

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Foundations in Coaching
COURSE NUMBER	EXSC-0203
DIVISION	Math, Science, Business & Technology
DEPARTMENT	Exercise Science
CIP CODE	24.0101
CREDIT HOURS	3
CONTACT HOURS/WEEK	Class: 3
PREREQUISITES	None
COURSE PLACEMENT	None

COURSE DESCRIPTION

This course will be a comprehensive overview in the foundations of coaching. This course will be an introductory level for those students who are interested in pursuing a career in coaching.

TEXTBOOKS

<http://kckccbookstore.com/>

METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE

- I. Formulating the General Philosophy
 - A. Philosophy of interscholastic athletes
 - B. Sportsmanship
 - C. Role of the Coach
 - D. Relationship with other coaches
 - E. Relationship with officials
 - F. Relationship with administration
- II. Growth and Development
 - A. Physical and mental growth of an athlete
 - B. Conditioning of athletes
 - C. General principles of Strength Training
 - D. Nutrition

- III. Sports Medicine
 - A. Prevention of Common Sports Injuries
 - B. Care of Common Sports Injuries
 - C. Rehabilitation of Common Sports Injuries
 - D. Essential Medical Records
- IV. Psychology
 - A. Effective Communication
 - B. Positive Coaching
 - C. Goal Setting
 - D. Motivation
 - E. Maintaining Discipline
- V. Pedagogy
 - A. Planning for the Season
 - B. Planning effective instruction
 - C. Evaluating coaching effectiveness
- VI. Sports Management
 - A. Administrative responsibilities
 - B. Legal issues in coaching
 - C. Insurance for athletes and coaches

COURSE LEARNING OUTCOMES

Upon successful completion of this course, the student will:

- A. The student will be able to know how to develop a general coaching philosophy.
- B. The student will be able to define the principle goals of coaching.
- C. . The student will be able to develop strategies to evaluate the success of an athletic program.
- D. The student will be able to know how to describe the principles of good sportsmanship toward the players, officials and spectators.
- E. The student will be able to describe training principles relating to nutrition, weight training and physical conditioning.
- F. The student will be able to describe components needed to maintain a safe training facility.
- G. The student will be able to describe components relating to injury prevention and rehabilitation programs for athletes.
- H. The student will be able to determine appropriate techniques to communicate with athletes, officials, and community.

ASSESSMENT OF COURSE LEARNING OUTCOMES AND COMPETENCIES

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES

Student Handbook

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

College Catalog

<https://www.kckcc.edu/academics/catalog/index.html>

College Policies and Statements

<https://www.kckcc.edu/about/policies-statements/index.html>

Accessibility and Accommodations

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.