FEEDBACK TUTORIAL LETTER

2nd SEMESTER 2019

ASSIGNMENT 1 & 2

Sport Didactics and Coaching
(SDC621S)
Dear Students

Thank you for the effort and congratulations on completing assignment one (1) and two (2). Your assignments indicate research and attentive presentation of work. Your work look more appealing and neat at your level of study. This is commendable in terms of professional and academic report writing.

On the assignment you were expected to show understanding of the different concepts that we have covered in your study materials and our face-to-face sessions.

**ASSIGNMENT ONE**

This was to asses if the students came up with a good but also practical sport session that carried an introduction, warm up, skills and fitness activities, competition related activities, Cool down, Review and references, so as long as your session had this order the marking was up to the lecturers discretion as per your proposed session. You all gave it your best in this regard.
**Assessment forms**

I would invite you to the form on the following page, which I will be using in future assignment assessments to facilitate fair allocation of marks. Currently, student has been greatly assessed on the understanding of the topics or questions, use of relevant knowledge, concepts and examples. You have also been assessed on the structure of your assignment, of which you are expected to demonstrate logical flow of ideas. The presentation layout and points are also governed by the marks allocated per question. Diagrams, forms, sketches or pictures that can demonstrate good understanding could sum up to further explanation. It is very important to revise and read your work before submission to avoid grammar or spelling mistakes. In so doing a Marker/ Tutor can assess and evaluate that learning has taken place.

<table>
<thead>
<tr>
<th>Student’s name and surname</th>
<th>Module name</th>
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<tbody>
<tr>
<td>Module code</td>
<td>Due date</td>
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<tr>
<td>Assessor</td>
<td>Marks allocated</td>
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### ASSESSMENT FORM: EVALUATION AND FEEDBACK

<table>
<thead>
<tr>
<th>Content</th>
<th>Excellent</th>
<th>Good</th>
<th>Satisfactory</th>
<th>Poor/weak</th>
<th>Unsatisfactory</th>
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<tbody>
<tr>
<td>Knowledge and understanding of topic</td>
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<tr>
<td>Use and understanding of concepts and theories</td>
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<td>Use of relevant information</td>
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## Structure

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<th>Excellent</th>
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<tr>
<td>Logical flow of ideas</td>
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<td>Introduction, body and conclusion</td>
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<td>Use of references</td>
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## Presentation

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<th>Satisfactory</th>
<th>Poor/weak</th>
<th>Unsatisfactory</th>
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<tr>
<td>Appropriate layout and length</td>
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<td>Use of diagrams</td>
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<td>Cover, title, table of contents &amp; page numbers</td>
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## Language

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<th>Excellent</th>
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<tr>
<td>Correct grammar, spelling and punctuation</td>
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<td>Appropriate style</td>
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## Learning outcomes

<table>
<thead>
<tr>
<th></th>
<th>Achieved</th>
<th>Not achieved</th>
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<tbody>
<tr>
<td>Understanding marketing variants</td>
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<tr>
<td>Comparing and contrasting social and commercial marketing</td>
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<tr>
<td>Applying the social marketing mix components</td>
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<td>Outlining the reasons of conducting Corporate Social Responsibility</td>
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<tr>
<td>Describing Corporate Social Responsibility initiatives being done by Namibian firms</td>
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<tr>
<td>Outlining benefits to community or country of Corporate Social Responsibility</td>
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## ASSIGNMENT TWO

### Question 1  (12 points)

What are the six characteristics of Behavioral Sports Psychology

1. A strong emphasis on defining an athlete’s goals and/or problems in terms of behaviour that can be measured in some way, and using changes in the behaviour measure as the best indicator of the extent to which the athlete is being helped."
2. Its treatment procedures and techniques are ways of rearranging antecedents and consequences of an athlete's behaviour.
3. Behavioral psychology treatment procedures and techniques are based on the principles and procedures of respondent conditioning and operant conditioning."
4. It interprets cognitive techniques in terms of operant and respondent conditioning of overt and covert behaviours."
5. Behavioral sport psychology researchers have commonly used single subject research designs."  
6. It places high value on accountability for everyone involved in the design, implementation, and evaluation of a sport psychology program.

