

Las Positas College  
3000 Campus Hill Drive  
Livermore, CA 94551-7650  
(925) 424-1000  
(925) 443-0742 (Fax)

## Course Outline for KIN 27

### PRINCIPLES OF COACHING & SPORTS OFFICIATING

Effective: Fall 2013

#### I. CATALOG DESCRIPTION:

KIN 27 — PRINCIPLES OF COACHING & SPORTS OFFICIATING — 3.00 units

Theory, principles, and ethics of coaching sports with emphasis on the fundamentals and techniques of coaching. Course completion certificate available upon completion (with a grade of "C" or higher). Also, theory and practical applications of sports officiating. Discussion, study and implementation of rule enforcement, mechanics, and techniques used by officials in officiating athletic contests.

2.00 Units Lecture 1.00 Units Lab

#### Grading Methods:

Letter Grade

#### Discipline:

	<u>MIN</u>
<b>Lecture Hours:</b>	36.00
<b>Lab Hours:</b>	54.00
<b>Total Hours:</b>	90.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Discuss and analyze the legal responsibilities of the coach;
- B. Formulate and appraise codes of conduct for coaches;
- C. Recognize potential injury situations, and discuss how to care for athletic injuries as well as identifying appropriate rehabilitation responses
- D. Utilize and explain how to purchase and care for athletic equipment;
- E. Distinguish, arbitrate and explain leadership skills necessary to conduct effective sports programs;
- F. Recognize psychological traits essentials for effective participation as team members;
- G. Critical analysis and discussion of coaching effectiveness, including communication, motivation, and inter-personal relationships;
- H. Discuss different methods and techniques of coaching/teaching sports;
- I. Explain the differences in coaching: youth, recreational, interscholastic, intercollegiate, and professional sports.
- J. Identify, recall and distinguish the official rules of the student's selected sport
- K. Identify the objectives of a sports referee and examine the mechanics and positioning used by officials in the student's selected sport
- L. Categorize and distinguish the general goals and objectives of sports officiating
- M. Identify fouls and violations by players, coaches, and spectators of the student's selected sport
- N. After identifying fouls and violations, administer the appropriate penalty and enforcement.
- O. Perform conditioning and training programs to meet the physical demands of officiating in the student's selected sport

#### V. CONTENT:

- A. Developing a coaching philosophy
  1. Coaching objectives
  2. Coaching styles
- B. Sport psychology
  1. Evaluating communication skills
  2. Developing communication skills
  3. Principle of reinforcement
  4. Understanding motivation
  5. Individual and team goal setting
  6. The parent and the Coach
- C. Sport Pedagogy
  1. Planning for teaching
  2. How athletes learn
  3. Teaching sport skills
  4. How philosophy of sport impacts pedagogy
- D. Sport Physiology
  1. Principles of training

2. Fitness for Sport
3. Developing a training program
4. Nutrition for athletes
5. Care and prevention of athletic injuries
  - a. Recognition and alteration of potential injury situations
  - b. Practice and training to reduce injuries
  - c. When to refer
  - d. Rehabilitation
  - e. Post injury/ post rehabilitation return to sport
- E. Sport Management
  1. Team management
    - a. Scouting preparation
    - b. Recruitment of athletes
    - c. Recruitment of student-athletes
    - d. How to evaluate an athlete
    - e. Scheduling of practice sessions and games
    - f. Banquet and travel organization
    - g. Purchasing of equipment
    - h. Care and maintenance of equipment
  2. Risk management
    - a. Safety procedures for sport(s)
  3. Self management
    - a. Legal aspects
    - b. Social and ethical issues
- F. Cultural issues of sport(s)
- G. Ethical issues of sport(s) and coaching
- H. Select a specific sport of study
  - I. Study, examine and identify official rules of the selected sport(s)
  - J. Identify the proper equipment, uniform, mechanics, and protocol of the selected sport
  - K. Observations of other officials and games related to the student's selected sport(s)
  - L. Participation in lab sessions involving officiating games and contests
  - M. Exercise programs to development and maintain fitness levels appropriate for officiating selected sport(s)

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Discussion** -
- C. **Guest Lecturers** -
- D. **Audio-visual Activity** -
- E. **Field Trips** -
- F. Observations
- G. Handouts/worksheets for individual and group activities
- H. "Hands-on" lab assignments of officiating games and contests
- I. Films/video

#### VII. TYPICAL ASSIGNMENTS:

A. Visit and observe a practice session. Identify and discuss coaching/teaching styles, communication skills, and reinforcement that was observed. B. Term Paper: personal philosophy and coaching principles as it might relate to student's level of coaching. C. Read specific articles from coaching/sports journals and present a brief summary to the class.

D. Lecture: e.g. Softball, rule 2: The playing area (read rule 2 in ASA rule book). E. Class and group discussion of significant issues and topics. F. Skill-building exercises and projects. G. Written exam of official rules of the selected sport. F. Class project (participate in an outside activity such as observing a game and/or attending a referee clinic)

#### VIII. EVALUATION:

##### A. **Methods**

1. Exams/Tests
2. Quizzes
3. Papers
4. Other:
  - a. Methods
    1. Examination and quizzes
      - a. Typical exam question: List and explain the advantages and disadvantages of the 5 basic coaching styles presented in the text.
      - b. Typical essay question: Discuss and explain various techniques necessary for effective coaching.
    2. Observations
      - a. Observe a local high school training session and prepare a written summary of observations.
      - b. Video yourself in a coaching setting and prepare a written summary of your observations.
      - c. Work with a small group to observe and compare/contrast various levels of coaching styles from youth, high school, college and/or professional sport(s).
    3. Written observations
    4. A minute-by-minute journal of a several practice sessions.
    5. Keep a record of positive and negative feedback
    6. Observe a session. Make recommendations for improvement. Commendations for quality use of time and team management of coaching staff.
    7. Objective examinations and quizzes
    8. Analysis and assessment of skill-building exercises

##### B. **Frequency**

1. Frequency
  - a. Quizzes as deemed appropriate
  - b. Minimum of three observations
  - c. Two major examinations
  - d. One term paper

#### IX. TYPICAL TEXTS:

1. Martens *Successful Coaching*. 4th ed., Human Kinetics, 2012.

2. American Sports Education Program *Successful Sports Officiating*. 2nd Edition ed., Human Kinetics, 2011.
3. Hammermeister, J. *Cornerstones of Coaching.*, Cooper Publishing Group, LLC, 2010.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will provide his/her own clothing, footwear and nutrients for class participation.