

College of San Mateo
Official Course Outline

1. **COURSE ID:** KINE 102 **TITLE:** Introduction to Coaching Principles

Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours

Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

Recommended Preparation:

Eligibility for ENGL 100, or Eligibility for ENGL 105

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E5d. Career Exploration and Self-Development

3. **COURSE DESCRIPTIONS:**

Catalog Description:

A course which examines the philosophical, physiological, sociological, and psychological aspects of the coaching profession. Other aspects that will be studied are the principles used in the effective teaching of sports, technical and tactical skills, and the principles used in effective team management.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Select and understand a coaching philosophy that is compatible with their values and beliefs.
2. Identify effective methods of successful communication used between student-athletes and coaches.
3. Demonstrate effective methods of the technical aspects of teaching individual and team/skill dynamics utilized in sports.
4. Recognize and understand the basic physiological training methods used in athletics.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Understand and identify the fundamental principles in developing a coaching philosophy.
2. Understand and identify the principles in determining coaching objectives/goals.
3. Understand and identify the different types of coaching styles.
4. Understand and identify the foundation of ethics in coaching.
5. Understand and identify the principles in coaching a diverse population.
6. Understand and identify various methods of communication used between coach and athlete.
7. Understand and identify various techniques used in motivating athletes.
8. Understand and identify techniques in managing athlete's behaviors.
9. Understand and identify different approaches to teaching/coaching used in athletics.
10. Understand and identify different planning methods used in teaching/coaching.
11. Understand and identify the basic physical principles used in training athletes with specific emphasis on energy and muscular fitness.
12. Understand the basic nutritional requirements for athletic competition.
13. Understand and identify the affects that drugs play within athletics.
14. Understand and identify the principles of effective team management.
15. Understand and identify the principles of managing the relationships that are developed within the coaching profession.
16. Understand and identify the aspects of safety and risk management in athletics.

6. **COURSE CONTENT:**

Lecture Content:

1. Principles of coaching
 - Developing a coaching philosophy
 - Coaching goals (seasonal/yearly/career)
 - Select a coaching style
 - Coaching for character
 - Coaching diverse populations
2. Principles of behavior

- Communicating with athletes
 - Motivating athletes
 - Managing behavior
3. Principles of teaching
- The games approach method
 - Teaching technical skills
 - Teaching tactics
 - Planning for teaching
4. Principles of physical training
- Training basics
 - Training for energy fitness
 - Training for muscular fitness
 - Feeling your athletes
 - Drugs in sport
5. Principles of management
- Managing your team
 - Managing relationships
 - Managing risk

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Directed Study
- C. Discussion
- D. Guest Speakers

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- Term paper on selected topic
- Individual or group project

Reading Assignments:

- Read assigned chapters from textbook
- Online research from various sources (text, video, audio)
- Other course material as provided by instructor

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Work
- B. Exams/Tests
- C. Papers
- D. Projects
- E. Quizzes
- F. Research Projects
- G. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. English, S., J.M. Sabatine, P. Brownell, editors. *Professional Coaching: Principles and Practice*, 1st ed. Spring Publishing Company, 2018
- B. Martens, Rainer. *Successful Coaching*, 4th ed. Human Kinetics, 2012

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Course Originator: Michael Marcial