I. RATIONALE:

Coaching concepts and strategies are necessary to the coaching profession and crucial in the development of quality coaches and sport educators. Planning, preparation, demonstration, explanation, evaluation, and feedback are important skills to become a coach, build an athletic program, and be successful in doing both. This course will train students -- especially those who truly aspire to coach someday -- to analyze, research, and evaluate the careers of sport educators and coaches who serve as positive role models to observe, study, and emulate.

II. MAJOR INSTRUCTIONAL GOALS:

GOAL A:
To define, understand, and explore the coaching profession in a competitive environment in youth, interscholastic, and intercollegiate sports.

  Learning Outcomes: The student will:

  A-1 Learn to develop a coaching philosophy.
  A-2 Understand the basics of sport psychology.
  A-3 Be able to identify and compare the different roles of coaches.
  A-4 Recognize sports management issues.
  A-5 Learn the issues of coaches’ roles in relationship to the variety of competitive environments, athletes at different levels, parents, media, and community.
  A-6 Comprehend sport physiology.

GOAL B:
To develop qualities, ideas, and principles related to the coaching profession.

  Learning Outcomes: The student will:

  B-1 Address teaching and coaching strategies.
  B-2 Understand the concepts of teaching and coaching individual and team sports.
  B-3 Acquire an understanding of what characteristics are necessary to succeed in the coaching profession.
  B-4 Understand the structure, discipline, and preparation necessary in the education and development of becoming a coach.