

Montgomery County Community College
 ESW 240
 Principles of Coaching
 3-3-0

COURSE DESCRIPTION:

This course is designed for coaches involved with community youth sports programs as well as with school and college athletic teams. The course is based on standards set by the National Association for Sport and Physical Education (NASPE). Emphasis is placed on the development of a coaching philosophy, relationships with players, staff, administrators, and parents, as well as the management and organization of a successful team/program. The course covers theories and techniques of teaching sports, evaluation techniques, and research related to competitive performance.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Apply selected concepts and principles from psychology, sociology, and physiology in the development of individuals and teams for athletic competition in schools, colleges, and communities.	Group Discussions Planning Practices Presentations Internet Web Sites Analyzing Various Coaching Styles Role Playing Journal Readings Written Assignments Lecture Case Studies Fitness Assessments Research Project Coaching Philosophy Nutrition Plan Workout Plan	Exam Case Studies Workout Plan Research Project

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
2. Explain communication strategies that motivate athletes and develop positive relationships with administrators, peer coaches, officials, medical personnel, parents and the media.	Group Discussions Planning Practices Presentations Internet Web Sites Analyzing Various Coaching Styles Role Playing Journal Readings Written Assignments Lecture Case Studies Coaching Philosophy	Coaching Demonstration Observations Coaching Philosophy
3. Identify learning principles that improve motor and sport skills.	Group Discussions Planning Practices Presentations Internet Web Sites Analyzing Various Coaching Styles Role Playing Journal Readings Written Assignments Lecture Case Studies Fitness Assessments Research Project Coaching Philosophy	Research Project Exams Coaching Demonstrations
4. Analyze processes and procedures for managing equipment, facilities, schedules, and other team logistics.	Group Discussions Planning Practices Presentations Internet Web Sites Analyzing Various Coaching Styles Role Playing Journal Readings Written Assignments Lecture Case Studies Fitness Assessments	Exams Coaching Demonstrations

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
5. Identify effective strategies for evaluating players, opponents, staff, and one's own coaching abilities.	Group Discussions Planning Practices Presentations Internet Web Sites Analyzing Various Coaching Styles Role Playing Journal Readings Written Assignments Lecture Case Studies Fitness Assessments Research Project Coaching Philosophy Nutrition Plan Workout Plan	Coaching Demonstrations Case Studies Observations
6. Create a coaching philosophy.	Group Discussions Planning Practices Presentations Internet Web Sites Analyzing Various Coaching Styles Role Playing Journal Readings Written Assignments Lecture Case Studies Fitness Assessments Research Project Coaching Philosophy Nutrition Plan Workout Plan	Coaching Philosophy
7. Evaluate potential liabilities and negligence of facilities and coaching staff.	Group Discussions Planning Practices Internet Web Sites Analyzing Various Coaching Styles Role Playing Journal Readings Written Assignments Lecture Case Studies Coaching Philosophy	Exams Coaching Philosophy

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

- A. Introduction to Coaching and Different Populations
 - 1. Junior High
 - 2. High School
 - 3. Collegiate
 - 4. Community
- B. Philosophy and Ethics of Coaching
- C. Psychology of Sport
- D. Coaching Styles and Development of Communication Skills
 - 1. With players
 - 2. With parents
 - 3. With administrators
 - 4. Recruiting
- E. Organization and Administration of a Team
 - 1. Planning practices
 - 2. Team meetings
 - 3. Policies
 - 4. Game/Event management
- F. Evaluation
 - 1. Players
 - 2. Opponents
 - 3. Staff
 - 4. One's own coaching abilities
- G. Managing Coaching Relationships
- H. Sport Skills, Team Tactics, and Playing Strategies
- I. Liability, Negligence, and Legal Implications in Coaching
 - 1. Liabilities with facilities and transportation
 - 2. Supervision
 - 3. Clearance of players

LEARNING MATERIALS:

Martens, R. (2012). *Successful Coaching* (4th ed.). Champaign, IL: Human Kinetics.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: John Flynn Date: 8/1998
Revised by: Dr. Anne Livezey Date: 2/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr. Date: 9/11/2009

Revised by: Dr. Anne Livezey Date: 6/2012
VPAA/Provost or designee Compliance Verification:
Victoria L. Bastecki-Perez, Ed.D. Date: 8/23/2012

Revised by: Dr. Anne Livezey Date: 1/8/2018
VPAA/Provost or designee Compliance Verification: Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.