SYLLABUS

DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Foundations in Coaching
COURSE NUMBER: EXSC0203
CREDIT HOURS: 3
INSTRUCTOR: Departmental Syllabus
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PREREQUISITE(S): None.

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, http://www.kckccbookstore.com/, for the required texts for your particular class

COURSE DESCRIPTION:
This course will be a comprehensive overview in the foundations of coaching. This course will be an introductory level for those students who are interested in pursuing a career in coaching.

METHOD OF INSTRUCTION:
A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:
I. Formulating the General Philosophy
   A. Philosophy of interscholastic athletes
   B. Sportmanship
C. Role of the Coach
D. Relationship with other coaches
E. Relationship with officials
F. Relationship with administration

II. Growth and Development
   A. Physical and mental growth of an athlete
   B. Conditioning of athletes
   C. General principles of Strength Training
   D. Nutrition

III. Sports Medicine
   A. Prevention of Common Sports Injuries
   B. Care of Common Sports Injuries
   C. Rehabilitation of Common Sports Injuries
   D. Essential Medical Records

IV. Psychology
   A. Effective Communication
   B. Positive Coaching
   C. Goal Setting
   D. Motivation
   E. Maintaining Discipline

V. Pedagogy
   A. Planning for the Season
   B. Planning effective instruction
   C. Evaluating coaching effectiveness

VI. Sports Management
   A. Administrative responsibilities
   B. Legal issues in coaching
   C. Insurance for athletes and coaches

EXPECTED LEARNER OUTCOMES:

A. The student will be able to know how to develop a general coaching philosophy.
B. The student will be able to define the principle goals of coaching.
C. The student will be able to develop strategies to evaluate the success of an athletic program.
D. The student will be able to know how to describe the principles of good sportsmanship toward the players, officials and spectators.
E. The student will be able to describe training principles relating to nutrition, weight training and physical conditioning.
F. The student will be able to describe components needed to maintain a safe training facility.
G. The student will be able to describe components relating to injury prevention and rehabilitation programs for athletes.
H. The student will be able to determine appropriate techniques to communicate with athletes, officials, and community.

**COURSE COMPETENCIES:**

*The student will be able to know how to develop a general coaching philosophy.*

1. The student will be able to develop a general coaching philosophy.
2. The student will have an understanding of the benefits of participation in athletes.
3. The student will have an understanding of the physical and mental growth of children and adolescents important to a coach.

*The student will be able to define the principle goals of coaching.*

4. The student will be able to define the principle goals of a coach.
5. The student will be able to describe a normal growth pattern for children and adolescents.
6. The student will be able to define the personal and social skills a coach will need to foster to their athletes.
7. The student will be able to define negligence.
8. The student will be able to evaluate a coaches’ effectiveness.
9. The student will be able to describe the benefits of planning for the entire season.

*The student will be able to develop strategies to evaluate the success of an athletic program.*

10. The student will be able to determine ways to judge the success of a program.
11. The student will be able to describe the best ways to prevent misbehavior.
12. The student will be able to describe the benefits of positive coaching.
13. The student will be able to describe the coach’s role in preparing a budget.
14. The student will be able to describe the primary principles in scheduling.

*The student will be able to know how to describe the principles of good sportsmanship toward the players, officials and spectators.*

15. The student will be able to understand good sportsmanship
16. The student will be able to detail effective interpersonal relations.
17. The student will be able to implement good sportsmanship.

*The student will be able to describe training principles relating to nutrition, weight training and physical conditioning.*

18. The student will be able to describe five principles of training that should be used when conditioning young athletes.
19. The student will be able to describe different strength training methods that can be used when young training athletes.
20. The student will be able to design a proper diet for young athletes.
21. The student will be able to describe effective features of a practice plan.
The student will be able to describe components needed to maintain a safe training facility.
22. The student will be able to detail a safe facility for sport.
23. The student will be able to describe the intricacies of insurance for a program.
24. The student will be able to detail the importance of having a written policy pertaining to the scheduling of facilities.

The student will be able to describe components relating to injury prevention and rehabilitation programs for athletes.
25. The student will be able to detail an effect warm-up and cool down.
26. The student will be able to provide injury prevention techniques over the course of a season.
27. The student will be able to detail a procedure to follow when an injury occurs.
28. The student will be able to describe important components of a rehabilitation program.
29. The student will be able to detail the importance of a physical exam and essential medical records.

The student will be able to determine appropriate techniques to communicate with athletes, officials, and community.
30. The student will be able to detail with whom a coach must communicate.
31. The student will be able to define key points of good public relations with officials.
32. The student will be able to send clear messages to their athletes.

ASSESSMENT OF LEARNER OUTCOMES:
Student progress is evaluated by means that include, but are not limited to exams, written assignments, and class participation.

SPECIAL NOTES:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

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