



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2020

PE2450 (A2): Introduction to Coaching Theory – 3 (3-0-0) 45 Hours 15 Weeks

INSTRUCTOR: Chris Nicol
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OFFICE HOURS: Email for 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:

NCCP Materials will be coordinated through class

1. NCCP Introduction to Competition, Part A, Coaching Association of Canada
2. NCCP Introduction to Competition, Part A Workbook, Coaching Association of Canada
3. NCCP Introduction to Competition, Part B, Coaching Association of Canada
4. NCCP Introduction to Competition, Part B workbook Coaching Association of Canada
5. Additional Readings and 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.

FALL 2020 DELIVERY: Remote Delivery. This course is delivered remotely. There are no face-to-face or onsite requirements. Students must have a computer with a webcam and reliable internet connection. Technological support is available through helpdesk@gprc.ab.ca.

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:

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:

Coursework	40%
Assignments, Readings, Viewings, Etc	
Discussion & Reaction Activities, Coach Interview	
NCCP Workbook Activities, Completion	
Presentation	10%
Midterm Exam	20%
Final Exam	30%

GRADING CRITERIA:

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: *note that changes are possible*

TU	TOPIC	TH	TOPIC
		S3	Introduction
S8	Developing a Coaching Philosophy	S10	Developing a Coaching Philosophy
S15	Long Term Athlete Dev	S17	Long Term Athlete Dev
S22	NCCP: Basic Mental Skills	S24	NCCP: Basic Mental Skills
S29	NCCP: Practice Planning	O1	NCCP: Practice Planning
O6	NCCP: Teaching & Learning	O8	NCCP: Teaching & Learning
O13	Fall Break	O15	Fall Break
O19	NCCP: Design Basic Sport Pr	O22	NCCP: Design Basic Sport Pr
O27	NCCP: Making Ethical Decisions	O29	NCCP: Making Ethical Decisions
N3	MIDTERM	N5	Coaching for Character
N10	Creating a Culture	N12	Teaching through Games
N17	Motivating Your Athletes	N19	Motivating Your Athletes
N24	PRESENTATIONS	N26	Skill Analysis
D1	Concussions in Sport SN	D3	Incorporating Conditioning SF
D8	Coach Panel Discussion	D10	No Class
Dec 11 - Dec 19 EXAMS			

Course Schedule & Associated Readings

- ❖ Readings and Assignments will be posted on Bright Space Learning Platform
- ❖ Please check your GPRC email & messenger for ongoing course correspondence

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 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 of 10% per day 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 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.