

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

**PE 3450  
Introduction to Coaching Theory  
Course Outline Winter 2009**

**I. General Information**

**Instructor:** Harry Stevens  
**Office:** K 219  
**Phone:** 539-2974  
**Class Time:** Tues and Thurs: 1430-1550  
**Place:** J202  
**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:

Workbooks Part A, B 5% each	10%
Book report	10%
Part A Test	25%
Part B Test	25%
Coaching Practical/Presentation	<u>30%</u>
<hr/>	100%

- \*\*\* 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 Mar 16<sup>th</sup> , 2009.

#### **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 8	Introduction to Coaching Course
Jan 13	Introduction to the “NEW” NCCP, Role of the coach
Jan 15	Make Ethical Decisions
Jan 20	Applying the Process/ Planning a Practice 1.0 - 3.0
Jan 22	Safety Considerations and Liability as a Coach, Risk Management 4.0
Jan 27	Planning an Activity to Develop Basic Skills and optional section 5.0
Jan 29	Matching sport and Athlete Development 6.0 – 7.0
Feb 3	Putting it all together 8.0
Feb 5	Sport Nutrition 1.0 – 6.0
Feb 10	Review for test Part A/card game quiz
Feb 12	Test Part A
Feb 16-20	Reading Week (no classes)
Feb 24	Take up Test 1 and NCCP PART B Introduction
Feb 26	Analysis of Coaching Situation and preferred learning styles
Mar 3	Coaching Panel, Trevor, Grace and Chris.
Mar 5	End 4.3 feedback
Mar 10	Section 1 basic design
Mar 12	section 2 Section 3 to 4.4
Mar 17	Section 4.4 to end book reports 1-3
Mar 19	book reports 4-6 and Guest Speaker(s)
Mar 24	Section 5, Basic mental skills sections 1 BR 7-9
Mar 26	Basic mental skills sections 2-3 BR 10-12
Mar 31	Coaching Panel (TBA)
April 2	Basic mental skills sections 4-5 Guest Coach (TBA)
April 7	Review for test Part B 13-14
April 9	Test Part B
April 14	Presentations of practical coaching experiences