

D1174 - Communication for Professional and Personal Development (Current Academic Year)

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37 items

Exercise professional CPD guidance documents (1 items)

DELIVERING CHANGE THAT LASTS: Health and Wellness Coaching Competencies for Exercise Professionals - in ACSM's Health & Fitness Journal

[Article](#) | **Recommended** | **LEARNING OBJECTIVES** □□ Exercise professionals will begin to understand health and wellness coaching concepts, including mindfulness, compassion, positive emotions, autonomous motivation, appreciative inquiry, motivational interviewing, reflections, self-efficacy, visioning, and goal setting.
□□ Exercise professionals will consider if, how, and when to apply these coaching concepts when working with fitness clients.

Personal Development planning (2 items)

Skills for success: personal development and employability, by Stella Cottrell, 2015

[Book](#) | **Essential** | Hard copies in library

Palgrave Study Skills: Skills for Success (Personal Development and Employability)

[Webpage](#) | **Essential** | Questionnaires to download and complete for your first formative assignment. complete the reading and self assessments from Chapter 1. Save to your desk top and complete electronically. Chapter 5 People Skills is an excellent structured approach for developing your skills. This can be used for your PDP assignment.

Coaching links (11 items)

Sports Coach Development

[Webpage](#) | **Essential** | online training and development for sports coaches

What are the 5Cs? - The 5C's

[Webpage](#) | **Essential** | The 5Cs is a program aimed at increasing your awareness of psychological and social skills that can be introduced to your players through the medium of your coaching. Beyond your technical or tactical role as a coach, you can influence the Commitment, Communication, Concentration, Control and Confidence of your players. Helping players to shape and experience these qualities and skills through training and competition is a significant and valuable role for you as a coach.

Coaching Children in Sport, 2010

[Book](#) | **Recommended**

Psychology of physical activity: determinants, well-being and interventions, by Stuart J. H. Biddle; Nanette Mutrie; Trish Gorely, 2015

[Book](#) | **Essential** | Useful text for the first three years of the PAWS programme

Working with young people in sport and exercise - OpenLearn - Open University - E217_1

[Webpage](#) | **Recommended** | 6hrs of online learning to support your placement experience. This course will help you find the key literature to relate to your development from working with Active Schools.

Coaching children in sport, 1993

[Book](#) | **Background**

Positive Pedagogy for sport coaching - in Sport, Education and Society, by Richard L. Light; Stephen Harvey, 2017-02-17

[Article](#) | **Recommended**

Creativity as a developmental resource in sport training activities - in Sport, Education and Society, by Ludvig J. T. Rasmussen; Lars D. Østergaard; Vlad P. Glăveanu, 2019-06-13

[Article](#) | **Background**

Why Children/Youth Drop Out of Sports - in Journal of Park and Recreation Administration, by Peter A. Witt, 2018

[Article](#) | **Background**

Skill acquisition in sport: research, theory and practice, by Nicola J. Hodges; A. M. Williams, 2012

[Book](#) | **Background**

Sports coach as transformative leader: arresting school disengagement through community sport-based initiatives - in Sport, Education and Society, by Haydn J. Morgan; Anthony J. Bush, 2016-07-03

[Article](#) | **Background**

Communication (5 items)

Communication skills: adherence and motivation - in ACSM's resources for the group exercise instructor, by Leslie Stenger, edited by Grace DeSimone, 2012

[Chapter](#) | **Essential** | Module: D1174 (Scanned Extract) practical application - Easy introduction to the topic

Ewles & Simnett's promoting health: a practical guide, by Angela Scriven; Linda Ewles, 2017

[Book](#) | **Essential** | Chapter 10 Fundamentals of communication in public health. Excellent summary of communication skills focussed on public health, but applicable in all situations

Communication and duty of care - in Communicating in the health sciences, by Franziska Trede, Elizabeth Ellis and Sue Jones, 2012

[Chapter](#) | **Recommended** | Module: D1174 (Scanned Extract)

Communicating in the health sciences, by Joy Higgs; Rola Ajjawi; Lindy McAllister; Franziska Trede; Stephen Loftus, 2012

Book | **Recommended** | This is a very useful text. Hard copy in the library.

Theories of communication - in **Communicating in the health sciences**, by Rola Ajjawi and Charlotte Rees, 2012

Chapter | **Recommended** | Module: D1174 (Scanned Extract)

Learning from reflection (8 items)

Reflective practice: writing and professional development, by Gillie Bolton; Russell Delderfield, 2018, ©2018

Book | **Recommended** | in the library - key text for reflective writing for learning and personal development

Developing reflective practice: a guide for students and practitioners of health and social care, by Natus Oelofsen, 2012

Book | **Background** | Chapters 1 & 2 provide good introduction on reflection for students. Further chapters focus on frontline health and social care practice may not be so relevant for PAWS.

Chapter 7 Enhancing the skills of students through the use of reflective practice in a physical activity and health curriculum, by Zoe Knowles, , David Gilbourne, , Brendan Cropley, , and Lindsey Dugdill, 2014

Chapter | **Background** | This is an advanced text on reflection in higher education

Developing reflective practice: a guide for students and practitioners of health and social care, by Natus Oelofsen, c2012

Book | **Background**

Reflective practice in the sport and exercise sciences: contemporary issues, by Zoe Knowles; David Gilbourne; Brendan Cropley; Lindsey Dugdill, 2014

Book | **Background**

Learning journals: a handbook for reflective practice and professional development, by Jennifer A. Moon, 2006

Book | **Recommended**

Learning journals: a handbook for reflective practice and professional development, by Jennifer A. Moon, 2006

Book | **Recommended**

Resources for reflective writing - Online Resources for Education

Audio-visual document | **Recommended** | Online resources from text Bolton G 2018 **Reflective practice Writing and professional development**. 5th Edition. Sage.

The fitness instructor's handbook: a complete guide to health and fitness, by Marc Coulson, 2017

Book | **Background**

The complete guide to personal training, by Morc Coulson, 2013

[Book](#) | [Background](#)

Web pages (6 items)

NCDs | Launch of new global estimates on levels of physical activity in adults

[Article](#) | [Essential](#)

Global Physical Activity Network (GlobalPANet)

[Website](#) | [Essential](#) | Website you need to know about

Health, happiness and wellbeing in the transition from adolescence to adulthood | Mental Health Foundation

[Webpage](#) | [Recommended](#)

Episode 13: How To Study And Learn More Effectively – Research Digest

[Audio document](#) | [Recommended](#)

With every answer, search reshapes our worldview | Digital Trends

[Webpage](#) | [Recommended](#) | How do search engines work?

BJ Fogg's Behavior Model

[Website](#) | [Recommended](#) | link from Chapter 7 Biddle et al.

Psychology of physical activity: determinants, well-being and interventions, by Stuart Biddle; Nanette Mutrie; T. Gorely; Guy E. J. Faulkner, 2021

[Book](#) | [Essential](#)

Psychology of physical activity: determinants, well-being and interventions, by Stuart Biddle; Nanette Mutrie; T. Gorely; Guy E. J. Faulkner, 2021

[Book](#) | [Essential](#)
