

KIN A205: COACHING INTERNSHIP

Item	Value
Curriculum Committee Approval Date	03/26/2025
Top Code	083560 - Coaching
Units	2-4 Total Units
Hours	72-180 Total Hours (Lecture Hours 18; Other Hours 54-162)
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

Coaching internship is designed to develop breadth and depth of a student's understanding and experience within coaching. The student will apply the knowledge and skills acquired in the athletic coaching certificate in a practical, supervised, and field-based setting. An emphasis will be placed on athlete/coach interaction, practice planning, game management, player development, and coaching managerial requirements. The practicum experience will focus on using basic coaching theory and principles under the guidance of a head coach. A California mandatory background check (live scan) fee may be required. PREREQUISITE: KIN A203 and KIN A204. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Assess practice planning techniques and evaluate the impacts during game performance.
2. Explain the methods for player development observed by the coaching staff and suggest alternatives based on game performance.

Course Objectives

- 1. Understand the key elements of sport principles and technical skills, and the various teaching methodologies that can be utilized to introduce them.
- 2. Develop a thorough understanding of the offensive and defensive philosophy of the program.
- 3. Summarize the organization and preparation requirements prior to competitions.
- 4. Understand the coach's philosophy and their importance on winning
- 5. Evaluate the process of player development as a whole person
- 6. Recognize the developmental changes as how these changes effect learning and performance.
- 7. Accept each athlete as an individual while recognizing the dynamic relationship of personality and socio-economic variables such as gender, race and socio-economic differences.

- 8. Demonstrate professionalism
- 9. Discuss the importance of sportsmanship in athletics.
- 10. Understand the roles and influences coaches have toward athletes.
- 11. Identify and apply ethical conduct in sport by maintaining emotional control and demonstrating respect for athletes, officials and others.

Lecture Content

Off Season and In season Training Building body and mind for competition Exercise psychology in training mythologies Sport specific fitness development Positional and sport specific strength training Diet, healthy eating, carbohydrates, supplements Organization and preparation for competition Development of skills and tactics Practice planning Situational analysis and coaching adjustment during practice Sequencing of skills and adjustments by position and player performance Sequencing of tactics and adjustments based on competition Coaching Styles Autocratic coaching Holistic coaching Democratic coaching Integration of various coaching styles Player Development Physical development strength, speed, endurance, flexibility, coordination Emotional development Confidence, efficacy, self-worth, responses to challenges, frustration, Goal setting realistic and aspirational, short and long term, seasonal

Lab Content

Laboratory Content: Practice and application of the principles of coaching covered by the content lectures, coaching theory course, and exercise and athletic psychology course Observing and assessing decision making of field work coaches during games and practices Develop relationships with coaching staff and student athletes Analyze and reflect on practice planning methods Observe and assess application of practice planning to student athlete game performance Develop practice plan based on upcoming competitions

Method(s) of Instruction

- Lecture (02)
- Work Experience (20)
- Field Experience (90)

Instructional Techniques

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

Reading Assignments

Assigned reading from instructor handouts and selected readings. Students will spend 1 hour per week on readings from handouts and selected readings.

Writing Assignments

Students will spend approximately 2 hours per week on written assignments, creating practice and player development plans, and analyzing coaching methodology

Out-of-class Assignments

Students will spend 54 hours per week in field observation of practice and games, assessing decision making of coaches while reflecting upon and writing about the development of student athletes.

Demonstration of Critical Thinking

Written essay examinations, written coaching plan. Read, research and analyze various coaching techniques for various sports.

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.

Other Resources

1. Instructor Handouts