



COURSE OUTLINE : KIN 170
D Credit – Degree Applicable
COURSE ID 010499
Cyclical Review: November 2021

COURSE DISCIPLINE : KIN
COURSE NUMBER : 170
COURSE TITLE (FULL) : Sports Coaching Theory
COURSE TITLE (SHORT) : Sports Coaching Theory

ACADEMIC SENATE DISCIPLINE: Kinesiology

CATALOG DESCRIPTION

KIN 170 provides instruction on the fundamental principles of coaching and teaching sports. This course emphasizes developing a coaching philosophy and athlete-centered approach, along with team management, sports-skill pedagogy, risk management and regulations for school, club and professional teams. A broad range of coaching skills are introduced in motivational strategies, coaching for character and developmentally appropriate methods for athletes of various ages, skill levels and abilities.

Total Lecture Units:3.00

Total Laboratory Units: 0.00

Total Course Units: 3.00

Total Lecture Hours:54.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 108.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Demonstrate and maintain a positive attitude in an individual and group environment.	Yes

EXIT STANDARDS

- 1 Describe the role of the coach in various sports levels and situations;
- 2 discuss coaching styles, teaching strategies, motivational strategies, team management and risk reduction strategies;
- 3 analyze practice plans and game plans for appropriateness and efficacy for age groups and skill level;
- 4 discuss coaching issues related to age, gender, race, ethnicity and disability;
- 5 develop a personal coaching philosophy and apply it to practice plans, game plans and management strategies.

STUDENT LEARNING OUTCOMES

- 1 Develop and prepare proper management plans for positive team and individual environments
- 2 Identify and discuss requirements, standards, characteristics and qualities needed for a career in coaching
- 3 Analyze and apply theories and practices required of the coaching profession.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Introduction to Coaching Sports <ul style="list-style-type: none"> • Minimum qualifications to coach at different levels • Scope of practice • Rules and regulations • Professionalism • Legal issues and liability management 	9	0	9
2	Philosophy of Coaching <ul style="list-style-type: none"> • Coaching objectives • Coaching styles • Coaching individuals vs. teams • Coaching for character development • Coaching diverse athletes 	9	0	9



3	<p>Teaching Skills and Designing Practice Sessions</p> <ul style="list-style-type: none"> • Principles of motor learning • Principles of motor development • Selecting age and skill appropriate drills • Developing practice plans • Developing game plans • Instructional delivery • Feedback • Teaching technical skills • Teaching tactical skills 	15	0	15
4	<p>Behavior Management and Motivational Strategies</p> <ul style="list-style-type: none"> • Leadership • Communication • Team dynamics • Motivational strategies • Competition • Dealing with behavioral problems 	9	0	9
5	<p>Team Management</p> <ul style="list-style-type: none"> • Managing your team • Managing relationships • Managing risk • Nutrition • Battling drugs 	9	0	9
6	<p>Coaching Relationships</p> <ul style="list-style-type: none"> • Athletes • Parents • Colleagues: athletic trainers, strength coaches, academic counselors etc. • Community • Administration • Support entities: boosters, fundraising etc. • Professionalism and communication 	3	0	3
				54

OUT OF CLASS ASSIGNMENTS

- 1 Written assignments (e.g. develop an off-season practice plan for varsity and junior varsity sports teams)
- 2 Interviews (e.g. interview a club coach regarding their coaching and team management styles)



METHODS OF EVALUATION

- 1 Quizzes
- 2 Midterm exams
- 3 Final exam
- 4 Discussions

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Successful Coaching	Supplemental	Human Kinetics	4		Rainer Martens	9781450400510	2012
Philosophy of Sport: Key Questions	Required	Bloomsbury			Emily Ryall	978-1408181393	2016

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