

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

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
- Critical Thinking/Problem Solving

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