### Question 2  (8 points)

Name and explain the four strategies that are often used to monitor target behaviours in sport:

1. Direct observation of a single behaviour - direct observation requires the observer to be observing a single overt behaviour"  
2. Behavioral checklists to record multiple behaviours - these checklists are designed to enable observers to monitor multiple behaviours easily"
3. Athlete self-monitoring - this strategy is used to effectively tract target behaviours."  
4. Videotaping of target behaviours - this strategy is used to monitor target behaviours as well as providing a permanent record of athlete performance and the target behaviour for analysis."
Question 3

3. Name and explain the 3 Principles of Training: 15 Points
Answer: Overload, Specificity & Progression

Question 4

3. “In every organization, without exception, the attitude of the top management percolates down to the other levels. Every little things the leaders do, speak, or thing; is followed by everyone down the line. Leaders are the trend setters.”

With the above in mind:

a) Define Leadership 5 Points
The process by which an agent induces a subordinate to behave in a desired manner. Directing and coordinating the work of group members. An interpersonal relation in which others comply because they want to, not because they have to. The process of influencing an organized group toward accomplishing its goals. Actions that focus resources to create desirable opportunities. The leader’s job is to create conditions for the team to be effective. The ends of leadership involve getting results through others, and the means of leadership involve the ability to build cohesive, goal-oriented teams. Good leaders are those who build teams to get results across a variety of situations.
Leadership represents a complex form of social problem solving. "Leadership is a function of knowing yourself, having a vision that is well communicated, building trust among colleagues, and taking effective action to realize your own leadership potential."

Prof. Warren Bennis

- Illustrate the importance of leadership 5 Points

  Without leadership, an organization would be only a confusion of people and machines, just as an orchestra without a director would be only instruments and musicians.

  Orchestra and all other organization require leadership to develop their precious assets to the fullest.

  - Without leadership an organization would be what the Sage Valmiki wrote:

    - “Like a herd of cattle without keeper
    - Like army without a General
    - Like night without a moon
    - Like a group of cows without a bull
    - Such will be the country where the King is not seen”

  - In all cases, leadership is the ultimate act that identifies, develops channels, and enriches the potential that is already in an organization and its people.

  - A leader not only commits his followers to organizational goals, he also pools needed resources, guides and motivates subordinates to reach the goals.

b) Give approaches or theories of leadership 5 Points

**Functional Theories** (John Adair, Action Centred Leadership, 1970)

Leader is concerned with the interaction of 3 areas:
• **Task** – goal setting, methods and process

• **Team** – effective interaction/communication, clarify roles, team morale

• **Individual** – attention to behaviour, feelings, coaching, CPD

**Behaviourist Theories** (Blake and Mouton, Managerial grid, 1964)

- Leaders' behaviour and actions, rather than their traits and skills e.g. production orientated or people orientated
- Different leadership behaviours categorised as 'leadership styles' e.g. autocratic, persuasive, consultative, democratic
- Doesn't provide guide to effective leadership in different situations

**Situational/contingency Leadership** (Hersey-Blanchard, 1970/80)

Leadership style changes according to the 'situation' and in response to the individuals being managed – their competency and motivation

**Transformational Theory** (Bass and Avolio, 1994)

- Leaders inspire individuals, develop trust, and encourage creativity and personal growth
- Individuals develop a sense of purpose to benefit the group, organisation or society. This goes beyond their own self-interests and an exchange of rewards or recognition for effort or loyalty.

c) **Give functions of a leader 5 Points**

Goal Setter, Planner, Executive, Motivating Employees, Creating Confidence

Building Morale of team members, Develop future leadership etc.

d) **Qualities of a leader 5 Points**
<table>
<thead>
<tr>
<th>Communication skills, Listening Skills, integrity, Accountability, Empathy, Humility, Resilience, vision, Influence, Positivity, Confidence</th>
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</table>
e) Name and explain the different types of leadership **16 Points**
   - Autocratic
   - Democratic
   - Strategic
   - Transformational Leadership
   - Team Leadership
   - Cross Cultural Leadership
   - Facilitative Leadership
   - Laissez-faire Leadership
   - Transactional Leadership
   - Coaching Leadership
   - Charismatic Leadership
   - Visionary Leadership

f) Name the leadership styles illustrating advantages and disadvantages of at least two leadership styles **24 Points**
   - Autocratic, Democratic, Strategic, Transformational Leadership. Team Leadership
   - Cross Cultural Leadership, Facilitative Leadership, Laissez-faire Leadership
   - Transactional Leadership, Coaching Leadership, Charismatic Leadership
   - Visionary Leadership

Selecting two with their advantages and disadvantages

END OF TUTORIAL FEEDBACK FOR ASSIGNMENT 1