

HPAL 3050: Coaching Principles

3 Credit Hours

Basic understanding of the theoretical and practical applications of the sport science areas of physical education related to coaching. Current issues and topics addressing the principles and problems of the prospective interscholastic coach including coaching philosophy, pedagogy, sport psychology, sport medicine and sport physiology. Students successfully completing the course may become certified as a Leader Level Coach by the American Coaches Effectiveness Program.

HPAL 3055: Advanced Coaching Methods for Basketball

3 Credit Hours

Prerequisite: HPAL 3050

In this course students will examine the theories and techniques of coaching basketball. The course content may include, but is not limited to, key coaching topics such as: teaching and evaluating technical and tactical skills, player selection for various positions, practice and season planning, offensive and defensive systems of play, game coaching considerations, and conditioning principles.

HPAL 3061: Advanced Coaching Methods for Football

3 Credit Hours

Prerequisite: HPAL 3050

This course is designed to enhance the student's usable knowledge of and coaching techniques for American football. Elements of the course will include but are not limited to: technical and tactical skills of position and team play, determining offensive and defensive schemes and personnel use, drill and practice organization, the evaluation of player talent, expectations of today's coach, logistical planning and organization, philosophy development, common terminology, and film evaluation. In addition, topics may also include the role of the coach in the academic world and skills for increasing employment opportunities.