

**GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS**

**PE 3450  
Introduction to Coaching Theory  
Course Outline Winter 2007**

**I. General Information**

**Instructor:** Harry Stevens  
**Office:** K 219  
**Phone:** 539-2974  
**Class Time:** Tues and Thurs: 1430-1550  
**Place:** D308  
**Credit:** 3 Credits  
Equivalent to PEDS 345 (3 credits)--U of A.  
KNES 331 (3 credits)-- U of C.  
KNES 2986 (3credits)-- U of L.

**II. 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 Canadian, to receive certification in the NCCP Part A and Part B Theory Levels.
3. To provide students an opportunity to apply the theory to practical coaching situations.

**III. Resources**

Required Texts: 1. NCCP, Introduction to Competition, Part A, Coaching Association of Canada, 2003.  
2. NCCP, Introduction to Competition, Part B, Coaching Association of Canada, 2003.

#### **IV. Class Format**

The mark breakdown for the course will be as follows:

Term assignments (ie. book report)	20%
Part A Test	20%
Part B Test	25%
Coaching Practical/Presentation	<u>35%</u>
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\*\*\* *Regular attendance and participation are expected at ALL sessions as much of the information provided cannot be obtained in any other way. **Attendance** is required at **all classes** in order to be certified in the NCCP program. Students who miss class due to medical reasons MUST present medical verification to their instructor(See GPRC Calendar pg 40). Last day to withdraw with permission is March 2, 2007.*

#### **V. Course Evaluation**

Grading System will be one of the documents placed on the Blackboard system. Please check with the instructor or the library on how to access this Learning Management System.

See Schedule on next page:

**VI. Schedule**

<b><u>DATE:</u></b>	<b><u>TOPIC</u></b>
Jan 4	Introduction to Coaching Course
Jan 9	Introduction to the "NEW" NCCP, Role of the coach
Jan 11	Make Ethical Decisions
Jan 12	" "
Jan 18	Applying the Process/ Planning a Practice
Jan 23	Safety Considerations
Jan 25	Liability as a Coach, Risk Management
Jan 30	Planning an Activity to Develop Basic Skills
Feb 1	Athlete training, Sport Nutrition
Feb 6	Sport Nutrition/card game quiz
Feb 8	Coaching Panel
Feb 13	Review for test Part A
Feb 15	Test Part A
Feb 19-23	Reading Week (no classes)
Feb 27	Take up Test 1 and NCCP PART B Introduction
Mar 1	Analysis of Coaching Situation and preferred learning styles
Mar 6	creating favourable conditions
Mar 8	end 4.3 feedback
Mar 13	Guest Speaker and section 1 basic design
Mar 15	Guest Speaker and section 2
Mar 17	Section 3 to 4.4
Mar 20	section 4.4
Mar 22	section 5, Basic mental skills sections 1
Mar 27	Basic mental skills sections 2-3
Mar 29	Basic mental skills sections 4-5 (Guest Speaker)
April 3	Coaching Guest Speaker +
April 5	Review for test Part B
April 10	Test Part B
April 12	Presentations of practical coaching experiences