COURSE: KIN 3321  **Essentials of Coaching** MTWTF 12-1:45 CHP 203
INSTRUCTOR: Dr. Jordan Daniel
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PHONE: 325.942-2173 ext. 5465
Office Hours:
by appointment

**Required Textbook and Supplies:** Martens, Rainer. 2012. Successful coaching. 4th ed. Champaign, IL: Human Kinetics.  *(Package which includes Certification Test materials required)*
ISBN 9781450430746 Coaching Principles Classroom
ISBN 9781450433051 Coaching Principles Classroom w/ebook
These must be purchased **NEW** to avoid key-code and access conflicts.

Final Exam will be the National Certification Exam so must have a New Key Code.

**Supplemental readings:**
Included in end of chapter notes with topics related to each section.

**Course Work Requires Blackboard Use**
Syllabus Review and Acknowledgement of University policies must be completed in Blackboard. This will be a part of participation grade.

**Course Description**
This course is a comprehensive introduction to the coaching profession. Emphasis is placed on sport at the high school and serious club levels. Consideration is also given to coaching at other levels, such as youth, recreational, and intercollegiate sport programs. The primary goal of the course is to develop and enhance students' knowledge and understanding of concepts and techniques of coaching and their application to achieving important objectives in working with athletes.

The instructional format and schedule for the course closely follow the organization of the textbook for the course, *Successful Coaching, Fourth Edition* by Rainer Martens. The course and textbook combine sport science theory and research with the practical knowledge and methods of expert coaches in the five essential categories of coaching education and professional practice. Principles and practical applications are presented and thoroughly explained for each of these five important dimensions of coaching.

**Course Objectives**
At the conclusion of this course, students are expected to be able to do the following:
1. Develop a coaching philosophy
2. Identify the three major objectives of coaching and describe the factors involved in selecting a coaching style.
3. Examine principles for coaching with character, for developing good character and sportsmanship in athletes, and for coaching athletes who have diverse backgrounds, characteristics, and abilities.
4. Clarify how effectively communicating with and listening to athletes, allows for optimally motivating athletes, and for managing behavior problems in a positive and effective manner.
5. Recognize and be able to apply information and methods in using the games approach for teaching technical and tactical skills.
6. Develop instructional plans for team practices and plans for a sport season
7. Analyze physiological principles and applications for physical training in sport, including training for energy fitness and training for muscular fitness, and develop physical training programs for athletes
8. Explain the principles of good nutrition for health and performance and how to address the problem of drug abuse by athletes
9. Describe the principles and issues related to planning, organizing, staffing, and directing functions that are commonly considered a coach’s responsibilities
10. Demonstrate the ability to apply methods for effective team management, for managing interpersonal relationships in coaching, and for protecting athletes from risk and coaches from liability problems

Course Topics

Part I: Principles of Coaching
Part I will help you develop a coaching philosophy, achieve the three major objectives of coaching, and select your coaching style. Principles and guidelines are presented for coaching with character, developing good character and sportsmanship in athletes, and coaching athletes who are diverse in maturation, cultural heritage, gender, sexual orientation, and abilities. Textbook chapters included in Part I are as follows:

- Chapter 1 Developing Your Coaching Philosophy
- Chapter 2 Determining Your Coaching Objectives
- Chapter 3 Selecting Your Coaching Style
- Chapter 4 Coaching for Character
- Chapter 5 Coaching Diverse Athletes

Part II: Principles of Behavior
Part II will help you become a skillful communicator, motivator, and behavior manager. Psychological principles and recommendations are offered for effectively communicating with and listening to your athletes, for optimally motivating your athletes, and for managing behavior problems in a positive manner. Textbook chapters included in part II are as follows:

- Chapter 6 Communicating With Your Athletes
- Chapter 7 Motivating Your Athletes
- Chapter 8 Managing Your Athletes' Behavior
Part III: Principles of Teaching
Part III recognizes that good coaching is good teaching. Information and methods are presented for putting your sound philosophy and good communication, motivation, and behavior management skills to work. The games approach is introduced for teaching technical and tactical skills. You will learn how to develop an instructional plan for your team’s practices and for the entire season. Textbook chapters included in part III are as follows:

• Chapter 9 The Games Approach
• Chapter 10 Teaching Technical Skills
• Chapter 11 Teaching Tactical Skills
• Chapter 12 Planning for Teaching

Part IV: Principles of Physical Training
Part IV includes information on physiological principles and applications for training basics, training for energy fitness, and training for muscular fitness. You will learn to develop training programs for your athletes, principles of good nutrition for health and performance, and how to address the difficult problem of drug abuse by athletes. Textbook chapters included in part IV are as follows:

• Chapter 13 Training Basics
• Chapter 14 Training for Energy Fitness
• Chapter 15 Training for Muscular Fitness
• Chapter 16 Fueling Your Athletes
• Chapter 17 Battling Drugs

Part V: Principles of Management
Part V addresses issues related to planning, organizing, staffing, and directing all the functions you have responsibility for as a coach. Principles are explained and advice is provided for seven categories of team management, for managing interpersonal relationships in coaching, and for protecting your athletes from risk and yourself from liability problems. Textbook chapters included in part V are as follows:

• Chapter 18 Managing Your Team
• Chapter 19 Managing Relationships
• Chapter 20 Managing Risk


**Student Evaluation**

Your grade for this course will be determined by your performance in the following:

**Exams**

Five exams, 60 points each, and the final worth 200 points, **500 total points, 50 percent of your grade for the course**. Written examinations will be administered at the conclusion of each of five parts of the course (see the course schedule). These exams will include true-false, multiple choice, fill-in-the blank, and short answer and essay questions. Brief reviews for each exam will be conducted during the class period immediately before the exam session.

