

# PROGRAM-SPECIFIC COMPETENCIES - MASTER OF EDUCATION - COACHING STUDIES

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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.

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## 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