

## EXSP 315 - Coaching Theory

Summer 2008

**Instructor:** Dr. Richard Engelhorn

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**Office Hours:** Monday and Wednesday 10-11 am, Tuesday and Thursday 2-3 pm and by Appointment or Just Drop In

**Prerequisites:** Previous experience in one or more sports and a desire to explore the characteristics and knowledge necessary to be an effective coach

**Texts:** *Successful Coaching* by Martens and *Shooting in the Dark* by Thompson

### **Purpose of the Course:**

1. To develop an understanding of the role and responsibilities of the coach at all levels of sport, with special emphasis on the high school level
2. To develop an understanding of the psychological and pedagogical aspects of coaching
3. To develop an understanding of the biomechanical and physiological aspects of coaching
4. To understand how to implement a coaching philosophy and design a season long management and practice plan

**Course Content** (Reading from texts - pages in parentheses) Additional readings will be assigned and posted on WebCT during the semester.

## I. Introduction (*A Better Investment*, WebCT Readings; Thompson, 9-24)

Objective: Students will develop a philosophy of coaching and ethical behaviour based upon sound educational principles.

- A. The roles and responsibilities of a coach - Lecture
- B. Developing a coaching philosophy (Martens, 3-28; West Aurora Athletics, WebCT Readings )
- C. Coaching styles and characteristics (Martens, 29-48)
- D. Ethical responsibilities (Legal and Ethical Responsibilities, WebCT Readings; Crossing Boundaries, WebCT Readings)
- E. Teaching character through sport (Martens, 49-68)
- F. Coaching diverse athletes (Martens, 69-91)

## II. Sport Psychology

Objective: Students will demonstrate knowledge of the application of psychological principles to support and motivate team members.

- A. Communicating with your athletes (PCA Mental Model, WebCT Readings, Martens, 95-118; Thompson, 45-66 and 91-104)
- B. Goal setting (Thompson, 25-41)
- C. Motivating and reinforcing your athlete (Thompson, 105-121; Martens, 119-140)
- D. Managing Behavior (Martens, 141-164)

## III. The Coach as a Teacher

Objective: Students will demonstrate knowledge for the construction of effective practice plans based upon sound pedagogical and time management principles.

- A. Skills and abilities-how much can we improve?

## B. Designing learning settings - Gentile example

1. Types of skills
2. Progressions for learning
3. Teaching decision making

## C. Teaching skills and strategies

1. The games approach way (Martens, 167-190)
2. Teaching technical skills (Martens, 191-212)
3. Teaching tactical skills (Martens, 213-234)
4. Planning for teaching (Martens, 235-260)

## D. Using visualization and mental practice (Thompson, 133-155)

## E. Making practices successful (Thompson, 67 - 85)

## IV. Physiology of Sport

Objective: Students will design a year-long training program plan based upon both physiological and team building concepts.

### A. Basic principles (Martens, 263-288)

### B. Energy fitness training (Martens, 289-318)

### C. Muscular fitness training (Martens, 319-356)

### D. Nutritional aspects of training and performance (Martens, 357-386)

### E. Health/Safety Concerns (WebCT Reading)

1. Girls and women in sport
2. Contraindicated activities

## VI. Management Roles for the Coach

Objective: Students will prepare a risk management plan in conjunction with the development of the previously completed practice plan.

- A. Managing your team (Martens, 413-436)
- B. Relationship management (Martens, 437-464)
- C. Risk management (Martens, 466-495)

VII. Achieving Goals in the "Real World" (Lecture )

A. Problems

- 1. Implementing your philosophy
- 2. Parents and other outside influences

**Grading Plan:**

Mid-Term Exam @ 100 pts	100 points
Final Exam (Comprehensive)	120 points
WebCT quizzes 16 @ 5 points each	80 points
Coach/game analyses (2)	20 points
Guest Speaker/ Video Summaries/Quizzes	30-60 points
Miscellaneous Assignments/In-class projects	10-40 points
Participation	10 points

**Grading Scale**

- A = 92% and up
- A- = 90 to 91
- B+ = 88 to 89
- B = 82% to 87%
- B- = 80 to 81
- C+ = 78 to 79
- C = 72% to 77%
- C- = 70 to 71
- D+ = 68 to 69
- D = 62% to 67%
- D- = 60 to 61

ATTENDANCE IS EXPECTED. FAILURE TO ATTEND ON ANNOUNCED VIDEO OR SPEAKER DAYS WILL ELIMINATE YOUR OPPORTUNITY TO TAKE THE ASSOCIATED QUIZ.

WebCT quizzes will be active for at 3-4 days. It is your responsibility to take the quizzes on time. Some quizzes will be during class time. Students arriving late forfeit their opportunity to take the in-class quiz. Missed quizzes cannot be made up without prior knowledge of the absence.

The final exam will be comprehensive and will treat all sections of the course with equal emphasis. Please stay current with course material.

Students with documented disabilities that affect their ability to participate fully in the course or who require special accommodations are encouraged to speak with the instructor so that appropriate accommodations can be arranged.

For extended absences or missing critical assignment or exam due dates, the instructor reserves the right to send students to the Dean of Students Office for documentation of absences.

#### Tentative Schedule of Activities

<b>Week</b>	<b>Date</b>	<b>Activity</b>
1	6/16	Introduction to course and WebCT
	6/17	Goals of School Sport
	6/18	Developing a Philosophy of Coaching
	6/19	Coaching and Character, Old Ball Game video
	6/20	Ethical Behavior of Coaches - Video
2	6/23	Redefining Athlete video and discussion
	6/24	Situations and discussion
	6/25	Communication
	6/26	Goals and goal setting
	6/27	Motivation
3	6/30	Reinforcement/Rewards Discipline
	7/1	Positive Coaching
	7/2	Situation discussions
	7/3	Exam I

	7/4	No Class
4	7/7	Learning Theory /Teaching skills
	7/8	Speaker - Coach
	7/9	Teaching Skills
	7/10	Teaching tactics
	7/11	Practice Design
5	7/14	In-class project
	7/15	Cross Gender Coaching video
	7/16	Video - Bruce Brown (Team Building)
	7/17	Physiology of Training
	7/18	Weight Training/Endurance/Speed Training
6	7/21	Speaker - Strength Training
	7/22	Speaker - Coach
	7/23	Nutrition /Health and Safety Issues
	7/24	Sport Mechanics and skill analysis
	7/25	Management Issues for the Coach
7	7/28	Video - Parent involvement
	7/29	Discussion - Parent situations
	7/30	Risk Management/ Managing Relationships
	7/31	Final Exam
	8/1	No Class

