

SES-2400: CONCEPTS OF SPORTS COACHING

Cuyahoga Community College

Viewing: SES-2400 : Concepts of Sports Coaching

Board of Trustees:

2017-03-30

Academic Term:

2017-08-29

Subject Code

SES - Sport and Exercise Studies

Course Number:

2400

Title:

Concepts of Sports Coaching

Catalog Description:

Theories and principles for coaching sports and sport skills. Emphasis on the development of a coaching philosophy, coaching ethics and the impact of contemporary trends and issues on coaching, and skills common to all coaching activities.

Credit Hour(s):

3

Lecture Hour(s):

3

Requisites

Prerequisite and Corequisite

SES-1040 Teaching Exercise Training Techniques, or departmental approval.

Outcomes

Course Outcome(s):

Utilize successful coaching methods when working with individual athletes and athletic teams.

Objective(s):

1. Describe and understand the characteristics of a successful coach.
2. Identify instructional methods to best teach technical and tactical skills of the sport.
3. Discuss the roles of the head coach and assistant coaches.
4. Work collegially within an athletic department or school setting.
5. Build a program that emphasizes athletes as a positive experience for all.
6. Discuss the importance of proper planning.
7. Develop effective communication with support staff, school administrators and parents.
8. Discuss current trends and issues in sport coaching that may impact the coach, athlete, administrators, and parents.

Course Outcome(s):

Apply a personal philosophy of ethical and moral principles and managerial skills towards sports and the coaching profession.

Objective(s):

1. Develop a philosophy of coaching a sport.
2. Discuss the values gained by involvement in athletics.
3. Analyze the concept of family in the coaching profession.
4. Discuss the managerial components involved in the coaching profession.
5. Develop a coaching code of ethics.

Course Outcome(s):

Utilize coaching objectives that are best suited for the support of the well-being and moral development of the athletes on a team.

Objective(s):

1. Develop a coaching style that best suits the creation of team culture and chemistry.
 2. Develop the skill to manage a team and deal with relationships and behaviors.
 3. Execute a plan to deal with the diverse athletes that are participating in a sport and best match athletes for safe practices and competition.
 4. Discuss the complexities involved in the coaching profession.
 5. Identify effective methods of communicating and motivating the athlete.
 6. Construct effective plans for a sport team in and out of season and develop workable practice plans.
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Methods of Evaluation:

1. Class participation
2. Coach interview/Journal review
3. Classroom assignments
4. Group presentation
5. Written examinations

Course Content Outline:

1. Assessment of a coach
 - a. Coaching as a profession
 - b. Coaching philosophy and objectives
2. Coaching styles
 - a. Coaching for character
 - b. Coaching with ethics
 - c. Role of assistant coach
 - d. Role of head coach
 - e. Concept of family
 - f. Working within Athletic Department
3. Communication
 - a. With an athlete
 - i. Coaching the diverse athlete
 - ii. Motivating the athlete
 - b. Athlete's family
 - c. Administration
 - d. Support staff
4. Coaching tips
 - a. Managing behavior and relationships of the team
 - b. Planning for in and out of sport season
 - c. Instructional methods for technical and tactical aspects of sport
5. Game approach coaching
 - a. Planning and teaching technical and tactical skills of the sport
 - b. Scouting strength and weakness of a team or athlete
6. Risks and rewards of athletic competition
7. Current trends and issues in sport coaching

Resources

Stafford-Brown, Jennifer. *BTEC Level 3 National Sport: Development, Coaching, Fitness*. 2nd ed. London, ENG: Hodder Arnold, 2010.

Martens, Rainer. *Successful Coaching*. 4th ed. Champaign: Human Kinetics, 2012.

Lyle, John and Chris Cushion. *Sports Coaching: Professionalism and Practice*. Churchill Livingstone, 2010.

Albrecht, Rick. *Coaching Myths: Fifteen Wrong Ideas in Youth Sports*. McFarland and Co., Inc. Publishing, 2013.

Sidentop, Daryl, Peter Hastie, Hans Van Der Mars. *Complete Guide to Sport Education*. 2nd ed. Champaign, Ill: Human Kinetics, 2011.

Gilbert, Wayne. *Coaching Better Every Season*. Champaign: Human Kinetics, 2016.

Pyke, Frank. *Coaching Excellence*. Champaign: Human Kinetics, 2013.

Resources Other

American Sport Education Program. *Coaching Principles Online Course*. Human Kinetics. Available at: <http://www.asep.com/courseInfo/courses.cfm>, 2013

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