

## Master Syllabus

### ENS 2414 - Foundations of Coaching

**Division:** Liberal Arts, Communication and Social Sciences

**Department:** Physical Education

**Credit Hour Total:** 3.0

**Lecture Hrs:** 3.0

**Date Revised:** December 2015

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#### Course Description:

Foundations of Coaching will cover many aspects of coaching in today's sport-rich society. Topics include youth, collegiate and professional sport, coaching models, training, coaching networking and professional growth. Other discussions will cover sport-specific topics.

#### General Education Outcomes:

- Oral Communication Competency
- Critical Thinking/Problem Solving Competency

#### Course Outcomes:

##### Organization

Demonstrate an ability to organize and coach sport activities.

**Assessment Method:** Performance appraisals

**Performance Criteria:** Student scores 70% or higher on skills assessment.

##### Coaching Impact

Relate the importance of coaching and its impact on members of the team, team personnel, staff and community.

**Assessment Method:** Locally developed exams

**Performance Criteria:** Correctly answer 70% of exam questions.

##### Coaching Techniques

Develop a wide variety of coaching techniques within a specified sport.

**Assessment Method:** Performance appraisals

**Performance Criteria:** Students score 70% or higher on skills assessment.

##### Skill Progression

Appraise skill progression and associated drill structure.

**Assessment Method:** Locally developed exams

**Performance Criteria:** Correctly answer 70% of exam questions.

#### Outline:

Sport specific drills  
Coaching today's youth  
Physical differences among genders and age groups  
Organizational skills and strategies  
Conducting effective meetings  
Conducting effective practices  
Game time strategies