

KIN170 : Sports Coaching Theory

General Information

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Course Code (CB01) :	KIN170
Course Title (CB02) :	Sports Coaching Theory
Department:	KIN
Proposal Start:	Fall 2024
TOP Code (CB03) :	(0835.60) Coaching
CIP Code:	(31.0504) Sport and Fitness Administration/Management.
SAM Code (CB09) :	Clearly Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000616155
Curriculum Committee Approval Date:	12/13/2023
Board of Trustees Approval Date:	01/09/2024
Last Cyclical Review Date:	12/13/2023
Course Description and Course Note:	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.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Kinesiology
Alternate Discipline:	
Alternate Discipline:	

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

 Allow Students to Gain Credit by Exam/Challenge**Course Special Class Status (CB13)**

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

Transferability & Gen. Ed. Options**General Education Status (CB25)**

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

Units and Hours**Summary****Minimum Credit Units (CB07)** 3**Maximum Credit Units (CB06)** 3**Total Course In-Class (Contact) Hours** 54**Total Course Out-of-Class Hours** 108**Total Student Learning Hours** 162**Credit / Non-Credit Options****Course Type (CB04)**

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

 Variable Credit Course**Funding Agency Category (CB23)**

Not Applicable.

 Cooperative Work Experience Education Status (CB10)**Weekly Student Hours**

	In Class	Out of Class
Lecture Hours	3	6
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	0
Course In-Class (Contact) Hours	
Lecture	54
Laboratory	0
Studio	0
Total	54

Course Out-of-Class Hours

Lecture	108
Laboratory	0
Studio	0
Total	108

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories**Prerequisite**

Prerequisite: None

Entry Standards**Entry Standards**

Demonstrate and maintain a positive attitude in an individual and group environment.

Course Limitations**Cross Listed or Equivalent Course**

No value

Specifications

Methods of Instruction

Methods of Instruction

Lecture

Methods of Instruction	Discussion			
Methods of Instruction	Multimedia			
Methods of Instruction	Independent Study			
Methods of Instruction	Collaborative Learning			
Methods of Instruction	Demonstrations			
Methods of Instruction	Field Activities (Trips)			
Methods of Instruction	Guest Speakers			
Methods of Instruction	Presentations			
Out of Class Assignments				
<ul style="list-style-type: none"> • Written assignments (e.g. develop an off-season practice plan for varsity and junior varsity sports teams) • Interviews (e.g. interview a club coach regarding their coaching and team management styles) 				
Methods of Evaluation	Rationale			
Exam/Quiz/Test	Quizzes			
Exam/Quiz/Test	Midterm exams			
Exam/Quiz/Test	Final exam			
Activity (answering journal prompt, group activity)	Discussions			
Textbook Rationale				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Describe the role of the coach in various sports levels and situations.

Discuss coaching styles, teaching strategies, motivational strategies, team management and risk reduction strategies.

Analyze practice plans and game plans for appropriateness and efficacy for age groups and skill level.

Discuss coaching issues related to age, gender, race, ethnicity and disability.

Develop a personal coaching philosophy and apply it to practice plans, game plans and management strategies.

SLOs

Develop and prepare proper management plans for positive team and individual environments.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
<i>KIN</i> Sports Coaching-- Certificate	Develop and examine the value of effective communication with administration, parents, officials and student athletes to facilitate positive social growth. Evaluate, compare and examine skill development, different types of tactics and strategies, coaching philosophies, leadership styles, and practice organization to enhance the growth of student-athletes. Recognize ethical and social responsibilities in the area of coaching and how to work through ethical dilemmas in sport.
<i>KIN</i> Sports Coaching - A.S. Degree Major	Develop and examine the value of effective communication with administration, parents, officials and student athletes to facilitate positive social growth. Evaluate, compare and examine skill development, different types of tactics and strategies, coaching philosophies, leadership styles, and practice organization to enhance the growth of student-athletes. Recognize ethical and social responsibilities in the area of coaching and how to work through ethical dilemmas in sport.

Identify and discuss requirements, standards, characteristics and qualities needed for a career in coaching. Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
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<i>KIN</i> Sports Coaching - A.S. Degree Major	Develop and examine the value of effective communication with administration, parents, officials and student athletes to facilitate positive social growth.
	Evaluate, compare and examine skill development, different types of tactics and strategies, coaching philosophies, leadership styles, and practice organization to enhance the growth of student-athletes.
	Recognize ethical and social responsibilities in the area of coaching and how to work through ethical dilemmas in sport.

Analyze and apply theories and practices required of the coaching profession.

Expected Outcome Performance: 70.0

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Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Introduction to Coaching Sports (9 hours)

- Minimum qualifications to coach at different levels
- Scope of practice
- Rules and regulations
- Professionalism
- Legal issues and liability management

Philosophy of Coaching (9 hours)

- Coaching objectives
- Coaching styles
- Coaching individuals vs. teams
- Coaching for character development
- Coaching diverse athletes

Teaching Skills and Designing Practice Sessions (15 hours)

- 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

Behavior Management and Motivational Strategies (9 hours)

- Leadership
- Communication
- Team dynamics
- Motivational strategies
- Competition
- Dealing with behavioral problems
- Managing hidden and visible disabilities

Team Management (9 hours)

- Managing your team
- Managing relationships
- Managing risk
- Nutrition
- Battling drugs

Coaching Relationships (3 hours)

- Athletes
- Parents
- Colleagues: athletic trainers, strength coaches, academic counselors etc.
- Community
- Administration
- Support entities: boosters, fundraising etc.
- Professionalism and communication

Total hours: 54