



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE- FALL 2015**

**PE 3450: INTRODUCTION TO COACHING THEORY – 3(3-0-0) 45 HOURS**

**INSTRUCTOR:** Leigh Goldie

**PHONE:** (780) 539-2978

**OFFICE:** K 219

**E-MAIL:** lgoldie@gprc.ab.ca

**OFFICE HOURS:** Call or e-mail for appointments.

**PREREQUISITE(S)/COREQUISITE:** None

**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).

**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.
4. To expose students to research elements meant to strengthen the balance of practitioner-scholar status in the field of coaching.

**LEARNING OUTCOMES:**

1. Implement and appropriately structured and organized practice.
2. Make interventions that promote learning.
3. Develop a program structure based on opportunities for training and competition.
4. Integrate mental preparation strategies into practices and games.
5. Apply the NCCP process for making ethical decisions.
6. Establish and appropriate structure and identify appropriate activities for practices.
7. Provide effective sport nutrition guidance to athletes and parents.

**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.

## GRADING CRITERIA

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

### EVALUATION:

Part A workbook	20%
Part B workbook	20%
Coaching Project	30%
Term Assignments	30%

## **STUDENT RESPONSIBILITIES:**

- **Students must complete all assignments and examinations in order to receive a passing grade in this course. Failure to do so will result in an incomplete (IN) grade which may result in a failing (F) grade.**
- **All assignments are expected to be submitted on the due date. Late assignments might not be accepted.**
- **Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.**

Refer to the College Policy on Student Rights and Responsibilities at [www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES](http://www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES)

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

Refer to the College Student Misconduct: Academic and Non-Academic Policy at [www.gprc.ab.ca/d/STUDENTMISCONDUCT](http://www.gprc.ab.ca/d/STUDENTMISCONDUCT)

**\*\*Note:** all Academic and Administrative policies are available at [www.gprc.ab.ca/about/administration/policies/](http://www.gprc.ab.ca/about/administration/policies/)

## ***UNIVERSITY TRANSFER (If applicable):***

**\*\* 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.**

Please refer to the Alberta Transfer guide for current transfer agreements: [www.transferralberta.ca](http://www.transferralberta.ca)

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

Week

Sept. 7	Part A - Introduction
Sept. 14	Part A – Making Ethical Decisions
Sept. 21	Part A – Planning a Practice
Sept. 28	Part A – Planning a Practice
Oct. 5	Part A – Nutrition
Oct. 12	Coaching Panel
Oct. 19	Part A Test
Oct. 26	Part B - Teaching and Learning
Nov. 2	Part B – Teaching and Learning
Nov. 9	Part B – Design a Basic Sport Program
Nov. 16	Part B – Design a Basic Sport Program
Nov. 23	Part B – Basic Mental Skills
Nov. 30	Student Presentations
Dec. 7	Coaching Panel