

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

**PE 3450
Introduction to Coaching Theory
Course Outline Winter 2008**

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:

- (See instructor)
1. NCCP, Introduction to Competition, Part A, Coaching Association of Canada, 2007.
 2. NCCP, Introduction to Competition, Part B, Coaching Association of Canada, 2007.

IV. Class Format

The mark breakdown for the course will be as follows:

Workbook	10%
Book report	10%
Part A Test	25%
Part B Test	25%
Coaching Practical/Presentation	<u>30%</u>
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- *** Attendance at lectures and class participation are important components of courses. Students serve their interests best by regular attendance. Those who choose not to attend must assume whatever risks are involved. Students who miss class due to medical reasons MUST present medical verification to their instructor. Last day to withdraw with permission is Nov 7, 2008.

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

<u>DATE:</u>	<u>TOPIC</u>
Jan 3	Introduction to Coaching Course
Jan 8	Introduction to the “NEW” NCCP, Role of the coach
Jan 10	Make Ethical Decisions
Jan 15	“ “
Jan 17	Applying the Process/ Planning a Practice
Jan 22	Safety Considerations and Liability as a Coach, Risk Management
Jan 24	Planning an Activity to Develop Basic Skills and optional section
Jan 29	Athlete training 7-9, start 10
Jan 31	Athlete training 10-11, Sport Nutrition
Feb 5	Sport Nutrition/card game quiz
Feb 7	Coaching Panel, TBA
Feb 12	Review for test Part A
Feb 14	Test Part A
Feb 18-22	Reading Week (no classes)
Feb 26	Take up Test 1 and NCCP PART B Introduction
Feb 28	Analysis of Coaching Situation and preferred learning styles
Mar 4	Creating favourable conditions
Mar 6	End 4.3 feedback
Mar 11	Section 1 basic design
Mar 13	Guest Speaker and section 2
Mar 18	Section 3 to 4.4
Mar 20	Section 4.4
Mar 25	Section 5, Basic mental skills sections 1
Mar 27	Basic mental skills sections 2-3
April 1	Basic mental skills sections 4-5 Review for test Part B
April 3	Guest Coach (TBA)
April 8	Test Part B
April 10	Presentations of practical coaching experiences