

CATALOG INFORMATION

Dept and Nbr: PHYED 58      Title: INTRO TO LEADERSHIP PRIN  
Full Title: Intro to Leadership Principles, Team Building & Coaching  
Last Reviewed: 2/10/2003

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: PE 76

**Catalog Description:**  
An introduction to successful leadership principles, skills and philosophies, coaching effectiveness and team-building dynamics.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: An introduction to successful leadership principles, skills and philosophies, coaching effectiveness and team building dynamics. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
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>			<b>Effective:</b>	<b>Inactive:</b>
<b>CSU GE:</b>	<b>Transfer Area</b>			<b>Effective:</b>	<b>Inactive:</b>
<b>IGETC:</b>	<b>Transfer Area</b>			<b>Effective:</b>	<b>Inactive:</b>
<b>CSU Transfer:</b>	Transferable	<b>Effective:</b>	Spring 1996	<b>Inactive:</b>	Fall 2011
<b>UC Transfer:</b>		<b>Effective:</b>		<b>Inactive:</b>	

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The student will accomplish the following objectives by the end of the semester.

- I. Analyze leadership, coaching and team building principles.
- II. Analyze their own leadership beliefs, behaviors and methods.
- III. Evaluate the importance of productive leadership/coaching principles in education, athletics, business and society.
- IV. Discuss, participate and evaluate team building dynamics and techniques.
- V. Compare and evaluate a variety of instructors, coaches and leaders that have demonstrated success in their field.
- VI. Research and study successful behaviors, attitudes and methods in leadership development, team building, dynamics and coaching effectiveness.
- VII. Experience and evaluate "guest speakers and educators" in various fields.

### **Topics and Scope:**

- I. Introduction and historical background
- II. Awareness training for leaders
  - a. Effective models
  - b. Relationships
  - c. Techniques
  - d. Action steps
- III. Behavioral styles and effective habits
  - a. Perception
  - b. Style characteristics
  - c. Action steps
- IV. Vision, imagination, expectations
  - a. Vision statements
  - b. Communications

- c. Developing a personal vision statement
- V. Understanding your culture
  - a. Competition
  - b. Asking the right questions
  - c. Understand rules
- VI. Teamwork principles
  - a. Definition of teams
  - b. Fundamentals
  - c. Trust and teamwork
  - d. Listening skills
- VII. Accountability
  - a. Choice
  - b. Responsibility
  - c. Power of one
- VIII. Empowerment
  - a. Definition of empowerment
  - b. Benefits
  - c. Questions and action items
- IX. Leading through change
  - a. Resistance
  - b. Creating change
  - c. Flexibility
- X. Coaching feedback
  - a. What is a coach?
  - b. Appreciation and feedback
  - c. Coaching principles
- XI. Shadow of the leader
  - a. The shadow concept
  - b. Leading the culture
  - c. Influence and integration
- XII. Pressure, performance and time management
  - a. Priorities
  - b. Focus
  - c. Awareness
  - d. Planning
  - e. Doing

### **Assignment:**

1. Written journal and homework assignments
2. Midterm written assignment and/or project
3. Interviews w/leaders, mentors and coaches
4. Final projects
5. Final written assignment

### **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.

Written homework	Writing 20 - 40%
<b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
Exams	Problem solving 10 - 30%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
None	Skill Demonstrations 0 - 0%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Multiple choice, True/false, Matching items, Completion	Exams 20 - 45%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
ATTENDANCE	Other Category 25 - 40%

**Representative Textbooks and Materials:**

"Team Building Dynamics and Coaching Effectiveness"  
 "Coaching for Development", Marianne Minor & Associates, 1996