

GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS  
PE 2600 - INTRODUCTION TO COACHING  
COURSE OUTLINE - WINTER 1995

INSTRUCTOR: Leigh Goldie    Office K219                      Phone 539-2978

CLASS TIMES: Monday, Wednesday and Friday    1:00 - 1:50 pm

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 and 2 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.

NCCP Level Two Theory Manual. 1989. Gloucester: Coaching Association of Canada.

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|---|------------|
| <u>EVALUATION:</u> Mid-term Test - Mon., Feb. 6 | 20%        |
| Final Exam - Final exam week                    | 30%        |
| Coaching practical or project                   | 30%        |
| Term assignments                                | <u>20%</u> |
|   | 100%       |

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

## COURSE SCHEDULE

Jan. 4 - Course outline, introductory video  
Jan. 6 - Administrivia, 1 - Planning  
Jan. 9 - 2- Role of the coach  
Jan. 11 - "  
Jan. 13 - "  
Jan. 16 - "  
Jan. 18 - Seminar  
Jan. 20 - 3- Growth and development  
Jan. 23 - "  
Jan. 25 - 4- Sport safety  
Jan. 27 - "  
Jan. 30- "  
Feb. 1 - Seminar  
Feb. 3 - Coaching issues  
Feb. 6 - Mid-term Test  
Feb. 8 - 5- Analysis of skills  
Feb. 10 - "  
Feb. 13 - "  
Feb. 15 - Seminar  
Feb. 17 - Sport sciences in the 1990's  
Mar. 6 - 6- Development of skills  
Mar. 8 - "  
Mar. 10 - "  
Mar. 13 - "  
Mar. 15 - "  
Mar. 17 - "  
Mar. 20, 22, 24 - Coaching panels  
Mar. 27 - Seminar  
Mar. 29 - 7- Physical preparation  
Mar. 31 - "  
Apr. 3 - "  
Apr. 5 - "  
Apr. 7 - "  
Apr. 10 - "  
Apr. 12 - Seminar  
Apr. 17 - 8- Planning  
Apr. 19 - Wrap-up