

# MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

## COURSE OUTLINE

**DEPT. PHED**

**COURSE NUMBER: 1180**

**NUMBER OF CREDITS: 3**

**Lecture: 3 Lab: 0 OJT: 0**

### Course Title:

Principles of Coaching

### Catalog Description:

Principles of Coaching introduces students to the basic principles, philosophies, and theories associated with effective coaching. This course emphasizes sport pedagogy, enhanced communication and motivational skills, and coaching philosophies to become more effective teachers/coaches. Principles of Coaching will provide knowledge that should improve team relationships, risks, and self-management skills.

### Prerequisites or Necessary Entry Skills/Knowledge:

None

### FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- Goal 1: Communication: By meeting the following competencies:
- Goal 2: Critical Thinking: By meeting the following competencies:
- Goal 3: Natural Sciences: By meeting the following competencies:
- Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- Goal 7: Human Diversity: By meeting the following competencies:
- Goal 8: Global Perspective: By meeting the following competencies:
- Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- Goal 10: People and the Environment: By meeting the following competencies:

### Topics to be Covered (General)

Coaching ethics.

Strategies and terminologies as it relates to sports teams.

S.W.O.T (Strength, Weakness, Opportunity, Threats) analysis as it relates to sports programs.

Legal responsibilities of a coach and staff.

Public relations in regard to sporting teams

Budgeting, coaching philosophies, coaching objectives, and goal setting.

Motivational skills and how to connect with an athlete or athletic team.

Coaching ethics.
Researching transformational vs transactional coaching styles.
Diversity in sport.
Sport pedagogy.

<b>Student Learning Outcomes</b>
Evaluate and research strategies as they relate to sports.
Demonstrate appropriate communication skills.
Define and demonstrate S.W.O.T (Strength, Weakness, Opportunity, Threats) analysis and explain knowledge of the four areas.
Define and describe the sport pedagogy as it relates to coaching.
Discuss and define the legal aspects of coaching.
Understand and demonstrate motivational skills and identify different athlete personalities.
Demonstrate knowledge of budgeting, goal setting, and public relations
Describe how diversity in age, race, gender, orientation, and culture is related to athletics.
Understand and describe transformational and transactional coaching styles.

<b>Is this course part of a transfer pathway: Yes <input type="checkbox"/> No <input checked="" type="checkbox"/></b> <small>*If yes, please list the competencies below</small>
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Revised Date: 2/20/2023