PEPR 2090-01 Foundations of Athletic Coaching

Semester/Year: Spring 2016
Lecture Hours: 3    Lab Hours: 0    Credit Hours: 3
Class Time: 9:00-9:50    Days: MWF    Room: TB158

Instructor’s Name: Tyler Hurley
Instructor’s Contact Information: 406.560.7060
Office Phone: Email: tyler.hurley@caspercollege.edu
Office Hours: MTTH 10-11

Course Description: Provides prospective coaches with current information about scientific foundations of coaching: theory, methodology, administration, management, psychology.

Statement of Prerequisites: None

Goal: The course is designed to acquaint prospective coaches with the responsibilities and leadership skills to be successful.

Outcomes:
1. Prepare the prospective coach for the various duties and responsibilities of coaching.
2. Introduce the prospective coach to systems and philosophy of play.
3. Aid the student in developing, teaching and practicing methods.
4. Aid the student in developing a “coaching philosophy.”

Course Objectives: (Connect to CC outcome if possible)

Methodology: Lecture, quizzes, exams and participation.
Evaluation of class work, attendance, written exams and research assignments determine the course grade. Attendance- One free unexcused absence is allowed before points are deducted from the students’ grade. Five or more unexcused absences will result in a reduction of one letter from the final grade for each absence.

Evaluation Criteria:
- Attendance
- Quizzes- ½
- Tests- 5
- Research Articles- 4
Casper College may collect samples of student work demonstrating achievement of the above outcomes. Any personally identifying information will be removed from student work.

Required Text, Readings, and Materials: none

Class Policies: Last Date to Change to Audit Status or to Withdraw with a W Grade: (withdrawal deadline; see: “Admission and Registration – Schedule Changes” in the catalog) (Your attendance policy, exam, homework, assignment make-up policy, anything particular to your class)

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 to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Interim 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 for more information on this topic.

Official Means of Communication: Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly. This is also, where you will find course evaluation links during course evaluation periods.

ADA Accommodations Policy: If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, bheuer@caspercollege.edu. The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

Calendar or schedule indicating course content: (be as complete here as possible, at least a grid showing week by week topics to be covered, assignments, due dates, readings etc. This can always be modified with a new handout later in the semester – better to send out a revised schedule than to trust verbal announcements by themselves)

1/20- Introduction to class/ syllabus
Coaching Philosophies
Developing Your Philosophy
Determining Your Coaching Objectives
Selecting Your Coaching Style
Coaching For Character
Coaching Diverse Athletes
Communicating With Your Athlete
Motivating Your Athletes
Managing Your Athletes Behavior
Teaching Technical Skills
Teaching Tactical Skills
Managing Your Team
Managing Relationships
Managing Risk - Legal Duties
Battling Drugs
Fueling Your Athletes
Training Basics
Training For Muscular Fitness