

Minor regulations - 2021-2022

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. 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 2021-feb 2022 & feb 2022-juli 2022

Number of credits: 30 EC's
Offered at: Eindhoven

5. Enrolment in the education components

'Not applicable'

6. 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	Report	In duo's with individual part included	1-10
PCT I Skills 1: Individual Coaching	Assessment	Individual	1-10
PCT I Practice 1: Individual Coaching	Report	In duo's with individual part included	1-10
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 (max 3-4)	1-10

7. 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.

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

Contact person Examination Board	Van der Heijden/Derckx > examencommissiehrmenp@fontys.nl
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9. Validity

Study-year: 2021-2022.

10. 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 permission of the examination Board.

11. Not accessible for

NA

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