

Course Outline

COURSE: PE 8 **DIVISION:** 40 **ALSO LISTED AS:** KIN 8

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: PSYCHOLOGY OF COACHING

LONG TITLE: Psychology of Coaching

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
3	18	Lecture:	3	54
		Lab:	0	0
		Other:	0	0
		Total:	3	54

COURSE DESCRIPTION:

A course designed to provide the student with some of the theoretical and practical knowledge necessary for applying psychological techniques within sport situations and to better understand the relevance of mental factors necessary to maximize athletic performance. Special emphasis will be given to coaching and managing youth sports teams. This class has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 8, effective Fall 2011.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 02 - Lecture and/or discussion

STUDENT LEARNING OUTCOMES:

1. The student will explore the philosophy and foundational beliefs of successful coaches and acquire the skills and knowledge needed to help formulate their own coaching philosophy.

ILO: 2, 1, 7, 6

Measure: oral and/or written report, class discussion, exam

2. The student will describe ways to build a motivated, committed, and cohesive team.

ILO: 2, 7, 1, 4

Measure: quiz, discussion, report

3. The student will apply the principles and theory from Sport Psychology to mental skills training for performance enhancement.

ILO: 7, 2, 6, 1

Measure: oral and/or written report, exam, class discussion

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 8, effective Fall 2011.

Curriculum Approval Date: 05/12/2008

6 Hours

Introduction and orientation, including course syllabus. Presentations on communicating effectively; specifically between coach-team, coach-player, coach-parent, and player-player. Discussion on conflict resolution.

HW: Read appropriate chapters in the textbook. Complete assigned homework on developing effective communication skills, including listing a summary of tips for improving coach-athlete communication.

SPO: The student will discuss the personal and situational variables that influence interpersonal communication in a sport setting. They will explain several methods used to resolve conflicts within a team sports setting.

6 Hours

Introduction to developing a coaching philosophy. Lectures on describing one's philosophy and how you will explain it to your team. Information and discussions on: the basic objectives of your philosophy, how your philosophy will help you attain your team objectives, what your players can expect from you, and what do you expect from your players. Quiz.

HW: Read related chapters in textbook. Complete worksheet on developing your coaching philosophy. Research material for term paper.

SPO: The student will begin establishing their coaching philosophy and apply it to various situations.

6 Hours

Presentations on implementing a philosophy and specifically how this would be accomplished in practice and game situations. Discussions on discipline, dealing with irate parents, handling star players, and addressing injuries and how these tie into your coaching philosophy.

HW: Read chapters in textbook relating to topics. Complete written assignment, which may include interviewing a successful coach. Work on term paper.

SPO: The student will explain how their coaching philosophy would be implemented in practice and game situations. They will recognize how their coaching philosophy would be employed to deal with discipline, parents, injuries, etc.

6 Hours

Lectures on the effects of your philosophy on the psychological functioning of your athletes. Topics may include: working with particular age groups, anxiety/fear of failure and success, sportsmanship, and lessons for life. Midterm.

HW: Read appropriate chapters in the textbook. Complete written assignment, which may include some specific situational questions. Work on term paper.

SPO: The student will describe how anxiety/fear of failure and success may affect an athletes performance. They will discuss how their coaching philosophy could be adapted to particular age groups.

9 Hours

Presentations on group and team dynamics, including leadership styles, team building, developing cohesion, and motivation.

HW: Read related chapters in the textbook. Complete written assignment, such as exploring ways of developing team unity. Continue working on term paper.

SPO: The student will list at least three techniques used to improve team cohesion. They will describe a variety of motivational strategies utilized for optimal team performance. Leadership styles will be discussed.

9 Hours

Information provided and discussion on mental skills training, such as positive self-talk, positive visualization, and trust. Quiz.

HW: Read corresponding textbook chapters. Do worksheet on developing a player's mental skills. Complete term paper.

SPO: The student will list and describe effective methods utilized for developing a players confidence and concentration.

9 Hours

Discussions and presentations on conducting effective practice sessions.

HW: Read appropriate chapters in the textbook. Complete worksheet on developing weekly, pre-season, and in-season practice sessions. Review for final.

SPO: The student will explain the factors that should be considered when developing effective practice sessions. They will produce a weekly, pre-season, and in-season practice session.

2 Hours

Written final.

METHODS OF INSTRUCTION:

lecture, discussion

METHODS OF EVALUATION:

The types of writing assignments required:

Written homework

Term or other papers

The problem-solving assignments required:

Other: Individual and/or group oral/written reports

The types of skill demonstrations required:

None

The types of objective examinations used in the course:

Multiple choice

True/false

Matching items

Completion

Other: short answer

Other category:

None

The basis for assigning students grades in the course:

Writing assignments: 20% - 40%

Problem-solving demonstrations: 20% - 30%

Skill demonstrations: 20% - 0%

Objective examinations: 40% - 60%

Other methods of evaluation: 0% - 0%

REPRESENTATIVE TEXTBOOKS:

The Psychology of Coaching Team Sports by Leith, Larry M. (2003) or The Seven Secrets of Successful Coaching by Janssen, J. and Dale, G. (2002) , or other appropriate college level text.

Reading level of text: college level 13+ grade. Verified by: publisher

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200870

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: D

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 8

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000503335

Sports/Physical Education Course: Y
Taxonomy of Program: 083500