



Coaching Diploma

Blending academic research with practical application

The British Canoeing Coaching Diploma provides the opportunity to immerse yourself into a supportive, learning environment, challenging your views and developing your specialist areas. You will engage in deep critical analysis of your coaching practice, and in doing so, develop your understanding of what you coach and why you coach the way that you do. The Coaching Diploma aims to give you practical opportunities to work with new material to help you challenge your current practice and thinking, as well as being able to work alongside and challenge your peers.

The programme supports the development of coaches to become visionary and knowledgeable decision makers, with exceptional skills, behaviours and the highest professional standards.



The Coaching Diploma is aimed at coaches who wish to further develop the performance of the paddlers they coach and who have an interest in gaining insights from a diverse range of current academic literature. It is suitable for coaches with specialisms in one or more areas, for example:

- Coaching paddlers in any of our competitive or non-competitive disciplines
- Coaching paddlers in specific age groups
- Coaching paddlers at different levels (e.g. beginner, intermediate, expert)
- Coaching paddlers with different aspirants/motivations (e.g. participation, educational, high-performance, talent development)
- Paddlesport Coach Education

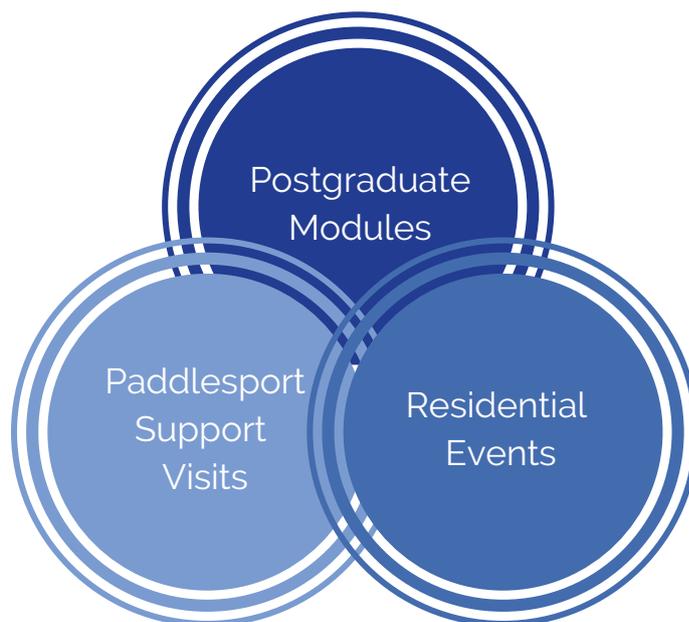
Through the course you will have the opportunity to progress your knowledge and understanding of paddlesport performance, coaching processes, and your coaching delivery. Importantly, you will also be in a position to progress the development of coaching in your specialist area/s.

“ *The Coaching Diploma is a perfect way to combine any coaches academic and practical skills. The particularly positive aspect of the Diploma is its recognition of both practical and theoretical elements in a 'pracademic' combination that reflects modern coaching practice.* ”

Dr Loel Collins, (Level 5 Coach, White Water Kayaking , Sea Kayaking, Surf Kayaking and Canoe)
Guest Lecturer

The Coaching Diploma is an innovative programme combining Postgraduate level study with paddlesport specific learning opportunities. It is designed to support the professional development of experienced and well-practiced coaches, and therefore has flexibility to be tailored to your individual needs.

The core programme is made up of three main components.



1. There are regular **Residential Events** which provide an opportunity to grapple with relevant content that supports the application of knowledge into paddlesport coaching. A wide range of guest speakers, topic experts, and academic researchers from across the wider discipline of sports coaching are invited to join these events to share their ideas with you. Immersing yourself into a growing community of dedicated coaches who are motivated to move their thinking forward; giving you the opportunity to put context to the research, discussing concepts and sharing ideas with your peers.

2. The **Paddlesport Support Visits** offer one-to-one support in the field enabling you to put theory into practice with the support from an occupational expert. The visits provide opportunities for advice, support, critical challenge, feedback and discussion regarding your coaching practice. The primary aim of the visits is to provide an avenue for personal development in practical coaching, with focus areas chosen by you, using ideas often ignited through the content covered in the academic study.

3. The **Postgraduate Modules** are a series of distance learning modules, delivered by the University of Stirling. The learning tasks and assignments aim to provide a progressive framework; that is, they provide some context, some resources, a task, and instructions for producing an output (assignments, contextualised as far as is possible into your coaching environment).

There are a variety of options for you to choose from which include a 'full', 'bespoke' or 'partial' programme. This allows you to select a programme tailored to your needs, enabling you to develop and grow in the areas of your choice.

