

**KINES 55 Course Outline as of Spring 2019****CATALOG INFORMATION**

Dept and Nbr: KINES 55 Title: COACHING SPORTS

Full Title: Coaching Sports

Last Reviewed: 3/31/2014

| Units   | Course Hours per Week |                   | Nbr of Weeks | Course Hours Total |                         |
|---------|-----------------------|-------------------|--------------|--------------------|-------------------------|
| Maximum | 3.00                  | Lecture Scheduled | 3.00         | 17.5               | Lecture Scheduled 52.50 |
| Minimum | 3.00                  | Lab Scheduled     | 0            | 17.5               | Lab Scheduled 0         |
|         |                       | Contact DHR       | 0            |                    | Contact DHR 0           |
|         |                       | Contact Total     | 3.00         |                    | Contact Total 52.50     |
|         |                       | Non-contact DHR   | 0            |                    | Non-contact DHR 0       |

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 55

**Catalog Description:**

Coaching Sports focuses on the components and characteristics of coaches and sport programs. Students will examine and develop coaching techniques, styles and philosophies pertaining to the planning, management and competition in sports.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 1A or equivalent

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Coaching Sports focuses on the components and characteristics of coaches and sport programs. Students will examine and develop coaching techniques, styles and philosophies pertaining to the planning, management and competition in sports. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

|                   |                      |            |           |
|-------------------|----------------------|------------|-----------|
| <b>AS Degree:</b> | <b>Area</b>          | Effective: | Inactive: |
| <b>CSU GE:</b>    | <b>Transfer Area</b> | Effective: | Inactive: |

|               |                      |            |           |
|---------------|----------------------|------------|-----------|
| <b>IGETC:</b> | <b>Transfer Area</b> | Effective: | Inactive: |
|---------------|----------------------|------------|-----------|

|                      |              |            |             |           |
|----------------------|--------------|------------|-------------|-----------|
| <b>CSU Transfer:</b> | Transferable | Effective: | Spring 2009 | Inactive: |
|----------------------|--------------|------------|-------------|-----------|

|                     |  |            |  |           |
|---------------------|--|------------|--|-----------|
| <b>UC Transfer:</b> |  | Effective: |  | Inactive: |
|---------------------|--|------------|--|-----------|

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

**Student Learning Outcomes:**

Upon completion of the course, students will be able to:

1. Discuss the social and cultural impacts and role of sports in society
2. Define and develop a coaching style and philosophy
3. Create and install a year-round training and skill development program
4. Effectively manage, motivate and guide assistant coaches and players
5. Develop a strategic plan based on the strengths, weaknesses and tendencies of an opponent

**Objectives:**

Upon completion of this course, students will be able to

1. Gain an understanding of the role and impact of sports in society
2. Define your coaching style and philosophy
3. Develop and apply successful relationship skills
4. Develop and apply successful teaching strategies
5. Define team rules and the expected conduct of coaches and players
6. Recruit, assess and manage assistant coaches and players
7. Develop and install a year round training regimen
8. Identify and apply successful team building, motivation and anti-anxiety techniques
9. Evaluate an opponent to develop successful strategies based on their strengths, weaknesses and tactical tendencies
10. Understand and apply the legal and ethical aspects of coaching
11. Identify and utilize potential support personal

**Topics and Scope:**

- I. Sports and society
  - A. Social aspects
  - B. Cultural aspects
  - C. History
- II. Coaching styles

- A. Commander
- B. Submissive
- C. Cooperative
- III. Coaching philosophies
  - A. Disciplinarian
  - B. Players coach
  - C. Hybrid
- IV. Relationships
  - A. Administration
  - B. Assistant coaches
  - C. Players
- V. Teaching
  - A. Learning styles
  - B. Teaching techniques
- VI. Setting program, team and individual goals
  - A. Short term
  - B. Long term
- VII. Player and coach conduct
  - A. Ethics
  - B. Making team rules
  - C. Discipline
- VIII. Assistant coaches
  - A. Hiring
  - B. Firing
  - C. Managing
- IX. Recruiting
  - A. Ethics
  - B. College, high school and youth rules
- X. Leaders
  - A. Identifying leaders
  - B. Developing your leaders
  - B. Role of leaders
- XI. Training and development
  - A. In-season
  - B. Off-season
- XII. Team building
  - A. Off-season
  - B. In-season
- XIII. Motivation
  - A. Practice
  - B. Competition
- XIV. Competition
  - A. Anxiety
  - B. Confidence
  - C. Winning
  - D. Losing
- XV Strategy and planning
  - A. Installing a system
  - B. Practice and game planning
  - C. Evaluating your opponent
- XVI. Liability
  - A. Legal

- B. Ethical
- XVII. Support staff
  - A. Administration
  - B. Grounds crew
  - C. Equipment technicians
  - D. Parents
  - E. Booster club

**Assignment:**

1. Reading from the textbook, online resources and instructor supplied handouts (approximately 30-40 pages per week).
2. Essay papers on coaches and coaching topics, such as definition of success, sportsmanship, discipline, ethics, etc. (3 to 5)
3. Written critiques comparing and contrasting coaching and playing styles (3 to 5)
4. Class presentations pertaining to strategies and techniques (3 to 5)
5. Participation in class discussions
6. Quizzes - multiple choice, short answer, essay and true / false (1 to 4)
7. Final exam - multiple choice, short answer, essay and true / false

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

|                                      |                     |
|--------------------------------------|---------------------|
| Essays, critiques, quizzes and final | Writing<br>30 - 40% |
|--------------------------------------|---------------------|

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

|           |                             |
|-----------|-----------------------------|
| Critiques | Problem solving<br>10 - 30% |
|-----------|-----------------------------|

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

|                              |                                  |
|------------------------------|----------------------------------|
| Class presentations (3 to 5) | Skill Demonstrations<br>10 - 30% |
|------------------------------|----------------------------------|

**Exams:** All forms of formal testing, other than skill performance exams.

|  |                   |
|--|-------------------|
| Quizzes (3 to 5) Multiple choice, short answer, essay and true / false | Exams<br>20 - 40% |
|--|-------------------|

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation in class discussions

Other Category  
10 - 20%

**Representative Textbooks and Materials:**

Coaching: A Realistic Perspective, Sabok, Ralph, J. Collegiate Press, 2005. (classic)

Instructor prepared materials

Online resources