



KINE 200 - Coaching & Athletic Administration Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616741

Discipline(s) Coaching
Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 200

Course Title Coaching & Athletic Administration

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE.

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 54.00

Lab 0.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 108.00

Total Contact Hours 54

Total Student Hours 162

Open Entry/Open Exit No

Maximum Enrollment 25

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus
Entirely Online

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Instruction in the theories and techniques of coaching sport and the variables which contribute to team performance and success. Course will focus on coaching philosophy, psychology, pedagogy and sport management.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Student will formulate his/her coaching philosophy, style, and objectives.
- B. Student will understand the principles of coaching: self and team management, ethics, and organizational skills.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Understand sport psychology, philosophy and appreciate the complexity of human behavior as applied to sport.
- B. Understand principles of physical training.
- C. Appreciate prevention techniques, understand types of sport injuries, and understand the rehabilitation process.
- D. Understand the legal aspects of coaching.
- E. Appreciate the role that parents play in youth activities.
- F. Examine coaching objectives and styles.
- G. Examine principles of behavior.
- H. Design effective practices.
- I. Design and evaluate a training program.
- J. Examine principles of management.
- K. Understand and define ethics in sports.
- L. Understand organizational skills-chain of command, leadership styles, intercollegiate sport models.
- M. Develop a risk management and emergency plan- assessing risk and limiting risk.
- N. Develop philosophy of character education and the responsibility of developing sportsmanship in athletes.
- O. Understand and implement game management skills required for intercollegiate athletics.

P.

3. Course Content

- A. Developing a coaching philosophy
 - a. coaching objectives

- b. coaching style
- B. Sport psychology
 - a. communication skills
 - b. reinforcement
 - c. motivation
- C. Sport pedagogy-learning styles and stages
 - a. planning for teaching
 - b. instructional outlines
 - c. practice preparation
 - d. teaching technical skills
- D. Sport physiology
 - a. physical training principles
 - b. training basics
 - c. nutrition
- E. Principles of management
 - a. sports medicine
 - b. managing risk
 - c. managing your team
- F. Parent Programs-responsibilities and conduct
- G. Coaching ethics
- H. Risk management
- I. Communication skills, styles and responsibilities
- J. Self management and character education
- K. Organizational chain of command
- L. Intercollegiate sport models
- M. Game management skills for intercollegiate sports
- N.

4. Methods of Instruction:

Distance Education: class may be taught 100% online.

Lecture:

Projects: Students will develop an emergency action plan. Students will develop a coaching plan using sport pedagogy, psychology and philosophy.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- essay: Following a visitation of an athletic practice, identify what coaching styles and practices you witnessed, Develop an emergency plan for one college sport.

Describe two different coaching styles and philosophies.

Papers -- Research paper on identifying your personal coaching style and philosophy.

Outline communication styles used in athletic activities.

Additional assessment information:

Midterm exam

Final exam

Outside reading

1 project

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

- A. Reading Assignments

Selected readings on current sport issues (magazines, newspapers, internet),
examine current and past individual coaching styles

B. Writing Assignments

Students will be required to read approved text.

Students will be required to pass written exams.

Students will be required to complete a written project.

Students will be required to participate in class discussions.

C. Other Assignments

Students will be required outside reading.

Students will be required to develop effective practice sessions.

Students will be required to examine varying coaching styles and techniques.

Students will be required to complete a research athletics philosophy paper.

Students will be required to staff an intercollegiate event.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: National Interscholastic Athletic Administrators Association (NIAAA)

Title: NIAAA's Guide to Interscholastic Athletic Administration

Publisher: Human Kinetics

Date of Publication: 2013

Edition: 1st

B. Other required materials/supplies.