



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2016

M/W 2:30-3:50 (LEC) (A2): PE 3450: INTRODUCTION TO COACHING THEORY – 3 (3-0-0)

45 Hours

INSTRUCTOR: Matthew Bain **PHONE:** (780) 539-2974
OFFICE: K 221 **E-MAIL:** mbain@gprc.ab.ca
OFFICE HOURS: Monday 10:30-11:30 am & Thursday 1:30 -2:30 pm or by appointment

CALENDAR DESCRIPTION: This course introduces you to a variety of coaching topics of both a theoretical and a practical nature. NCCP Level I and II Theory certification is available.

PREREQUISITE(S)/COREQUISITE: N/A

REQUIRED TEXT/RESOURCE MATERIALS:

1. Martens, R. (2012). *Successful Coaching (4th ed.)*. Windsor, ON; Human Kinetics.
2. NCCP Introduction to Competition, Part A, Coaching Association of Canada, 2007 (Available in Class)
3. NCCP Introduction to Competition, Part B, Coaching Association of Canada, 2007 (Available in Class)

DELIVERY MODE(S): This course work will be delivered in a blended format using a variety of teaching methods including lecture, case studies, in-class worksheets & quizzes, exams, and final assignment.

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 Canada, to receive certification 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.

LEARNING OUTCOMES:

1. Students will discuss and construct a working definition for their own coaching philosophy and values associated with the practice of coaching.
2. Students will define effective use of behavioral change measures and generate methods for helping athletes change in a positive manner.

3. Students will analyze athlete dietary choices and practices and generate more effective methods for athlete nutrition practices
4. Students will analyze their current sport demands and construct practice and season plans according to long term athlete development.
5. Students will participate and discuss effective mental skill strategies employed in sport domains for use in coaching practices.
6. Students will identify and organize key teaching and learning principles for effective coaches and construct a presentation according to their experiences.
7. Students will participate in active and engaging experiential classroom and coaching practices in order to strengthen an appreciation for the profession of coaching.

TRANSFERABILITY:

UA, UC, UL, AU, KUC, CU, BURU

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**** 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**

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

NCCP Part A and B Workbook Review	30 %: Graded 15 % for each of the workbooks. Students will NOT receive coaching certification or the grades if attendance is not adhered to and books are not submitted on time
Student Presentations	30 %: These presentations will include an in-depth exploration of your coaching experiences. This grade will include participation grades from throughout the semester.
Personal Learning Journal	15%: This document is an ongoing, dynamic element to demonstrate the construction of knowledge in relation to your personal experiences throughout the semester.
Midterm Examination	25%: This examination may include true and false, multiple choice, short answer, and critical thinking questions. This will be inclusive of the first section of our course from the Martens Text (Chapters 1-12).

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 certification 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 certification.

PERSONAL LEARNING JOURNAL & FINAL PRESENTATION: Includes information such as personal experience and reflection, coaching practice plans, relevance of topic information to sport of choice, and a commitment to ongoing professional development through our texts, discussions, and an ongoing search for innovative and creative information. Participants will be expected to present on their coaching experience throughout the semester. The practical experience is meant to supplement the learning throughout the semester. This will be an integral component of your learning throughout the semester. The expectation of time committed will be *a minimum of 20 hours.* These commitments will be established early in the semester. Presentations will include a video of coaching practice (Drill). Presentations are expected to be between 15 & 20 minutes in duration.

MIDTERM EXAMINATION: This exam, made up of multiple choice, true and false, short answer, and critical thought, will be a culmination of the information from the Marten's textbook. This context provides students with the background, framework, and content to establish a strong presence as a new or returning coach.

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

WEEK	TOPIC	ASSIGNED READINGS	EXAMINATION DATES	ASSIGNMENT DATES
Aug 31	Course Introduction, NCCP Coaching Model and Professional Associations.			
Sept 5, 7, 12, & 14	Principles of Coaching	Chapter 1-4 (RM) & NCCP Part A (MED)		
Sept 19, 21, 26 & 28	Principles of Teaching	Chapter 9-12 (RM) & NCCP Part B (T&L)		
Oct 3 & 5	Principles of Behavior	Chapter 6-8		
Oct 10 (no class) & 12	MIDTERM EXAMINATION	No Additional Readings	Midterm Exam (12)	
Oct 17 & 19	Designing a Practice	Part A		
Oct 24 & 26	Nutrition	Part A		
Oct 31 & Nov 2	Mental Skills	Part B		Part A Due: Nov 2
Nov 7, 9, 14, 16	Designing a Basic Sport Program	Part B		Part B Due: Nov 18
Nov 21, 28 & 30, & Dec 5	Final Presentation & Evaluation	NCCP Evaluation Materials		

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at

www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

- 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 ***integral*** to success in this course. Classroom activities structure and support student comprehension of materials, content clarification, relevant peer questions and support. 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 cell phones and other 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 cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
- **Smart phones, & PDAs must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors.** 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 cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other 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:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.