

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

Effective: Fall 2004

I. CATALOG DESCRIPTION:

KIN 27 — PRINCIPLES OF COACHING — 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).

2.00 Units Lecture 1.00 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>
Lecture Hours:	36.00
Lab Hours:	54.00
Total Hours:	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. Explain the legal responsibilities of the coach;
- B. Cultivate and develop the appropriate code of conduct for coaches;
- C. Recognize and alter potential injury situations;
- D. Utilize and explain how to purchase and care for athletic equipment;
- E. Define, analyze, and discuss how to care for athletic injuries as they relate to the sport(s) and identify basic rehabilitation;
- F. Distinguish, arbitrate and explain leadership skills necessary to conduct effective sports programs;
- G. Recognize psychological traits essentials for effective participation as team members;
- H. Critical analysis and discussion of coaching effectiveness, including communication, motivation, and inter-personal relationships;
- I. Discuss different methods and techniques of coaching/teaching sports;
- J. Explain the differences in coaching: youth, recreational, interscholastic, intercollegiate, and professional sports.

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

VI. METHODS OF INSTRUCTION:

- A. **Discussion** -
- B. **Guest Lecturers** -
- C. **Lecture** -
- D. Observations
- E. Handouts/worksheets for individual and group activities
- F. 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.

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.

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.*, -, 1997.

X. OTHER MATERIALS REQUIRED OF STUDENTS: