**MEd, COACHING STUDIES**  
**CO-OPERATIVE EDUCATION**

The Co-operative Education portion of the MEd, Coaching Studies program provides students with opportunities to integrate their academic studies with ‘real world’ experiences — praxis (reflective action). During each co-op experience, you will apply principles of coaching, critical thinking, research and analysis skills. MEd, Coaching Studies students work with athletes in schools, as part of ‘elite’ teams or as one to one mentors. You will focus on what you need and want to learn. The assignments and experiences you will complete during each co-op experience will help you engage in and reflect on your coaching practice. We anticipate you will do so in ways that meet and maintain rigorous academic standards. The Co-operative Education process encourages you to be intentional and thoughtful regarding your coaching practice – to examine where you have been, what you know and where you want to go. You will determine strategies for self-assessment, look at the context in which you coach, and understand how your coaching actions impact others – developing your personal coaching ‘competencies’.

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

<table>
<thead>
<tr>
<th>Your role as Navigator: 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.</th>
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| **Our roles as Provocateurs:**  
1. Cohort Leader (Sandy Gibbons);  
2. Faculty (course instructors) and  
3. Co-op Coordinator (Nancy Reed): 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. |
| Your role as a Collaborator: With your colleagues, you can demonstrate the power of connecting with others and a willingness to be an exemplary partner in learning. |

**Co-op Program Structure**

The co-op portion of the MEd, Coaching Studies program frequently takes place as two consecutive work terms (4 months each) over a period of 8-10 months, usually between the two on-campus summer terms. Alternative arrangements are possible. Coaching opportunities happen in a wide range of locations and are tailored to individual student needs. (see below)

**Work Terms**

Work term experiences provide MEd, Coaching Studies students’ opportunities to actively reflect on and apply their knowledge and experience while coaching athletes. In situations where relevant work experience is not readily available, students can request assistance in securing such experiences from the Co-operative Education Coordinator (please speak directly with the EPHE Coop Coordinator when you confirm your acceptance into the program). Some appropriate / typical Coaching Studies work term experiences include:

- School-based athletic programs (secondary, middle and elementary as well as Athletic Directors)
- Post-secondary athletic programs (universities and colleges)
- Specialty athletic programs (e.g. Canadian Sport Centres or equivalent)
- Club level sport teams
Typical Course / Co-op Sequencing (completion time = 2 years)

<table>
<thead>
<tr>
<th>YEAR</th>
<th>Spring term</th>
<th>Summer term</th>
<th>Fall term</th>
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<tbody>
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<td></td>
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<tr>
<td>3</td>
<td></td>
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Alternative Sequencing (completion time = 2.5-3 years)

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CO-OP 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. We anticipate different outcomes for graduate students who have a rich background of experiences, knowledge and capabilities than a student who is early in their career path. The required assignments (initial assessments, learning objectives, mid-term and final assessments and reflective reports) engage students and build expertise in different ways depending on a student’s intentions, personal goals and life experiences.

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, INCOMPLETE, or F/X (failing) grade for each of the two required co-op work terms.

Assignments for each coop experience include:
1. Self Assessment of Core & Coaching Competencies + Development of Learning Objectives
2. Mid-term assessment + Site Visit (in person or via telephone/Skype)
3. 1st work term: Final assessment and Work Term Report
4. 2nd work term: Final assessment and one of 3 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.

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 speak directly with the EPHE Coop Coordinator when you confirm your acceptance into the program and they will be happy to help you with this process.