TEACHING PLAN

I. IDENTIFICATION

Course: Special Topic: Life Skills Development
Code: DEF410043
Number of Credits: 02 Theoretical Credits
Workload: 30 hours/class
Level: Master’s and PhD

II. SYLLABUS

Theoretical framework and practical strategies for the development of life skills within the sports environment. Intervention of teachers and coaches for the explicit development of life skills through sports. Assessment of life skills development within youth sport programs.

III. OBJECTIVES

- Reflect on the teaching/coaching strategies and approaches in the Brazilian context to promote education through sport;
- Understand the theoretical framework that supports the positive youth development and life skills perspective;
- Discuss ways to explicitly integrate the development of life skills in the school and sporting environments;
- Identify ways to assess youth’s development of life skills through sport.

III. CONTENT

UNITY I - Defining positive youth development and life skills

- Situating sport as a context for development
- Reviewing the empirical evidence for development in sport
- Examining current models/frameworks of development in sport

UNITY II - Positioning the coach (and coach education) as a catalyst for development

- Presentation of the Coaching for Life Skills training program
- Examining best practices for coaching for PYD and life skills
- Concrete strategies on PYD and life skills

UNITY III - Future directions in PYD and life skills research

- Methodological and epistemological considerations
4. TEACHING STRATEGIES

The course will be conducted through lecturing, practical sessions, discussions and round table with students and professors.

5. ASSESSMENT

Classes activities.................................................................................................................................................. (5,0)
Scientific article or research project.................................................................................................................. (5,0)

6. SCHEDULE OF CLASSES

March 11th, 2019 (Monday): 08.30 – 12.00 / 14.00 – 17.30
March 12th, 2019 (Tuesday): 08.30 – 12.00 / 14.00 – 17.30
March 13th, 2019 (Wednesday): 08.30 – 12.00 / 14.00 – 17.30
March 14th, 2019 (Thursday): 08.30 – 12.00 / 14.00 – 17.30

V. REFERENCES


