



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2018

PE2450 (A2): Introduction to Coaching Theory – 3 (3-0-0) 45 Hours

INSTRUCTOR: Chantelle LaMotte **PHONE:** (780) 539-2972
OFFICE: K221 **E-MAIL:** clamotte@gprc.ab.ca

OFFICE HOURS: Wednesday 9:30am- 10:30am or by appointment

CALENDAR DESCRIPTION:

This course introduces you to a variety of coaching topics of both a theoretical and a practical nature. Topics include Long Term Athlete Development principles, role of the coach and coach responsibilities in structuring a team and program. National Coaching Certification Program Part A and B (Multisport Competitive Introduction stream certification materials are included).

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

1. Martens, R. (2012). *Successful Coaching (4th ed.)*. Windsor, ON; Human Kinetics.
2. NCCP Introduction to Competition, Part A, Coaching Association of Canada, 2007 (Available in Class)
3. NCCP Introduction to Competition, Part B, Coaching Association of Canada, 2007 (Available in Class)
4. Additional Resources as designated by the instructor.

DELIVERY MODE(S): This course work will be delivered in a blended format using a variety of teaching methods including lecture, case studies, in-class discussions, practical gym session, exams, and final assignment.

COURSE OBJECTIVES:

1. To introduce the student to a variety of coaching topics both of a theoretical and a practical nature.
2. To provide students an opportunity to meet the standards, as set by the Coaching Association of Canada, to receive certification in the National Coaching Certification Program (NCCP) Part A and Part B Theory Levels.
3. To give students an opportunity to apply the theory to practical coaching situations and provide immediate feedback to be applied immediately.
4. To expose students to research elements meant to strengthen the balance of practitioner-scholar status in the field of coaching.

LEARNING OUTCOMES:

1. Students will discuss and construct a working definition for their own coaching philosophy and values associated with the practice of coaching.
2. Students will define effective use of behavioral change measures and generate methods for helping athletes change in a positive manner.
3. Students will analyze athlete dietary choices and practices and generate more effective methods for athlete nutrition practices
4. Students will analyze their current sport demands and construct practice and season plans according to Long term Athlete Development.
5. Students will participate and discuss effective mental skill strategies employed in sport domains for use in coaching practices.
6. Students will identify and organize key teaching and learning principles for effective coaches and construct a presentation according to their experiences.
7. Students will participate in active and engaging experiential classroom and coaching practices in order to strengthen an appreciation for the profession of coaching.

TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Ongoing personal reflection journal	15 %
Coach Interview & Presentation Assignment	5 %
Midterm exam	20 %
NCCP Part A & B Workbook	30% (15% each Part A & B)
Final Exam	30%

NCCP Part A and B Workbook Review	30 %: Graded 15 % for each of the workbooks. Students will NOT receive coaching certification or the grades if attendance is not adhered to and books are not submitted on time
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GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Course Schedule & Associated Readings

- ❖ Order of events in course schedule subject to change dependent upon arrival of NCCP Part A/B Material
- ❖ Any changes will be discussed in class, will be emailed to students & posted on Moodle
- ❖ **Please check your GPRC email & Moodle messenger for course correspondence**
- ❖ **No class Oct 8th –Thanksgiving & Nov. 12 - Fall Break**

Dates	Topic	Description	Assignments Due
Sept 5	Introduction	Course Outline, Resource Assignment description	
September 10, 12	The Role of a Coach	Developing a coaching philosophy Importance of Investment	What’s your Why? Sept.12
September 17, 19	Creating a culture	Ethics & Integrity	Coaching Interview Due & Presentations Sept. 19
September 24, 26	NCCP Model	Sport Model; NCCP structure	
October 1, 3	Planning & Preparation	Season, Practice & Drill planning, Phases of competition/ level of learner	

October 10	Midterm		
October 15, 17	Feedback Delivery	Timing; type of feedback Methods of delivery Descriptive feedback	
October 22	Expert Panel	Questions & Discussion with an expert panel of coaches	Have additional question prepared
October 24	Leading a drill / Feedback delivery	GYMNASIUM	In class practical evaluations
October 29, 31	Using Integrated Resources	Nutritionist Strength & Conditioning	
November 5, 7	Mental Training Skills	Exploring Psychology of Sport	
November 14	Team Selection	Easing the Pain of Cutting Kids from Sport: Best practices? Dr. Lauren Sulz Regionalism; Large numbers; Crucial Conversations	
November 19, 21	NCCP Module Dependent	TBA	
November 26, 28	NCCP Module Dependent	TBA	
December 3	Final Exam Review		Journal Due
December 5	Hand in NCCP Part A & Part B		Hand in NCCP Part A & Part B
Dec. 9-19	FINAL EXAM PERIOD	FINAL EXAM TBA	

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at
www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

- All assignments must be submitted in typed format adhering to ALL APA format requirements.
- Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.
- Regular attendance is *integral* to success in this course. Classroom activities structure and support student comprehension of materials, content clarification, relevant peer questions and support. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
- **Smart phones, & PDAs must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors.** Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.