies

**Competencies** are the skills, knowledge and attributes gained through every work, educational, volunteer and life experience. UVic students in the Coaching Studies program develop the following program-specific competencies.

**Field of practice/body of knowledge**

*Understands and applies effective individual and team development and an understanding of ethical practice to the field of coaching and sport development*

- Identifies credible sources of information and research and adapts this knowledge to inform the practice of effective coaching
- Educates athletes regarding the importance of skill acquisition, performance, biomechanics, periodization and sport psychology
- Communicates and discusses standards of practice with professionals for the purpose of advancing the field of coaching practice

**Technical expertise**

*Applies the principles of motor skill acquisition, responsible player and coaching behaviour and enhanced individual and team performance*

- Chooses athlete development techniques that are appropriate for the needs and goals of sport and athletes and explains the rationale for the choices made
- Develops and uses needs assessments that reflect the needs and goals of sport and athlete development and inform future action
- Communicates assessment outcomes effectively to athletes and stakeholders (such as parents, employers, coaches and medical and paramedical personnel)
- Plans and implements appropriate coaching strategies that reflect individual and team development
- Documents and evaluates outcomes in a manner that informs future actions

 UVic Co-op and Career worked with the UVic School of Exercise Science, Physical and Health Education to develop this competency document.

Discover career resources and support at [www.uvic.ca/coopandcareer](http://www.uvic.ca/coopandcareer)

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