

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
PE 2600 - INTRODUCTION TO COACHING
COURSE OUTLINE - WINTER 1993

INSTRUCTOR: Leigh Goldie Office K219 Phone 539-2978

CLASS TIMES: Monday, Wednesday and Friday 9:00 - 9:50 am

COURSE OBJECTIVES:

1. To study and understand current theories of coaching from philosophical, pedagogical, biophysical and psychosocial perspectives.
2. To acquire the skills and knowledge necessary to apply the theory to practical coaching situations.
3. To achieve NCCP Level 1 Theory certification.

TRANSFERABILITY:

University of Alberta	PESS 260 (3)
University of Calgary	Jr. PHED (3)
University of Lethbridge	PHED 2980

COURSE TEXTS:

NCCP Level One Theory Manual (1988). Gloucester: Coaching Association of Canada
Walton, G.M. (1992). *Beyond winning*. Champaign, IL: Leisure Press

<u>EVALUATION:</u>	Mid-term Test	20%
	Final Exam	30%
	Coaching practical or project	30%
	Term assignments	20%

*In order to be certified in the NCCP program you must attend all classes.

COURSE SCHEDULE

- Jan. 6 - Course outline, introductory video
- Jan. 8 - Administrivia, **1** - Planning
- Jan. 11 - **2**- Role of the coach
- Jan. 13 - "
- Jan. 15 - "
- Jan. 18 - "
- Jan. 20 - Vince Lombardi
- Jan. 22 - **3**- Growth and development
- Jan. 25 - "
- Jan. 27 - **4**- Sport safety
- Jan. 29 - "
- Feb. 1 - "
- Feb. 3 - Woody Hayes
- Feb. 5 - Coaching issues
- Feb. 8 - **Mid-term Test**
- Feb. 10 - **5**- Analysis of skills
- Feb. 12 - "
- Feb. 17 - John Wooden
- Feb. 19 - Coaching panel - school system
- Mar. 1 - **6**- Development of skills
- Mar. 3 - "
- Mar. 5 - "
- Mar. 8 - "
- Mar. 10 - Doc Counsilman
- Mar. 12 - Dev. of skills
- Mar. 15,17,19 - Coaching videos and films
- Mar. 22 - Discussion of coaching practicals and projects
- Mar. 24 - Brutus Hamilton
- Mar. 26 - **7**- Physical preparation
- Mar. 29 - "
- Mar. 31 - "
- Apr. 2 - "
- Apr. 5 - "
- Apr. 7 - Percy Cerutty
- Apr. 12 - Coaching panel - college
- Apr. 14 - **8**- Planning
- Apr. 16 - Wrap-up