

KIN A204: TECHNIQUES AND THEORY OF COACHING ATHLETES

Item	Value
Curriculum Committee Approval Date	10/30/2024
Top Code	083560 - Coaching
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)
Associate Arts Local General Education (GE)	<ul style="list-style-type: none"> Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)

Course Description

This course is designed for students to explore career interest in coaching athletes; it is a core course for the coaching certificate program. Introduction of off season and in season training techniques, and game management and strategy, philosophies of coaching, skill and tactical plan development, student athlete motivation, and evidence-based coaching systems are evaluated. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. The student will analyze off season conditioning programs and create a 4 week comprehensive program that includes sport specific workouts, muscle strength programs, sport nutrition, and goal setting for a specific group of athletes.
2. The student will evaluate multiple coaching philosophies and create a personal philosophy that reflects ability specific age groups and sport.
3. The student will interview a high school or college coach to evaluate game management, training techniques, and student athlete motivation strategies.

Course Objectives

- 1. Demonstrate an understanding of foundations of coaching.
- 2. Demonstrate an understanding of different coaching philosophies and styles.
- 3. Demonstrate basic understanding of working with athletes from diverse backgrounds.
- 4. Demonstrate basic sport psychology concepts including motivational strategies and anxiety strategies.
- 5. Develop an understanding of the different training seasons for athletes including pre-season, in-season and post-season time frames.
- 6. Demonstrate an understanding of strategies for improving athlete's physical attributes.

- 7. Develop an understanding of the administrative responsibilities for coaches.

Lecture Content

Foundation of Coaching education Coaching myths Positive vs. Negative coaching situations Fundamentals of coaching Principles of Coaching Coaching objectives Coaching philosophies and styles Working with diverse athletes Training for excellence vs. training to win Sport Psychology and Impacts on Coaching Behavior Communication with various types of athletes Motivation and athletic performance Perceptions and psychology of athletes Anxiety and arousal for athletic performance Managing behavior and reinforcement of success vs. failure Annual Planning and Training Systematic planning of a program Pre-season, In-season, Post-Season planning Coaching skills and strategies Planning for games and post-game evaluation Mid game evaluation and assessment Assessment of student athlete performance Physiology and performance Foundations of training Energy and performance Impacts on nutrition and performance Principles of management Staff management and training Staff evaluation Event and contest management Equipment and facilities management Planning and purchasing of equipment and supplies Budget planning Fund raising Working effectively support staff Risk management Duties and assumptions of risk Liability and negligence Legal responsibilities and safety

Method(s) of Instruction

- Lecture (02)

Instructional Techniques

Methods of Instruction may include but are not limited to the following: Lecture, PowerPoint, Presentations, Videos, Guest Speakers, Small Group Discussions, Off-Campus Visitation Assignments,

Reading Assignments

Students will spend approximately 4 hours a week reading from the text book and articles from peer reviewed journals and research articles

Writing Assignments

Students will spend approximately 1 2 hours per week be required to complete written assignments

Out-of-class Assignments

Students will spend approximately 1 2 hours a week completing individual and group written assignments; homework assignments to emphasis course topics.

Demonstration of Critical Thinking

Written essay examinations. Written coaching plan. Read, research and analyze various coaching techniques and theories

Required Writing, Problem Solving, Skills Demonstration

Written essay exams

Eligible Disciplines

Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical

therapy OR the equivalent. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Martens, R. . Successful Coaching, 4th ed. Human Kinetics, 2016 Rationale: .