

Minor regulations - 2022-2023

1. Name minor: Performance Coaching and Training

2. English name: Performance Coaching and Training

3. Content of minor

The school of HRM and Psychology offers the minor/ exchange programme Performance Coaching and Training (PCT). The programme is aimed at understanding and applying performance psychology theory in daily practice. The programme comprises two courses: individual coaching and team coaching. The two courses are taught offering a mix of knowledge and skills.

Abstract for supplement:

Participants of the minor Performance Coaching and Training have an in-depth understanding of performance psychology. They are capable of applying theory in daily practice; are able to develop and coach/ train mental skills of individuals and teams and their coaches, interacting in a performance environment.

Practice 1: Individual Coaching

Theory 1: Individual Coaching

Skills 1: Individual Coaching

Theory 2: Team Coaching

Skills 2: Team Coaching

Practice 2: Team Coaching

4. (Admission) restrictions of the minor

The maximum number of admissible students is 40. Selection is based on the order of application. If you apply after the registration deadline, a motivation letter will be requested. The deadline for registration for the fall semester 2022-2023 is May 15th and for the spring semester 2022-2023 November 15th 2022. Students will receive placement notification for the fall semester before June 15th and for the spring semester before December 15th.

In case the minor is cancelled, the student will be informed before June 15th and December 15th respectively.

5. Education components (see article 16 general section of the TER)

The programme consists of two courses:

Programme I: Individual Coaching

The programme will be offered in a theory line, skills line and practice line. During the course, students (in pairs) will be required to carry out an individual coaching cycle in a practical environment.

The main topic is individual coaching. The subjects of study are theories and models in performance psychology, a variety of methods for analysis techniques for enhancing performance, drawing up a performance development plan, compiling and implementing a treatment plan and training.

Programme II: Team coaching

The programme will be offered in a theory line, skills line and practice line. During the 'team coaching' course from the 'performance coaching and training' programme, students (in project groups) will be required to develop a mental training plan for enhancing team performance in the practical environment.

The main topics of study will be team coaching and coach-the-coach. Specific study subjects will include techniques and strategies for team building, drawing up a strategy plan, coaching a coach in a multidisciplinary team coaching environment, to enhance performance, developing and implementing an evidence-based team training programme with a view to enhance team performance.

Practical details:

Duration:

10 weeks Performance coaching and training: individual level

10 weeks Performance coaching and training: team level

Contact hours per week: 12 hours

Study load: 32 hours

Period: Semester sept 2022-febr 2023 & febr 2023-juli 2023

Number of credits: 30 EC's

Offered at: Eindhoven

6. Enrolment in the education components

Not applicable

7. Overview of tests and registration for tests (see articles 18 and 22 general section of the TER)

| Test | name of test | Individual/group | Assessment scale |
|--|---------------------|---|------------------|
| PCT I Theory 1: Individual Coaching | Theory-exam | Individual | 1-10 |
| PCT I Skills 1: Individual Coaching | Assessment | Individual | 1-10 |
| PCT I Practice 1: Individual Coaching | Report | In duo's with an individual part included | 1-10 |
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| PCT II Theory 2: Team Coaching | Theory-exam | Individual | 1-10 |
| PCT II Skills 2: Team Coaching | Skills-exam (casus) | Individual | 1-10 |
| PCT II Practice 2: Team Coaching | Report | Group (3 -4p) | 1-10 |

8. Passing the minor (see article 19 (3) general section of the TER)

All lines: practice, theory and skills PCT I & PCT II should be at least satisfactory (5,5) before completing the minor successfully.

9. Examination Board (see article 38 general section of the TER)

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| Contact person Examination Board | examencommissiehrmenp@fontys.nl |
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10. Validity

Study-year: 2022-2023

11. Entry requirements minor

In order to participate in the minor the student must have obtained the Propedeuse. Students from other universities/ other applied universities need to have permission of their Examination Board.

12. Not accessible for

Not applicable

No other requirements are to be met for participation in the minor or passing the minor than mentioned in these minor regulations.