DEPT. PHED                      COURSE NUMBER: 1180

NUMBER OF CREDITS: 3

COURSE TITLE: Principles of Coaching

CATALOG DESCRIPTION: 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.

AUDIENCE: All students that are interested in Coaching and the Sport Management field.

FULFILLS MN TRANSFER CURRICULUM AREA(S) *(Leave blank if not applicable)*
Area: by meeting the following competencies:
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Area: by meeting the following competencies:

PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE: None

LENGTH OF COURSE: One Semester

THIS COURSE IS USUALLY OFFERED:
Every other year □ fall □ spring □ summer □ undetermined □

Four goals are emphasized in course at Minnesota West Community & Technical College:

1) ACADEMIC CONTENT: The academic objectives of this course are:
   a. To have a general knowledge of the principles of coaching
   b. To know the basic criteria in formulating athletic budgets.
   c. To know several methods of motivational skills and their uses.
   d. To put into practice coaching philosophies, coaching objectives, and goal setting for appropriate age groups.
2) THINKING SKILLS: This course will help students improve the effectiveness of their thinking skills through:
   a. Understanding coaching concepts
   b. Researching of information and organization of group and individual presentations.
   c. Analytical thinking for appropriate problem-solving techniques.

3) COMMUNICATIONS SKILLS: This course will help students improve their oral and written communication skills through:
   a. Interactive lecture/group and individual presentations.
   b. To discuss orally and written interpretations within the concepts of coaching.

4) HUMAN DIVERSITY: This course will help students recognize, understand, and appreciate human diversity through:
   a. Working with others in a small group setting.
   b. The fostering of a classroom that is sensitive, respectful, and “safe” for the exploration of diversity issues as they relate to coaching.

TOPICS TO BE COVERED:
- Natures and Benefits of coaching
- Researching transformational vs trans actual coaching styles
- Strategies and terminologies of sports
- Legal responsibilities
- Motivational skills
- Ethics
- Public Relations
- Budgeting

LIST OF EXPECTED COURSE OUTCOMES: To gain an overall knowledge of the aspects of coaching which include; philosophies, goal setting, communication skills, budgeting, and self-management.

LEARNING/TEACHING TECHNIQUES used in the course are:
- Collaborative Learning
- Problem Solving
- Student Presentations
- Interactive Lectures
- Creative Projects
- Individual Coaching
- Lecture
- Films/Videos/Slides
- Demonstrations
- Other (describe below)
- Lab

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:
- Reading
- Tests
- Individual Projects
- Oral Presentations
- Worksheets
- Collaborative Projects
- Textbook Problems
- Papers
- Portfolio
- Group Problems
- Term Paper
EXPECTED STUDENT LEARNING OUTCOMES:

- Students will investigate and explain sport pedagogy.
- Students will demonstrate appropriate communication skills.
- Students will define and submit Philosophies, coaching objectives and goal setting.
- Students will explore and demonstrate the use of motivational skills.
- Students will investigate and prepare an athletic budget.
- Students will define and describe legal issues as it relates to coaching.

**Veteran Services:** Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

The information in this course outline is subject to revision

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or via your preferred Telecommunications Relay Service.

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