

## MEd, COACHING STUDIES CO-OPERATIVE EDUCATION

The Co-operative Education portion of the MEd, Coaching Studies (CS) program provides students with opportunities to integrate their academic studies and 'real world' experiences. CS students typically work with athletes in schools, as part of 'elite' teams, as fitness or dance coaches or as one-to-one mentors. As part of your co-op experience, you are to find a way to be 'intentional' in what you want to learn as you meet and maintain academic standards.

Participating in Co-operative Education encourages you to reflect on yourself as a coach—what you know, how you behave and who you would like to develop. As a student, you determine strategies for self-assessment and further understand how your coaching actions impact others — developing your personal coaching 'competencies'.

### Uvic Edge: On a continual quest for knowledge

	<p>Your role as <b>Navigator</b>: Much like a 'martlet', your engagement in classes and assignments makes a difference. They help guide us and keep us focused on what matters most.</p>
	<p>Our roles as <b>Provocateurs</b>:</p> <ol style="list-style-type: none"> <li>1. Cohort Leader (Sandy Gibbons);</li> <li>2. Faculty (course instructors) and</li> <li>3. Co-op Coordinator (Alyssa Hindle)</li> </ol> <p>Exposing us to new ideas, guiding our questions and helping fuel our curiosity. They remind us to never settle, to ask tough questions, and to demand the most of ourselves and others.</p>
	<p>Your role as a <b>Collaborator</b>: With your colleagues, you can demonstrate the power of connecting with others and a willingness to be an exemplary partner in learning.</p>

### Program Structure

The co-op portion of the CS program frequently takes place as two consecutive work terms/co-op experiences, typically 4 months each between the two on-campus summer semesters. Alternative arrangements are also possible. Coaching opportunities happen in a wide range of locations and are tailored to individual student needs.

### Work Terms

During the first few weeks of your time at UVic (summer term), meet with the EPHE Co-operative Education Coordinator to discuss your coaching/teaching opportunity and ensure these are well suited to for your co-operative education requirements. Coaching assignments are undertaken in a wide range of locations and tailored to individual student needs. In situations where relevant work experience is not readily available, students can request assistance in securing such placements from the Co-operative Education Coordinator (when students enter the program). Some typical work term experiences include:

- School-based athletic programs
- Post-secondary athletic programs (universities and colleges)
- High-performance athletic programs
- Canadian Sport Centers
- Performance gyms, dance studios, wellness centers

*Typical Course / Co-op Sequencing (completion time = 2 years)*

	Spring term	Summer term	Fall term
<b>YEAR 1</b>	<ul style="list-style-type: none"> <li>• application into MEd, Coaching Studies program (prior to March 31)</li> </ul>	<ul style="list-style-type: none"> <li>• course work (6.0 units)</li> </ul>	<ul style="list-style-type: none"> <li>• co-op work term</li> <li>• possible electives (1.5 units)</li> </ul>
<b>YEAR 2</b>	<ul style="list-style-type: none"> <li>• co-op work term</li> <li>• possible electives (1.5 units)</li> </ul>	<ul style="list-style-type: none"> <li>• course work (6.0 units)</li> </ul>	<ul style="list-style-type: none"> <li>• comprehensive exam</li> <li>• project work</li> </ul>
<b>YEAR 3</b>	<ul style="list-style-type: none"> <li>• project work / completion</li> </ul>		

*Alternative Sequencing (completion time = 2.5-3 years)*

	Spring term	Summer term	Fall term
<b>YEAR 1</b>	<ul style="list-style-type: none"> <li>• application into MEd, Coaching Studies program (prior to March 31)</li> </ul>	<ul style="list-style-type: none"> <li>• course work (6.0 units)</li> </ul>	<ul style="list-style-type: none"> <li>• co-op work term (extended over two terms)</li> </ul>
<b>YEAR 2</b>	<ul style="list-style-type: none"> <li>• co-op work term (extended over two terms)</li> </ul>	<ul style="list-style-type: none"> <li>• course work (6.0 units)</li> </ul>	<ul style="list-style-type: none"> <li>• co-op work term (extended over two terms)</li> <li>• project work</li> </ul>
<b>YEAR 3</b>	<ul style="list-style-type: none"> <li>• co-op work term (extended over two terms)</li> <li>• project work</li> </ul>	<ul style="list-style-type: none"> <li>• possible electives (3.0 units)</li> <li>• project work / completion</li> </ul>	

**ASSESSMENT**

UVic uses a self-directed competency assessment process to assist students in understanding how academic learning applies to their coaching. Each student sets their intentions (objectives) in a way that fits best for them.

The Co-operative Education Coordinator oversees the learning assignments during each of your coop experiences and ‘assesses’ your learning based on: complete/incomplete/fail. Demonstration of insight, application of theory and ability to monitor change in oneself are the primary criteria for grading. Students must complete all assignments and earn COMPLETE, N/X (incomplete) or F/X (unsatisfactory performance) grade for *each* of the two required co-op work terms.

Assignments for each coop experience include:

1. Online Self-Assessment of Core and Coaching Competencies
2. Development of Learning Objectives
3. Mid-term assessment and Site Visit (in person or via telephone/Skype)
4. Final Assignments 1st Work Term: Final Assessment & Work Term Report
5. Final Assignments 2nd Term Work: Final Assessment & Alternate Options
  - a. Work Term Report,
  - b. Presentation, or
  - c. E-Portfolio and 5 Year Career Plan

**International Co-op Experiences**

Some MEd, CS students choose to work overseas (outside of Canada) for their work terms. All such students will be required to complete an online Pre-Departure Course prior to authorization. Regardless if a student is returning ‘home’ or has a great deal of international travel experience, completion of this program is required.

<https://www.uvic.ca/coopandcareer/co-op/coop-abroad/>

**International Students**

Students whose are accepted to UVic as International/Visa students will need to apply for a Canadian student visa. Once accepted into the MEd, CS program, they will also require an application for a Co-op Work Permit and Social Insurance Number. Please ask the EPHE Coop Coordinator when you confirm your acceptance into the program and they will be happy to help you send you information.