

Course discipline/number/title: PHED 2271: Principles of Coaching

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 3 Lecture
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course will allow for the exploration of different coaching philosophies, the development of individual personal style while exploring coaching responsibilities, ethical obligations, and how to balance personal time with coaching duties. Coaching requires the ability to appropriately interact with many individuals, ranging from athletes and parents to officials and professional peers; this course will explore appropriate interpersonal communication, as well as game management, proper analysis of statistics, how to recognize ergogenic aid usage by athletes and the application of proper collegiate recruiting processes.

C. DATE LAST REVISED (Month, year): April, 2019

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Defining Your Coaching Philosophy
2. Balancing Coaching with other Duties, Family & Personal Time
3. Managing Relationships & Interpersonal Skills with:
  - a) Assistant Coaches
  - b) Parents
  - c) Athletic Director
  - d) Other Amateur Sport Programs
4. Ethics
5. Sportsmanship
6. Coaching Diverse Athletes
7. Approach to Game Competition
8. Team Relations - Motivating Athletes, Explaining Roles & Behavior Management
9. Understanding the Use of Ergogenic Aids, Alcohol, Tobacco & Illicit Drugs by Athlete
10. Understanding Statistics
11. Understanding College Recruiting of Athletes

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Identify their coaching philosophy, objectives, and style.
2. Recognize a variety of character traits and apply proper motivation and coaching strategies for optimal performance of individual athletes.
3. Coach diverse athletes.
4. Communicate with and manage different behavioral personas.
5. Coach using the game's approach and teach technical and tactical skills.
6. Train athletes for energy and muscular fitness; including understanding proper nutrition for athletes; and recognize drug use.
7. Manage any team, all relationships, and recognize potential risks, and preventative procedures to avoid such risk.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Participation
2. Daily Assignments
3. Quizzes and Exams
4. Group Discussions
5. Evaluation of Practical Observations
6. Project/Analysis of Coaching Modalities

- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s):  
Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None  
This course is recommended by the Minnesota State High School League for all coaches. The MSHSL is a National Federation of High Schools Association member, and this course is also strongly recommended by the NFHS. Completion of this course will only be a positive for any student who chooses to be involved in coaching at any level.
1. In Minnesota, coaching a varsity level sport requires a bachelor's degree in education OR the completion of a course such as this.
  2. The completion of this course requires the completion of the national certifying ASEP exam. This allows the individual to be recognized nationally for meeting the initial criteria for coaching in any state. The minimum passing criteria is 80%. At completion of this national standard the individual is then included on the ASEP national coaches registry. There is no fee to complete the certification exam.