

KIN 0088 - INTRODUCTION TO COACHING TEAM SPORTS

Catalog Description

Formerly known as PHED 88

Hours: 54 lecture

Description: Designed for students interested in coaching team sports. Emphasizes the components of team concepts and the organizational skills needed to implement and conduct a team sport program. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Outline coaching philosophies for various sports.
- CSLO #2: Critique a summer conditioning program for a specific sport of choice.
- CSLO #3: Describe the social aspects of team sports.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

54

Outside of Class Hours

108

Total Student Learning Hours

162

Course Objectives

1. Describe the phases of building a team sports program;
2. Define the concepts of the social aspects of team sports;
3. Compare and contrast coaching philosophies and their relationship to team sports;
4. Apply goal setting skills learned, develop a set of goals for the season, for the month, for the week and for the day;
5. Write a practice plan employing various techniques learned, that demonstrates organization and logical progression;
6. Explain diversity and how it factors into team sports;
7. Differentiate coaching styles in two coaches that have been observed;
8. Outline a summer conditioning program to be used to develop strength and flexibility in team members;
9. Develop a complete coaching philosophy statement addressing such topics as style of play, style of player, discipline, fund raising, off season practice, conditioning, teaching and learning techniques, legal and ethical considerations;
10. Design a complete player handbook including game and practice schedule, equipment needs, off season conditioning, fund raising, and team rules; and
11. Observe and evaluate one team practice and one game competition.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Essay Examinations
 - Example: Students will take an essay exam on the sociological issues in team sports. Example: Explain diversity and how it factors into team sports.
- Projects
 - Example: Students will develop a list of duties that fall under the jobs of an assistant coach.
- Reports
 - Example: In a report, students will compare and contrast the basic learning styles of athletes.

Repeatable

No

Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Instructor lecture on the coaching challenges. Students are given the opportunity to apply theory to practice by role playing activities on discipline, handling parents, conducting a mock practice, and running a drill station.

Distance Learning

1. The instructor will lead an on-line lecture on the coaching challenges in high school athletics. The students will offer and post examples of the various challenges a coach may encounter when coaching a high school team. Students are expected to read and comment on other student posts.

Typical Out of Class Assignments Reading Assignments

1. Read Chapter "Is Coaching the Career for You." Study the points and examples illustrated. Review the pros and cons of the coaching profession and apply to your philosophy statement project.
2. Read Chapter "The Assistant Coach." Review the stated qualifications and personal traits listed. Refer to these desired qualities in your philosophy statement project.

Writing, Problem Solving or Performance

1. Using a case study, students will evaluate a discipline problem, determine the appropriate course of action, and compare with the

decision of other class members. 2. Students will use game video, scouting reports and prior knowledge to problem-solve an effective approach to prepare a game plan.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Successful Coaching
 - Author: Rainer Martens
 - Publisher: Human Kinetics
 - Publication Date: 2015
 - Text Edition: 5th
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.

Coaching and Control - William Warren Various articles from Scholastic Coach