Join the 'Full' Coaching Diploma Programme:

This option enables you to join a cohort of dedicated and motivated paddlesport coaches through a supported and managed programme that includes:

- 6+ Residential Events
- 4+ Paddlesport Support Visits
- University of Stirling Postgraduate level modules

If you successfully complete the modules for the Postgraduate Diploma, you also have the option of transferring onto the University of Stirling M.Sc. Performance Coaching programme. This is not linked to the British Canoeing Coaching Diploma, but provides you with another avenue to continue to develop your understanding, skills and career prospects.

Choose a 'Partial' Programme:

You can opt for a modularised programme. Each module will have a credit value, enabling individuals to further their academic study and select the appropriate programme components for your needs.

- Any number of Residential Events
- Any number of Paddlesport Support Visits
- A selection of University of Stirling Postgraduate level modules

This is a great opportunity to gain valuable research and evidence in a specific area of research. Organisations that have identified areas of their practice that require research could opt for such pathway to gain crucial insights.

Elect for a 'Bespoke' Programme:

You can opt for a bespoke programme if you already have, or wish to complete a different (but relevant) Postgraduate Diploma.

- Usually 2 - 6+ Residential Events
- Usually 2 - 4+ Paddlesport Support Visits
- An Alternative Postgraduate level Coaching Diploma or M.Sc.

Coaches who opt for a 'bespoke' programme usually start at the same time as students on the 'full' programme so they benefit from joining this wider network of coaches. Coaches can select the components that best match their developmental aspirations.



The University of Stirling is proud to partner with British Canoeing in the delivery of this award. The teams work very hard together to ensure the programme meets the needs of experienced coaches who are working at the forefront of their specialism and it has been a great success so far. The Diploma offers you the opportunity to engage with up to date concepts and evidence to support your coaching. Giving you the chance to reflect on, reinforce, challenge, and extend your thinking about and practice of coaching. The team at Stirling are looking forward to meeting and working with the next cohort of coaches on this programme.



Dr Justine Allen, Programme Director - Postgraduate Coaching Programmes, University of Stirling

Topics to Explore

There are a range of topics covered through Postgraduate Modules and explored further at the Residential Events and Support Visits. Depending on the programme you select, you will be able to explore the topics relevant to you and your coaching.

The Coaching Process

Provides opportunities to examine what coaching is, what coaches do and why, and its impact on performers. Based on the integration of research and personal practice, you will examine models of the coaching process as well as managing the coaching process, particularly in relation to leadership, interpersonal relationships, and day-to-day activities.

Professional Practice

Coaches will analyse and reflect on professional practice, providing a depth of both theoretical and practical knowledge and understanding related to professional practice. Topics include self-analysis, reflective practice and action planning, giving coaches the opportunity to identify developmental needs and strategies for achieving targets and goals.

Coaching Concepts

Considers coaching as a cognitive enterprise, and examines the cognitive expertise required to effect the coaching process. Based on the integration of research and personal practice, you will explore the development of coaching knowledge and coaching expertise and unpick the role of decision making in the process.

Coaching as Learning

Coaching and the development of coaching have traditionally focused on the 'what' rather than the 'how' of the coach's skills and knowledge. Developing coaches' critical understanding of the pedagogical process and providing an underpinning for their coaching practice and their own development as coaches. Therefore, enabling coaches to apply informed and integrated approaches to pedagogy in devising, managing, and implementing coaching practice; to understand a range of theories and concepts related to the application of innovative pedagogy; and, to enable coaches to apply and reflect upon pedagogy and the conditions within which performers and coaches learn.

Understand Performance

Providing a theoretical and practical understanding of the demands of sporting performance and equipping coaches with a greater understanding of the principles involved in effective analysis, planning, and practice. Improving personal coaching practice and the performance attributes of athletes through examination of mechanisms for improving performance, both physical and psychological; and, appraisal of personal practice against key performance analysis and planning concepts.

Independent Study

An opportunity for an individualised contribution to learning based on a needs analysis, allowing flexibility and width to the learning framework, increasing the sports specific nature of the course and providing opportunities to develop reflective practice.



Is the Coaching Diploma for you?

The Coaching Diploma is a learning focused opportunity to stretch your current knowledge, skills and understanding, enabling you to better support your paddlers or athletes and improving your career prospects.

