

# **Minnesota State University Moorhead**

## **PE 460: Principles of Coaching**

### **A. COURSE DESCRIPTION**

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to introduce students to the basic principles, philosophies and theories associated with effective coaching. A major emphasis will be placed on coaching philosophy, sport pedagogy, psychological aspects of coaching, and the legal issues involved with coaching.

**B. COURSE EFFECTIVE DATES:** 03/30/2022 - Present

### **C. OUTLINE OF MAJOR CONTENT AREAS**

#### **D. LEARNING OUTCOMES (General)**

1. Ability to design training and conditioning programs in accordance with the abilities of the athletes.
2. Be able to recognize the developmental changes as athletes mature and understand how these changes affect learning and performance of sport skills.
3. Define the necessary criteria for development of effective practices.
4. Define the necessary criteria for the development of effective practices.
5. Demonstrate effective motivational skills and provide positive feedback.
6. Demonstrate knowledge of proper nutrition and educate athletes about the effects of diet upon their health and performance.
7. Differentiate between the different styles of coaching.
8. Discuss the development of coaching philosophies.
9. Discuss the factors, which play a role in progression of sport skills.
10. Discuss the importance of incorporating variety in practices.
11. Discuss the importance of sportsmanship in athletics.
12. Discuss the importance of treating each athlete as an individual.
13. Discuss the legal implications and responsibilities associated with coaching.
14. Discuss the philosophy and importance of winning.
15. Discuss the role of motivation in athletics.
16. Encourage participation in continuing education regarding rule changes and improved techniques in order to enhance the safety and success of the athlete.
17. Identify signs of over-training.
18. Identify technical skills and the various teaching methodologies utilized during instruction.
19. Identify the materials necessary for scouting and game evaluation.
20. Identify the professional preparations available for coaches.
21. Identify the roles of assistant and head coaches.
22. Identify the various aspects of mental training and peak performance.
23. Review culturally diverse coaching techniques.
24. Review training principles and physiological differences.
25. Summarize aspects of the interview process.
26. Summarize the certification programs available to coaches.
27. Summarize the principles of reinforcement and punishment
28. Understand the athletes' rights and due process.
29. Understand the different approaches of communication.
30. Understand the effective criteria for the evaluation of coaches.
31. Understand the factors necessary for teaching a new sport skill.
32. Understand the importance of time management.
33. Understand the key elements of sport principles.
34. Understand the process of establishing goals and objectives.
35. Understand the risk factors associated with coaching.
36. Understand the roles and influences coaches have toward athletes.

#### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted