

# KINS 3: THEORIES & TECHNIQUES OF COACHING SPORTS

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	Maximum UC credit awarded for any or all of the following courses combined is 12 units: KINS 2, 3, 8A, 8B; not open to students with credit in H P 37 or PHED 3.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- Identify the knowledge categories to run an effective sport program.
- Demonstrate mastery of the effective skills required for a sport program.

## Description

Instruction to the theories and techniques of coaching sport and its variables which contribute to team performance and success. Addresses developing a coaching philosophy, sport psychology, sport pedagogy, sport physiology and sport management.

## Course Objectives

The student will be able to:

- Formulate a sound coaching philosophy that places winning in its proper perspective.
- Recognize and implement practices that facilitate rather than debilitate athlete's motivation.
- Design effective practices and teach sport skills effectively.
- Apply technical information needed to design and evaluate their own training program.
- Recognize their team management, risk management, and self management responsibilities and be able to apply creative methods to fulfill them.

## Course Content

- Developing a coaching philosophy
  - Coaching objectives
  - Coaching style
- Sport psychology
  - Evaluating communication skills
  - Developing communication skills
  - Principles of reinforcement
  - Understanding motivation

- Sport pedagogy
  - Planning for teaching
  - How athletes learn
  - Teaching sports skills
- Sport physiology
  - Principles of training
  - Fitness for sport
  - Developing your training program
  - Nutrition for athletes
- Sport management
  - Team management
  - Risk management
  - Self management
- Pre-season and post-season programs
  - Practice and training of techniques
  - Mental and physical conditioning
  - Practice games
  - Conditioning programs
  - Outside tournaments or matches
- Facilities
  - Convenience for athletes
  - Types
  - Maintenance

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

- Evaluation will be based on an individual basis--daily effort and improvement
- Final written exam or knowledge of:
  - types of stretching
  - theories of stretching and related kinesiology
  - beneficial effects
  - precautions and injury prevention
  - effects of aging process

## Method(s) of Instruction

- Lecture presentations and classroom discussion.
- In-class reading of textbook and related material to promote discussion and synthesis of the material.
- Group presentations of major projects followed by in-class discussion and evaluation.

## Representative Text(s) and Other Materials

Gilbert, Wade. Coaching Better Every Season: A Year-Round System for Athlete Development and Program Success. Champaign, IL: Human Kinetics, 2017.

## **Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments**

- A. Reading Assignments: Weekly reading assignments from text and outside sources ranging from 30-60 pages per week.
- B. Lecture: Weekly lecture covering subject matter from text assignment with extended topic information. Class discussion is encouraged.
- C. Guest Speakers: Industry and faculty speakers covering selected topics.
- D. When taught online these methods may take the form of video, audio, animation and web page presentations.

## **Discipline(s)**

Physical Education