

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Winter 2023

PE2450 (A3): Introduction to Coaching Theory – 3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR:	Julia Dutove, Ph.D.	PHONE:	780-539-2974
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OFFICE HOURS:	By appointment		

CALENDAR DESCRIPTION: This course introduces students 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. Students will have the opportunity to gain National Coaching Certification Program (NCCP) certification.

PREREQUISITE/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

NCCP materials (Coach workbooks and reference materials) will be available for purchase at the Bookstore. Purchase of materials is mandatory to receive NCCP certification.

DELIVERY MODE: This is an in-person course. This course will be delivered via lectures, class discussions, group work, in-class activities, and individual student work that includes various delivery methods.

COURSE OBJECTIVES:

1. To introduce the student to a variety of coaching topics both of a theoretical and 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) Competition Introduction Multi-Sport modules.
3. To give students an opportunity to apply the theory to practical coaching situations and provide feedback.
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 ethical coaching and apply an ethical decision-making model to coaching situations.
3. Students will analyze their current sport demands and construct practice and season plans according to principles of long-term development (LTD).
4. Students will participate and discuss effective mental skill strategies employed in sport domains for use in practice and competition.
5. Students will identify and organize key teaching and learning principles for effective coaches and construct a presentation according to their experiences.
6. Students will participate in active and engaging experiential classroom and coaching practices to strengthen an appreciation for the profession of coaching.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** 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:

NCCP Module Completion	20%
Assignments	15%
Coach Shadowing	20%
Presentation	15%
Final Exam	30%
Total	100%

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

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

STUDENT RESPONSIBILITIES:

- To complete the NCCP Modules, students will do work in class and homework assignments. All modules must be complete to receive certification, therefore it is important to be present and actively engaged throughout the semester. Students who miss class or required components may not be eligible for certification or successful course completion.
- Instructions for all evaluations will be provided on myClass, including due dates, late penalties, and grading criteria.
- If you have a significant issue or concern (e.g., illness or family emergency), contact the instructor as soon as possible.

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 Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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

COURSE SCHEDULE/TENTATIVE TIMELINE (subject to change):

Lecture: Mondays & Wednesdays, 4-5:20pm (J201 unless otherwise noted)

Date	Topic	Homework
Jan 4	Course Introduction	Create Locker account
Jan 9	Teaching & Learning	
Jan 11	Teaching & Learning	
Jan 13	Add/Drop Deadline	
Jan 16	Teaching & Learning	
Jan 18	Teaching & Learning	
Jan 23	Planning a Practice	
Jan 25	Planning a Practice	
Jan 30	Planning a Practice	
Feb 1	Planning a Practice	Equipment list due
Feb 6	Coaching Philosophies	Coach shadowing plan due
Feb 8	Skill Teaching (Gym)	Emergency Action Plan due/Skill teaching
Feb 13	Skill Teaching (Gym)	Skill teaching
Feb 15	Skill Teaching (Gym)	Skill teaching
Feb 20-24	No Classes (Winter Break)	
Feb 27	Basic Mental Skills	Practice plan due
Mar 1	Basic Mental Skills	
Mar 6	Basic Mental Skills	
Mar 8	Developing a Basic Sport Program	
Mar 13	Developing a Basic Sport Program (A313)	
Mar 15	Developing a Basic Sport Program (A313)	
Mar 20	Developing a Basic Sport Program (A313)	
Mar 22	Presentation Work Day	
Mar 27	Making Ethical Decisions	Season plan due
Mar 29	Making Ethical Decisions	
Mar 29	Last Day to Withdraw	
Apr 3	Making Ethical Decisions	Coach shadowing due
Apr 5	Presentations	Presentations
Apr 10	Presentations	MED test due/Presentations
Apr 12	Presentations	Presentations
Apr 14-24	Final Exam	

