

Course Timetable

Week No	Content
MODULE 1 August 27-28, 2018 (Residential)	Day 1. Course Introduction - Workshop: Foundational basis of leadership in sport and exercise (intro to transformational leadership). Day 2. Experiential basis of leadership and group processes in sport.
MODULE 2 August 2018	Introduction to building a comprehensive framework for teamwork and team effectiveness in sport (Residential and pre-course preparation)
MODULE 3	Synchronous – (13.09.2018) Needs assessment, performance profiling, mission analysis and goal setting.
MODULE 4	Synchronous – (20.09.2018) Leadership frameworks in sport (personality and situational models; transactional and transformational approaches). Asynchronous – Peer leadership and authentic leadership.
MODULE 5	Synchronous (28.09.2018) – Group structure and group processes (norms and role processes including role conflict, role acceptance, role ambiguity) Asynchronous – Conflict, conflict resolution and conflict management.
MODULE 6	Synchronous (04.10.2018) – Group cohesion, group-mediated cognitive behavioural (GMCB) approaches, and team building in sport and exercise. Asynchronous – Case studies of team development and team building in sport
MODULE 7	Synchronous (11.10.2018) – Understanding social cognition in groups and building confidence (from conceptual models to intervention). Asynchronous - Achievement goals and motivational climates. ASSIGNMENT DUE NOV. 2, 2018
MODULE 8	Asynchronous (Week of 14.01.2019) – Psychological needs and autonomous motivation in sport.
MODULE 9	Synchronous (17.01.2019) – Understanding and managing diverse personalities in team settings. Asynchronous – Emotional intelligence.
MODULE 10	Synchronous (14.02.2019) - Social identities and trust within sport teams; Cultural and gendered perspectives in sport. Asynchronous - Working with LGBT athletes and coaches (CAAWS)
MODULE 11	Asynchronous (Week of 25.03.2019) – Developing quality coach-athlete relationships.
MODULE 12	Synchronous (09.04.2019) - The family as a context for sport and physical activity promotion. Asynchronous - Social support.
COURSE CONCLUSION	Presentations and Review - FINAL ASSIGNMENT AND PEER REVIEWS DUE FRIDAY APRIL 12, 2019