COURSE NUMBER & TITLE: PEPR 2090 - 01 Foundations of Athletic Coaching
SEMESTER/YEAR: Fall 2006

LECTURE HOURS: 3 LABORATORY HOURS: CREDITS: 3

CLASS TIME: 9:00 a.m. – 9:50 a.m. MWF ROOM: TB 158

INSTRUCTOR'S NAME: Abe Steward

OFFICE: TB 161 PHONE: 268-2259 EMAIL: asteward@caspercollege.edu

OFFICE HOURS: As Posted

COURSE DESCRIPTION: Provides prospective coaches with current information about scientific foundations of coaching: theory, methodology, administration, management, psychology. Required for athletic coaching permit in Wyoming.

STATEMENT OF PREREQUISITES: None

GOAL: To acquaint prospective coaches with the responsibilities and leadership skills to be successful.

OUTCOMES: To provide the information necessary to obtain a coaching permit from the State of Wyoming.

METHODOLOGY: Lecture and group participation.

EVALUATION CRITERIA: Students will be evaluated on their contribution and attentiveness, written evaluation in the form of 2 written exams – a midterm and a final and attendance which will count for 15% of the final grade.

Attendance Policy: Attendance is of utmost importance and you are expected to attend all classes. On rare occasions, it may be impossible for you to attend class. In this case all missed classes can be made-up during final week ONLY.

Optional: The Coach, Third edition, R. Sabock

CLASS POLICIES:
Last Date to Change to Audit Status: Please refer to current Casper College catalog
Last Date to Withdraw With a W Grade: Please refer to current Casper College catalog

STUDENT RIGHTS AND RESPONSIBILITIES: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

Chain of Command: If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

Academic Dishonesty - Cheating & Plagiarism: Casper College demands intellectual honesty.
Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

ADA Accommodations Policy: It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see me at your earliest convenience.

CALENDAR OR SCHEDULE:

Schedule of Course Content:

I. Training: physical/psychological
   A. general conditioning: components, schedules, mind set
   B. achievement
   C. overtraining/burnout
   D. coaching styles

II. Cognitive strategies
   A. relaxation: for conditioning, for stress release
   B. goal setting
   C. imagery training
   D. personality
   E. motivation, intrinsic
   F. arousal, stress, anxiety
   G. feedback, reinforcement
   H. concentration, focus, attention
   I. self-confidence, self-efficacy, self-esteem

III. Leadership
   A. communication
   B. teaching life skills through sports
   C. assessment in sport
   D. team dynamics/cohesion
   E. injury: antecedents, stress, reactions, rehabilitation
   F. sportsmanship, character development, moral reasoning

IV. Sport ethics
   A. role models
   B. diversity & racism in sports
   C. substance abuse: alcohol, steroids, eating disorders, drugs
   D. media relations
   E. children in sport/college athletics
   F. spectator control
   G. aggression (violence)/assertiveness
   H. competition cooperation

V. Gender
   A. socialization patterns
B. role orientation  
C. role conflict  
D. role expectations