



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY (PEAK)**

**COURSE OUTLINE- FALL 2013**

**PE 3450: INTRODUCTION TO COACHING THEORY**

**INSTRUCTOR:** Leigh Goldie                      **PHONE:** (780) 539-2978  
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**OFFICE HOURS:** By appointment, drop in, or as necessary.

**PREREQUISITE(S)/COREQUISITE:** NA

**REQUIRED TEXT/RESOURCE MATERIALS:**

- **NCCP Introduction to Competition, Part A, Coaching Association of Canada, 2013 (Available in Class)**
- **NCCP Introduction to Competition, Part B, Coaching Association of Canada, 2013 (Available in Class)**

**CALENDAR DESCRIPTION:** This course introduces you to a variety of coaching topics of both a theoretical and a practical nature. NCCP Part A and B training is available.

**CREDIT/CONTACT HOURS:** 3 (3-0-0). PE 3450 includes two (2), eighty- minute (80) classes per week: Monday & Wednesday, 2:30- 3:50 pm.

**DELIVERY MODE(S):** This course work may include lectures, class discussions, group work, and online practice activities, in-class exercises, and individual student work that include various delivery methods.

**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 Canada, to receive training in the National Coaching Certification Program (NCCP) Part A and Part B Theory Levels.
3. To give students an opportunity to apply the theory to practical coaching situations and provide immediate feedback to be applied immediately.
4. To expose students to research elements meant to strengthen the balance of practitioner-scholar status in the field of coaching.

**TRANSFERABILITY:**

PEDS 245 or AUPED 1xx(3 credits)--U of A	KNES 331 (3 credits)-- U of C
KNES 2986 (3 credits)-- U of L	APST 3xx (3 credits)—Athabasca
PHED 2xx (3 credits)—Kings UC	PETH 3xx (3 credits)—Canadian UC
PESS 2xx (3 credits)—Concordia UC	

**GRADING CRITERIA:**

<b>NCCP Part A and B Workbook Tests</b>	<b>40 %: 20 % for each of the workbooks. These tests may include true and false, multiple choice, short answer, and critical thinking questions.</b>
<b>Assignments</b>	<b>25 %: There will be a number of assignments during the term including a coaching interview, coaching observations and article and book reviews.</b>
<b>Coaching Portfolio</b>	<b>35%: This document will be a record of your practical coaching experience</b>

**\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

**PART A and B:** These NCCP workbook components are a requirement of successfully completing the initial courses to the competitive stream of coaching in Canada. Each student who completes these workbooks and projects will receive training in both Part A and B. These workbooks must be completed for any credit to be offered and students must be in attendance in order to receive credit for the training.

<b>GRANDE PRAIRIE REGIONAL COLLEGE</b>			
<b>GRADING CONVERSION CHART</b>			
<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>	<b>Designation</b>
<b>A<sup>+</sup></b>	<b>4.0</b>	<b>90 – 100</b>	<b>EXCELLENT</b>
<b>A</b>	<b>4.0</b>	<b>85 – 89</b>	
<b>A<sup>-</sup></b>	<b>3.7</b>	<b>80 – 84</b>	<b>FIRST CLASS STANDING</b>
<b>B<sup>+</sup></b>	<b>3.3</b>	<b>77 – 79</b>	
<b>B</b>	<b>3.0</b>	<b>73 – 76</b>	<b>GOOD</b>
<b>B<sup>-</sup></b>	<b>2.7</b>	<b>70 – 72</b>	
<b>C<sup>+</sup></b>	<b>2.3</b>	<b>67 – 69</b>	<b>SATISFACTORY</b>
<b>C</b>	<b>2.0</b>	<b>63 – 66</b>	
<b>C<sup>-</sup></b>	<b>1.7</b>	<b>60 – 62</b>	
<b>D<sup>+</sup></b>	<b>1.3</b>	<b>55 – 59</b>	<b>MINIMAL PASS</b>
<b>D</b>	<b>1.0</b>	<b>50 – 54</b>	
<b>F</b>	<b>0.0</b>	<b>0 – 49</b>	<b>FAIL</b>
<b>WF</b>	<b>0.0</b>	<b>0</b>	<b>FAIL, withdrawal after the deadline</b>

## **STUDENT RESPONSIBILITIES:**

- **All assignments must be submitted in typed format adhering to ALL APA format requirements.**
- **Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.**
- **Regular attendance is a key to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, clues as to relevant examination materials. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.**

## **STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:**

- Users of personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to electronic devices in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
- Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- If personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

## **STATEMENT ON PLAGIARISM AND CHEATING:**

Please refer to the College calendar regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.

## **COURSE SCHEDULE/TENTATIVE TIMELINE:**

Week

Sept. 9, 11	Part A - Introduction
Sept. 16, 18	Part A – Making Ethical Decisions
Sept. 23, 25	Part A – Planning a Practice
Sept. 30, Oct 2	Part A – Planning a Practice
Oct. 7, 9	Part A – Nutrition
Oct. 16	Coaching Panel
Oct. 21, 23	Part A Test, Presentation of feedback assignments
Oct. 28, 30	Part B - Teaching and Learning
Nov. 4, 6	Part B – Teaching and Learning
Nov. 13	Part B – Design a Basic Sport Program
Nov. 18, 20	Part B – Design a Basic Sport Program
Nov. 25, 27	Part B – Basic Mental Skills
Dec. 2, 4	Student Presentations
Dec. 9	Coaching Panel