Outline of Instruction

Division: Health Sciences
Area: Health-Physical Education
Course Number: HPE 158
Course Name: Effective Coaching for Team Sports
Prerequisite: None
Corequisite:

Hours Required: Class: 45 Lab: Credits: 3

Course Description/Purpose
Principles and effective coaching practices are introduced. The role of the coach is explored, including aptitude and skills/preparation needed. Basic information about physical maturation, motor development, athletic characteristics of children, adolescents and adults will be studied. Meeting the athlete and team, selecting a team, motivating athletes and developing appropriate behavior will be explored in detail. An overview of typical administrative duties and legal aspects will also be explored.

Major Units
- The Coach: Roles, Skills, and Preparation
- Philosophy
- Growth and Development of the Athlete
- Sports Medicine
  - Conditioning
  - Injuries
  - Chemical Health Education
- Psychology Related to Athletics
  - Communication
  - Motivation of Athlete and Team
  - Discipline
- Pedagogical Skills of Coaches
  - Planning
  - Preparing
  - Evaluating
- Sports Management
  - Legal Issues
  - Administrative Duties
Educational/Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

**Cognitive** Each student will be expected to *Identify/Recognize* . . .
- various roles, skills and qualities, and the preparation needed by an effective coach;
- responsibility and accountability of being a coach;
- the specific biologic considerations for athletes of various age groups;
- preparation needed to conduct an effective first meeting with players;
- methods of team selection and position placement;
- effective teaching and motivational methods;
- specialized concerns associated with coaching and team play, and how to handle these ethically;
- common administrative functions of coaches;
- legal implications and liability associated with coaching.

**Performance** Each student will be expected to *Demonstrate/Practice* . . .
- techniques which demonstrate effective coaching in two separate team sports: softball and soccer, and basketball and volleyball;
- accurate assessment of skills needed by players;
- accurate analysis of skills level and ability of players.

**Attitudinal** Each student will be expected to *Believe/Feel/Think* . . .
- the respect, status, responsibility, and obligation to athletes associated with the role of coach.