



Foundations of Coaching October 2024				
OCTOBER	DAY	Study-Unit & Topic	Lecturer	Venue
1st	TUESDAY	Meeting with co-ordinator at 6:00pm (IPES)	Dr. I.Riolo	IPES
3rd	THURSDAY	PHE 0103 Coaching philosophy & Styles	Pr. A. Decelis	
8th	TUESDAY	PHE 0103 Session & Season planning	Dr. I. Riolo	IPES
10th	THURSDAY	PHE 0103 Communication	Pr. A. Decelis	IPES
15th	TUESDAY	PHE 0101 Injury prevention/ Recovery	Dr. D. Bonello Spiteri	IPES
17th	THURSDAY	PHE 0101 Fitness & Assessment	VLE PPP	Dr. D. Bonello Spiteri
22nd	TUESDAY	PHE 0102 Adapting the game	VLE PPP	Dr. I. Riolo
24th	THURSDAY	PHE 0101 First Aid		Dr. D. Bonello Spiteri
29th	TUESDAY	PHE 0103 Leadership in Coaching & Code of ethics	Pr. A. Decelis	IPES
30th	WEDNESDAY	PHE 0103 Assessment & profiling	VLE PPP	Dr. I. Riolo
31st	THURSDAY	PHE 0101 Strength & Conditioning (S&C)	Ms Brenda Muscat	IPES
		8 Observations in Sport Malta programmes		
NOVEMBER				
5th	TUESDAY	PHE 0102 LTAD theory lecture	Dr Ivan Riolo	IPES
7th	THURSDAY	PHE 0101 Nutrition	Ms. L. Gerada	IPES
12th	TUESDAY	PHE 0102 Learning process/ Domains	Pr. A. Decelis	IPES
13th	WEDNESDAY	PHE 0101 The Human Body	VLE PPP	Dr Bonello Spiteri
14th	THURSDAY	PHE 0102 MGP LTAD (FUNDamental stage) Practical workshop	Dr. I. Riolo	IPES/Lotta room
19th	TUESDAY	PHE 0102 Child Protection	Pr. A. Decelis	IPES
21st	THURSDAY	PHE 0103 Adapted sport	Profs Joseph Grima	IPES
26th	TUESDAY	PHE 0104 Micro coaching session (i) Coaching workshop (Practical)	Dr I Riolo	Sports Hall
27th	WEDNESDAY	PHE 0101 Using technology to support coaching	Mr Alec Felice Pace	ONLINE
28th	THURSDAY	PHE 0102 Self Confidence & Esteem	Dr. A. Muscat	IPES
DECEMBER				
3rd	TUESDAY	PHE 0102 Risk Assessment	VLE PPP	Pr. A. Decelis
4th	WEDNESDAY	PHE 0102 Practical Coaching	VLE PPP	Dr I Riolo
5th	THURSDAY	PHE 0103 Adapted Sport	Profs Joseph Grima	IPES
10th	TUESDAY	PHE 0104: Coaching Seminar (2/3 speakers) two/three topics	Guest coaches	IPES
12th	THURSDAY	PHE 0101 Principles of Training	Mr. L. Calleja	IPES
JANUARY				
7th	TUESDAY	PHE 0102 (MGP) Competitive readiness	Dr. I. Riolo	IPES
8th	WEDNESDAY	PHE 0102 The Child	VLE PPP	Dr Bonello Spiteri
9th	THURSDAY	PHE 0111 Practical Coaching & Placement Teaching & Coaching Kids athletics	Ms Charlene Attard	TBC
14th	TUESDAY	PHE 0111 Practical Coaching & Placement Teaching & Coaching Kids athletics	Ms Charlene Attard	TBC
16th	THURSDAY	PHE 0111 Practical coaching (mini games & young participants Theory/Practical)	Dr I. Riolo	IPES
21st	TUESDAY	PHE 0111 Practical Coaching & Placement Teaching & Coaching Kids Gymnastics	Ms Juleanne Vassallo	UNIV PAVILLION
23rd	THURSDAY	PHE 0111 Practical Coaching & Placement Teaching & Coaching Kids Gymnastics	Ms. Juleanne Vassallo	UNIV PAVILLION
28th	TUESDAY	PHE 0111 Practical Coaching & Placement Teaching & Coaching Kids Swimming	Ms Isabelle Zarb	National Pool
30th	THURSDAY	PHE 0111 Practical Coaching & Placement Teaching & Coaching Kids Swimming	Ms Isabelle Zarb	National Pool
FEBRUARY				
4th	TUESDAY	Submission of Micro coaching reports (8 sessions) & TWO coaching plans for one of the sport covered in unit PHE0111	Turnitin deposit	VLE

To consider as lecturers:

ASSESSMENT	
PHE 0101	Exam
PHE 0102	Exam
PHE 0103	Exam
PHE 0104	Observation reports (8 observations)
PHE 0111	Micro coaching practical session & 2 coaching plans