

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 2 - Introduction to Coaching

3 Unit(s)

Prerequisite(s): NONE

Recommended Prep: Reading Level IV; English Level III

Transfer Status: CSU/UC

51 hours Lecture

This course examines and discusses academic, professional, and standard requirements of the coaching profession. Students will be expected to focus upon and understand the discipline and breadth of the coaching profession. Topics include philosophies, goals, objectives, ethical standards, desired qualities, and current professional issues.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. describe the physical, emotional, and mental demands of the coaching profession.
- B. identify and discuss general requirements, standards, characteristics, and qualities needed for a career in coaching.
- C. compare and contrast current issues, problems, and concerns facing athletics, student-athletes and coaches.
- D. analyze and apply theories and practices required of the coaching profession.
- E. employ the skills and strategies required to search, apply, and interview for available coaching positions.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Student Orientation to Course Requirements and Expectations / Student Introductions	3.00
2. Examining A Coaching Career	3.00
3. Current Issues/Problems/Concerns in Coaching	6.00
4. Examining Ethical Standards and Ethical Dilemmas	3.00
5. Exploring Desired Coaching Qualities	3.00
6. Required Roles Of A Head Coach	3.00
7. Team Cohesion/Individual Dynamics/Effective Communication	7.00
8. Assistant Coaching Qualities	3.00
9. Coaching And The Personal Life	3.00
10. Recruiting Process: Geared to High School and From High School	7.00
11. Building a Program Through Special Relationships	4.00
12. Off-Season Planning	3.00
13. Pre-Season and In Season Planning/Preparation	3.00
Total Hours	51.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Guest Speakers
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Problem-Solving Sessions
- G. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Oral Presentation
- B. Homework
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Research a current issue in the coaching profession and be prepared to discuss in your small groups.
 - 2. Read the chapter specific to professional position interviews and plan to share your perspective in class.
- B. Writing Assignments
 - 1. Write a descriptive essay on program development for a high school sport of your interest.
 - 2. Write a 1-2 page essay based on an interview of an active or retired coach from the high school level or above.
- C. Out-of-Class Assignments
 - 1. Observe a live practice across any level focusing on the methods and practice efficiencies used.
 - 2. Observe a coach at any level during game competition utilizing their game plan, adjustments, strategies, personnel, and staff.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Sabock, R.J. & Sabock, M.D.. Coaching: A Realistic Perspective. 10th Edition. Rowman & Littlefield, 2011.

Created/Revised by: Russ Critchfield

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