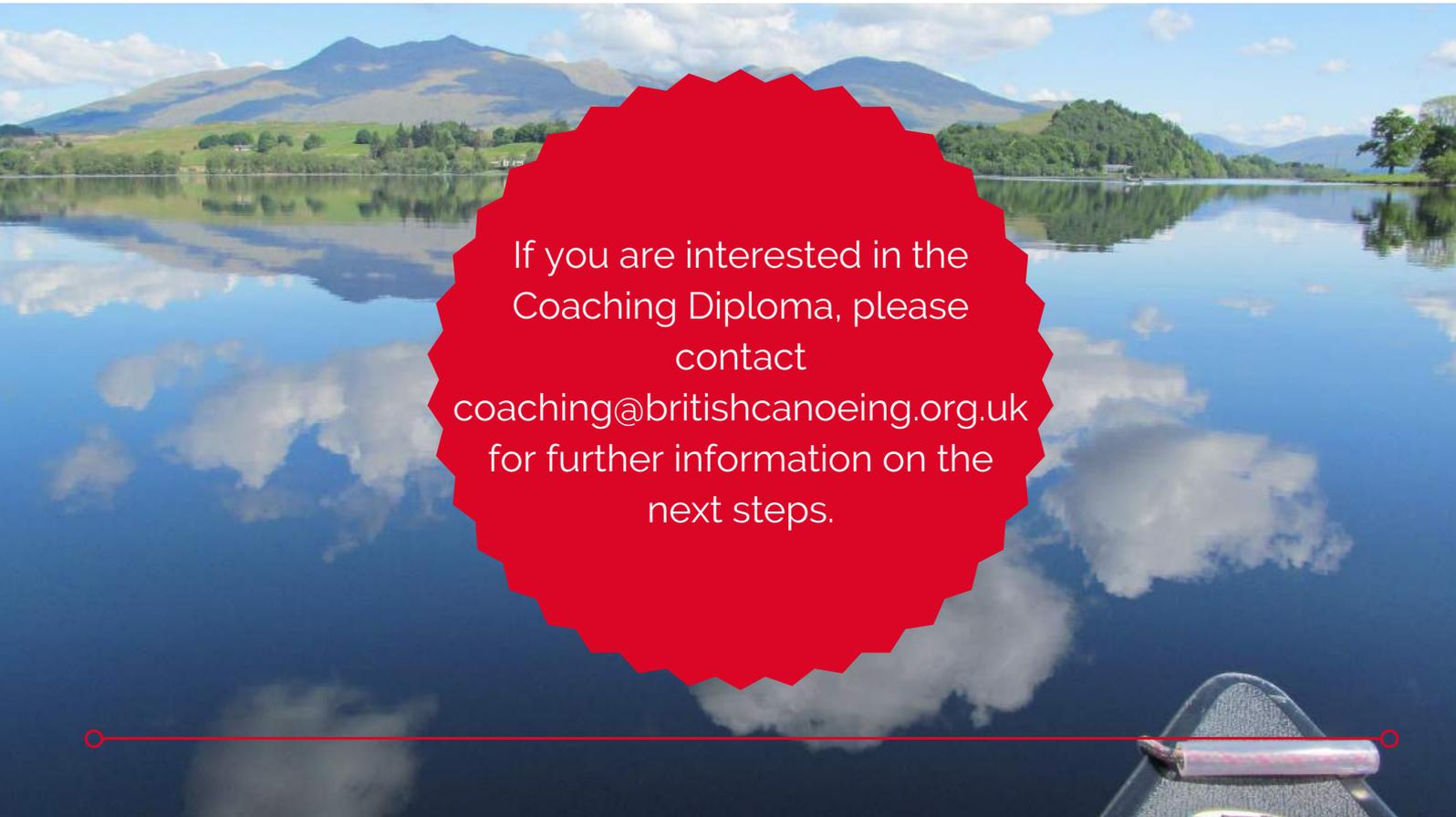
The various options are designed for active coaches;

- whose coaching skills are well practised, developed and embedded;
- who have an open mind and the curiosity to extend their current coaching skills and knowledge.

It is a collaborative time from your initial expression of interest to the start date of your programme. We aim to support you in assessing the programme's suitability to ensure that it is a good match for your needs and has the potential to provide the learning opportunities being sought out. This process is supported by a two-day residential event and a Bridging Module. These aim to provide you with induction activities and a taster of the style of opportunities that the programme offers.

“*There is little doubt that today's paddlesport coaches are expected to deliver cutting edge sessions, informed by the latest research and grounded in a practical understanding of what works. They need to be resourceful, creative and critical in their approaches to coaching to get the best from the paddlers they work with. The educational journey of the Coaching Diploma offers coaches the opportunity to develop all these qualities. It is highly regarded among employers, coach educationists and sporting bodies and brings together leading thinkers and practitioners to develop and inspire candidates whatever their paddlesport discipline.*”

Dr. W.G. Taylor. Senior Lecturer



If you are interested in the
Coaching Diploma, please
contact
coaching@britishcanoeing.org.uk
for further information on the
next steps.