

# Course Syllabus

**Department:** Physical Education and Integrated Health Care

**Date:** June 2012

## I. Course Prefix and Number: PE 231

**Course Name:** Theory and Techniques of Coaching

**Credit Hours and Contact Hours:** 2 credit hours, 2 contact hours

**Catalog Description including pre- and co-requisites:** Provides experience in techniques of coaching a specific sport. Designed for persons who are preparing to meet the New York State certification requirements to coach in public schools. Via an internship, students will get hands-on experience working with an area program specific to the sport they desire to coach. Prerequisite: PE 230 or permission of instructor.

## II. Course Outcomes and Objectives

### Student Learning Outcomes:

#### The student will:

1. Demonstrate knowledge of rules, regulations, teaching methods and performance skills.
2. Apply and execute technical information (offensive and defensive strategies, etc.).
3. Develop organization and management skills.
4. Identify methods for developing, training and conditioning athletes.
5. Demonstrate knowledge about the care and maintenance of equipment.
6. Recognize and implement safety procedures.

### Relationship to Academic Programs and Curriculum:

This course is a requirement for New York State coaching certification.

### College Learning Outcomes Addressed by the Course:

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> writing             | <input type="checkbox"/> computer literacy        |
| <input checked="" type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading             | <input type="checkbox"/> citizenship              |
| <input type="checkbox"/> mathematics                    | <input type="checkbox"/> global concerns          |
| <input checked="" type="checkbox"/> critical thinking   | <input type="checkbox"/> information resources    |

### **III. Instructional Materials and Methods**

#### **Types of Course Materials:**

- Textbook
- Handouts
- Supervising coach (sport specific)
- Rule books

#### **Methods of Instruction (e.g. Lecture, Lab, Seminar ...):**

Hands on learning via an internship

- Lecture
- Discussions
- Demonstrations
- Observations

### **IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):**

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of evaluation must be communicated through the Course Outline that is given to the students the first week of the semester. Possible evaluation methods include: class discussion, research paper, quizzes, tests, collected assignments, group activities, assigned papers and coaching journals. Such evaluations and related assignments will develop critical thinking techniques, develop writing, reading and communication skills, along with developing ethics and values that are an integral aspect of coaching.

### **V. General Outline of Topics Covered:**

#### **I. Pre-Season Preparation**

- A. Assist in preparing master practice schedules
- B. Assist in player/parent meeting
- C. Assist in ordering/issuing equipment
- D. Assist in conducting conditioning/tryouts/practices
- E. Assist in all other duties as assigned by supervising coach

#### **II. In-Season**

- A. Assist in conducting all facets of game administration

#### **III. Post-Season**

- A. Assist in evaluations
- B. Assist in collection and inspection of equipment and uniforms
- C. Assist in inventory