

Course Details

Teaching and Learning Strategies

- Interactive lectures and seminars
- Practical demonstrations and laboratory-based activities
- Group discussions and collaborative learning
- Case study analysis and problem-solving exercises
- E-learning modules, Test and self-directed learning
- Project-based learning and applied sport science activities
- Participant presentations and peer learning

Assessment Requirements

To successfully complete the course, participants must fulfill the following requirements:

1. **Attendance Requirement:** Participants must maintain 100% attendance throughout the course.
2. **Research Assignment:** Submission of a short research paper or literature review on an assigned sport science topic.
3. **Class Presentation:** Individual or group presentation based on an assigned topic or class project.
4. **Applied Project:** Development and submission of a practical sport science project relevant to the participant's coaching context.
5. **E-Learning Assessment:** Successful completion of online learning modules and associated quizzes/tests.
6. **Practical Participation:** Active participation in practical sessions, workshops, and group activities.
7. **Final Assessment:** Completion of a written and/or practical assessment to demonstrate understanding of key sport science concepts and their application in coaching.

Classification of Results

The final award shall be classified as follows:

- **Distinction:** 70% and above
- **Merit:** 60% – 69%
- **Pass:** 50% – 59%
- **Fail:** Below 50%

Day	Date	Session 1 (Theory)	Session 2 (Practical)	Session 3 (Independent Work)	Session 4 (Model Making/Assignment)
1	15 June	Orientation & Introduction to Sport Science	Course Expectations & Learning Contract	LMS Registration & Reading	Reflection Journal
2	16 June	Functional Anatomy I	Identification of Bones & Joints	Anatomy Worksheet	Model 1: Human Skeletal System
3	17 June	Functional Anatomy II	Muscular System Analysis	Video Observation Task	Assignment 1
4	18 June	Basic Physiology I	Cardiovascular Response Lab	Reading Physiology Notes	Model 2: Circulatory System
5	19 June	Basic Physiology II	Respiratory Function Assessment	Case Study Analysis	Assignment 2

6	20 June (Sat)	Fundamental Movement I	Movement Screening	Observation Report	Model 3: Fundamental Movement Pattern Framework
7	21 June (Sun)	Fundamental Movement II	Agility, Balance & Coordination Tests	Preparation for Coaching Module	Practical Logbook
8	22 June	Basic Methods of Sport Coaching I	Coaching Demonstration	Session Planning	Model 4: Coaching Process Model
9	23 June	Basic Methods of Sport Coaching II	Micro-Coaching Practice	Lesson Plan Development	Coaching Assignment
10	24 June	Administration & Management of Sports I	Event Organization Workshop	Sport Organization Review	Model 5: Sport Organization Structure
11	25 June	Administration & Management of Sports II	Event Planning Exercise	Develop Event Proposal	Assignment 3
12	26 June	Sport Injury & Management	First Aid & Injury Assessment	Injury Case Studies	Model 6: Injury Prevention and Recovery Pathway
13	27 June (Sat)	Sport Nutrition I	Dietary Analysis Workshop	Food Diary Review	Nutrition Assignment
14	28 June (Sun)	Sport Nutrition II	Athlete Meal Planning	Nutrition Reading	Model 7: Athlete Nutrition Pyramid
15	29 June	Functional ICT in Sports	Performance Analysis Apps	Data Collection Task	Model 8: Digital Performance Monitoring Dashboard
16	30 June	Communication Skills	Public Speaking & Athlete Communication	Prepare Presentation	Presentation Task
17	1 July	Fitness & Periodization I	Fitness Testing Battery	Training Plan Development	Model 9: Annual Training Periodization Model
18	2 July	Fitness & Periodization II	Periodization Workshop	Athlete Monitoring Exercise	Project Draft
19	3 July	Sport Psychology	Mental Skills Training Workshop	Case Study Review	Model 10: Athlete Mental Preparation Framework
20	4 July	Integrated Sport Science Review	Applied Coaching Project Presentation	Final Preparation	Integrated Sport Science Model Exhibition
21	5 July	Final Written Assessment	Final Practical Assessment	Course Evaluation	Closing & Certification

Model-Making Portfolio Requirements

Each participant will develop a **Sport Science Coaching Portfolio** containing:

Module	Model to be Developed
Functional Anatomy	Human Anatomy Model
Physiology	Body Systems Model
Movement Science	Movement Analysis Framework
Coaching	Coaching Cycle Model
Sports Management	Organizational Structure Model
Sports Injury	Injury Prevention Framework
Nutrition	Athlete Nutrition Pyramid

ICT in Sports	Digital Monitoring Dashboard
Fitness & Periodization	Annual Training Calendar
Sports Psychology	Mental Skills Framework

Final Exhibition (4 July)

Participants will showcase:

1. Sport Science Portfolio
2. Coaching Session Plan
3. Athlete Development Model
4. Periodized Training Plan
5. Research Assignment
6. Group Presentation

The exhibition can be assessed under:

Criteria	Weight
Creativity	20%
Scientific Accuracy	30%
Practical Application	30%
Presentation Quality	20%

This model-making approach is particularly suitable for Bhutanese coaches because it transforms abstract sport science concepts into tangible coaching tools that can be directly applied in schools, clubs, academies, and national teams.