

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

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.

- 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

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.