KINES 55 Course Outline as of Fall 2021

CATALOG INFORMATION

Dept and Nbr: KINES 55 Title: COACHING SPORTS Full Title: Coaching Sports Last Reviewed: 11/27/2023

| 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 | б | 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:

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

| AS Degree: CSU GE: | Area Transfer Area | L | | Effective: Effective: | Inactive: Inactive: |
|-----------------------|-----------------------|------------|-------------|--------------------------|------------------------|
| IGETC: | Transfer Area | l | | Effective: | Inactive: |
| CSU Transfer | :Transferable | Effective: | Spring 2009 | Inactive: | |
| UC Transfer: | | Effective: | | Inactive: | |

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should 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:

At the conclusion of this course, the student should 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 Panning 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 5)
- 4. Class presentations pertaining to strategies and techniques (3 5)
- 5. Participation in class discussions
- 6. Quiz(zes) (1 4)
- 7. Final exam

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

| W. | iting |
|--------|-------|
| VV I | iting |
| | |
| 20 | 40% |
| - 50 - | 40% |

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

Critiques

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

Class presentations

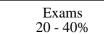
Exams: All forms of formal testing, other than skill performance exams.

Quiz(zes) and Final Exam

| Skill Demonstrations |
|----------------------|
| 10 - 30% |

Problem solving

10 - 30%



Participation in class discussions

Other Category 10 - 20%

Representative Textbooks and Materials:

Coaching: A Realistic Perspective. 10th ed. Sabock, Michael and Sabock, Ralph. Rowman & Littlefield Publishers. 2011 (classic) Instructor prepared materials Online resources