

GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS  
PE 260 - INTRODUCTION TO COACHING  
COURSE OUTLINE - WINTER 1992

INSTRUCTOR: Leign 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 and 2 Theory certification

TRANSFERABILITY:

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

COURSE TEXTS: The NCCP Level 1 and 2 Theory Manuals will be available from the instructor at no cost. In addition, the following text will be available from the bookstore:

Sabock, R. J. 1991. *Coaching: a realistic perspective, 4th ed*  
San Diego, CA: Collegiate Press.

EVALUATION:

Test No. 1	30%
Test No. 2	40%
Coaching practical or project	30%

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