**Topics**

5 assignments, 60 points each, **300 total points, 30 percent of your grade**. Topics assignments will be given throughout the course.

1. Philosophy Statement  
2. Motivational Handout  
3. Article Review  
4. Movie Review  
5. Interview Coach about your Philosophy

**Individual Meetings**

**10 points** In the first 3 weeks of class you will set up a time to meet with the instructor.

**Professionalism**

**90 points.** This is based on conduct. You will remain mature in all your dealings and assignments in this course. This will be covered in class, take notes.

**Participation**

**100 points.** Actively engage in discussions and class to earn these points. Just showing up does not count.
Grading Scale
There are 1000 total points for the course.

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<thead>
<tr>
<th>Course Grade</th>
<th>Points</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>900-1000</td>
<td>90-100%</td>
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<tr>
<td>B</td>
<td>800-899</td>
<td>80-89.99%</td>
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<tr>
<td>C</td>
<td>700-799</td>
<td>70-79.99%</td>
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<td>D</td>
<td>600-699</td>
<td>60-69.99%</td>
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<tr>
<td>F</td>
<td>&lt;600</td>
<td>&lt;60%</td>
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ATTENDANCE

You are expected to attend each class and to be on time for the beginning of class.

Students are responsible for anything that happens in class during their absence. Notify the instructor at least one week in advance if you have a scheduling conflict that will cause you to miss class. You are responsible for asking the instructor about your attendance record so that you do not go over the allowed 2 absences and tardies. (2 tardies = 1 absence).

3 absences = minus a letter grade.
4 absences = minus another letter grade.
5 absences = minus another letter grade.
6 absences will result in failing the course.

☑️ Officially sanctioned college activities (athletics and competing academic duties) may be considered permissible absences if the student shows official documentation to the instructor a class period in advance of the absence.
☑️ Observance of a religious holy day may be considered permissible absences pending verification.
Students with Disabilities:
Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.

Students with disabilities who request reasonable accommodations must meet with the Course Coordinator within the first week of classes. Reasonable accommodations will be provided as authorized by the Office of Disability Services as long as course requirements are not compromised. Faculty will provide no accommodations without authorization from the Office of Student Life. It is the student’s responsibility to be a self-advocate when requesting accommodations.

The Angelo State University Honor Code:
Our students believe that ASU students should maintain complete honesty and integrity in their academic pursuits.

The Honor Code at ASU is located at: www.angelo.edu/forms/pdf/honorcode5.pdf and describes expected academic behavior of both faculty and students, and it consists of an agreement between the student and the academic community to foster academic integrity, to value student educational goals, and to maintain the positive academic reputation of ASU. Angelo State University expects all students and faculty to engage in all academic pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experiences both in and out of the classroom.

ASU students and faculty will not participate or condone
- Plagiarism
- Cheating
- Fabrication of data
- Misrepresentation of information
- Misuse of library materials
- Misuse of technology
- Conspiring with others to commit these acts

ASU students are responsible for understanding the student handbook as well as the individual academic requirements and stipulations for each course. This includes carefully reading the Angelo State University Student Handbook and reading the syllabus of each course. Students should ask for clarification of any ambiguous aspect of the syllabus.

To facilitate this code of ethical conduct, ASU has an Academic Integrity Committee, a committee composed of both students and faculty, which has the responsibility of reviewing cases of suspected academic dishonesty which may be brought to it. The committee’s membership of students and faculty reinforces ASU’s commitment to academic integrity in and out of the classroom.
Schedule

Week 1

Day 1  Introductions & Chapter 1
Day 2  Chapter 2
Day 3  Chapter 3 & 4; Coaching Philosophy Due
Day 4  Chapter 4&5; Exam 1 due by Day 5 @ Midnight
Day 5  Chapter 6 & Team Building

Week 2

Day 6  Chapter 7; Motivational Handout Due
Day 7  Chapter 8; Exam 2 due by Day 8 @ Midnight
Day 8  Chapter 9
Day 9  Chapter 10
Day 10  Chapter 11

Week 3

Day 11  Chapter 12& 13; Exam 3 due by Day 12 @ Midnight
Day 12  Chapter 14
Day 13  Movie in Class; Article Review Due
Day 14  Chapter 15 & 16
Day 15  Chapter 16 & 17; Exam 4 due by Day 16 @ Midnight

Week 4

Day 16  Chapter 18; Movie Review Due
Day 17  Chapter 19
Day 18  Chapter 20; Exam 5 due by Day 19 @ Midnight
Day 19  Chapter 1 Revisited
Day 20  Interview Coach about your philosophy due

Week 5

Day 21  6th Exam In Class
Day 22  Library Day & Final Work Turn in
No class on 4th of July
Day 23  June 5th
Day 24  June 6th