

KIN 0100 - COACHING THE YOUNG ATHLETE

Catalog Description

Hours: 54 lecture

Description: Students will be introduced to the challenges of age and gender specific considerations in training of young athletes. Topics include training guidelines for young athletes, stages of athletic development, long-term training plans, specific strategies of motivation related to age groups, and providing an environment that promotes learning and fun. (CSU)

Course Student Learning Outcomes

- CSLO #1: Compare and contrast coaching philosophy and coaching styles.
- CSLO #2: Compare and contrast coaching specific communication techniques for diverse athletes.
- CSLO #3: Explain the various ways to analyze an athlete's method of learning.
- CSLO #4: Explain how to communicate athletic performance to various age groups.
- CSLO #5: Explain how to address parental concerns regarding their child athlete.

Effective Term

Fall 2018

Course Type

Credit - Degree-applicable

Contact Hours

54

Outside of Class Hours

108

Total Student Learning Hours

162

Course Objectives

1. Apply appropriate age specific psychological techniques to enhance communication for athletic performance.
2. Demonstrate an understanding of the training guidelines according to the athlete's stage of maturation.
3. Define his/her coaching philosophy and the characteristics of different coaching styles.
4. Evaluate the role of the coach in prevention and rehabilitation of common sport injuries.
5. Design a parent orientation program to assist parents in understanding their roles in their children's sports experience.
6. Describe how coaches can develop good character and sportsmanship in their athletes.
7. Distinguish special considerations in coaching diverse athletes including age, gender, cultural background, sexual orientation, and ability.

8. Analyze each athletes style/method of learning, developing an appropriate pedagogy

General Education Information

- Approved College Associate Degree GE Applicability
- 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

Methods of Evaluation

- Classroom Discussions
 - Example: Classroom discussion with take place with "mock" interactions with hostile parents. Students will take turns becoming a hostile parent in which the parent is upset about playing time and the student will need to deescalate the situation.
- Essay Examinations
 - Example: Student will write a five page essay analyzing the psychological techniques for motivating under 15 athletes.
- Problem Solving Examinations
 - Example: Student will be provided with four different cardiovascular training methods, and the student must asses which method is best suited for each athlete.

Repeatable

No

Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Lectures on proper training methods and pedagogy styles. Instructor will utilize power points and video, while the students take notes and participate.

Distance Learning

1. Students will follow a PowerPoint lecture on plyometric box jumps & bounding, then complete a study guide/ worksheet based on the individual chapter. Students are also expected to post their worksheets for other students to review and comment on a minimum of 3 other student posts.

Typical Out of Class Assignments Reading Assignments

1. Read "The Art of Coaching Young Athletes," 2011 Rick Peterson. Write a three page paper comparing at least two different coaching methods described by Peterson.
2. Read "Strength & Conditioning for Young Athletes," 2014 Rhodri Lloyd & Jon Oliver. Write a three page essay on the training methods and pedagogy used in each.

Writing, Problem Solving or Performance

1. Develop a ball handling program for a boy's basketball team, including a long and short term plan for assessing improvement.
2. Develop a

3 month plan for improving spiking and setting for a 7th grade girl's volleyball team.

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

Required Materials

- The Young Athlete: A Sports Doctor's complete Guide for Parents
 - Author: Jordan D. Metzl
 - Publisher: Little, Brown
 - Publication Date: 2015
 - Text Edition: 3rd
 - Classic Textbook?:
 - OER Link:
 - OER:
- Guiding the Young Athlete: All You Need to Know
 - Author: David Jenkins & Peter Reaburn
 - Publisher: Allen & Unwin
 - Publication Date: 2014
 - Text Edition: 4th
 - Classic Textbook?:
 - OER Link:
 - OER:

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