



El Camino College
COURSE OUTLINE OF RECORD – Approved

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 273
Descriptive Title: Theory of Coaching
Course Disciplines: Physical Education/Kinesiology
Division: Health Sciences and Athletics

Catalog Description:

This course is an introduction to the profession of athletic coaching. This course is designed for students interested in coaching individual and team sports from youth to professional. Areas of concentration will include the role of the coach, developing a coaching philosophy, athlete motivation, leadership, teamwork, ethics, coaching technology, budgeting, fundraising, recruiting and effective coaching practice.

Conditions of Enrollment:

Recommended Preparation: Eligibility for English 1A

Course Length: Full Term **Other (Specify number of weeks):**
Hours Lecture: 3.00 hours per week TBA
Hours Laboratory: 0 hours per week TBA
Course Units: 3.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: **Effective Date:** Proposed
Transfer UC: **Effective Date:** Proposed

General Education:

El Camino College:
5 – Health and Physical Education

Term: Other:

CSU GE:
E - Lifelong Understanding and Self-Development
Term: Other:

IGETC:

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will demonstrate the ability to write their coaching philosophy for their sport.
2. Students will have the ability to develop concepts on problem solving and development of communication skills.
3. Develop a portfolio containing information offered on their sport and an assessment evaluation of their program.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Evaluate professional demeanor and conduct.
 - Class Performance
2. Examine various coaching philosophies.
 - Written homework
3. Develop a personal coaching philosophy.
 - Written homework
4. Assess the leadership skills of effective coaches.
 - Written homework
5. Utilize a periodization scheme to plan coaching programs.
 - Written homework
6. Assess the role of technology in coaching.
 - Written homework
7. Examine the issues surrounding athletes and drug abuse including performance-enhancing drugs.
 - Other exams
8. Apply methods for effective team management including staffing, budgeting, and scheduling.
 - Oral exams
9. Explain the importance of nutrition and cyclic training program for the health and well being of an athlete.
 - Quizzes
10. Identify effective strategies of fundraising. Create an assessment on the effectiveness of the fundraising ideas.
 - Written homework
11. Identify principles and strategies for recruiting student athletes.
 - Written homework

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lecture	15	I	Principles of Coaching A. Coaching philosophy B. Coaching objectives C. Leadership styles D. Selecting your coaching style E. Coaching for character F. Diversity
Lecture	10	II	Principles of Behavior A. Communicating with your athletes B. Motivating your athletes C. Managing your athletes' behavior D. Role of recruiting
Lecture	15	III	Principles of Teaching A. Coaching the games approach way B. Teaching technical skills C. Teaching tactical skills D. Mental skills E. Planning for teaching
Lecture	10	IV	Principles of Physical Training A. Training basics B. Time-motion analysis C. Energy systems D. Sport nutrition E. Workout planning F. Training cycles G. Annual training programs H. Peaking for competitions
Lecture	4	V	Principles of Management A. Coaching working teams B. Managing your team C. Managing risk D. Managing relationships
Total Lecture Hours		54	
Total Laboratory Hours		0	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Substantial writing assignments

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

In a two-page report, Identify the purpose of three progressive drills. Describe how the second drill builds off the fundamental techniques of the previous drill. Illustrate how transitioning from fundamental techniques to game strategy is possible by mastering those fundamental techniques.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Compare and contrast successful coaching philosophies. Select two coaches that you feel excel and breakdown the foundations of their programs. Analyze the key components you feel help them succeed in their field. Please submit your findings to the instructor in a two-page report.

2. In a one-page paper, compare and contrast positive and negative coaching techniques. Analyze the importance of each and explain why one may have had a more significant role than the other.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Essay exams
Performance exams
Objective Exams
Oral exams
Quizzes
Written homework
Class Performance
Term or other papers
Multiple Choice
Matching Items
True/False
Presentation

V. INSTRUCTIONAL METHODS

Demonstration
Discussion
Group Activities
Guest Speakers
Internet Presentation/Resources
Lecture
Multimedia presentations
Simulation

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

- Study
- Required reading
- Problem solving activities
- Written work
- Observation of or participation in an activity related to course content

Estimated Independent Study Hours per Week: 6

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

R. Martens. Successful Coaching. 4th ed. Human Kinetics, 2012.
Discipline Standard

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Course Recommended Preparation Eligibility for English 1A	Non-course recommended preparation

D. Recommended Skills

Recommended Skills
<p>In this class, students are required to produce written assignments such as a personal coaching philosophies and program plans at the college level.</p> <p>ENGL 84 - Formulate inferences based on the central point, main ideas, supporting details, and conclusions in long paragraphs and throughout longer reading selections such as articles, essays, and books.</p> <p>ENGL 84 - Develop critical thinking skills such as the ability to verify information and distinguish between fact and opinion.</p> <p>ENGL 84 - Demonstrate critical thinking in writing short responses and short summary-response and analytic essays.</p>

In this class students are required to read college level text books with understanding and to discern the information and assigned readings to intelligently present and discuss the information.
ENGL A - Read and apply critical thinking skills to college-level expository prose for the purposes of writing and discussion.
ENGL A - Apply appropriate strategies in the writing process including prewriting, composing, revising, and editing techniques.

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course Created By LeValley Pattison 11/15/2017

BOARD APPROVAL DATE: 7/15/2019

LAST BOARD APPROVAL DATE:

Last Reviewed and/or Revised: