

KINS 3: THEORIES & TECHNIQUES OF COACHING SPORTS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	4
Hours:	4 lecture per week (48 total per quarter)
Advisory:	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.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	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:

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

Course Content

1. Developing a coaching philosophy
 - a. Coaching objectives
 - b. Coaching style
2. Sport psychology

- a. Evaluating communication skills
 - b. Developing communication skills
 - c. Principles of reinforcement
 - d. Understanding motivation
3. Sport pedagogy
 - a. Planning for teaching
 - b. How athletes learn
 - c. Teaching sports skills
 4. Sport physiology
 - a. Principles of training
 - b. Fitness for sport
 - c. Developing your training program
 - d. Nutrition for athletes
 5. Sport management
 - a. Team management
 - b. Risk management
 - c. Self management
 6. Pre-season and post-season programs
 - a. Practice and training of techniques
 - b. Mental and physical conditioning
 - c. Practice games
 - d. Conditioning programs
 - e. Outside tournaments or matches
 7. Facilities
 - a. Convenience for athletes
 - b. Types
 - c. 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

Methods of Evaluation may include but are not limited to the following:

Evaluation will be based on an individual basis—daily effort and improvement

Final written exam or knowledge of:

1. Types of stretching
2. Theories of stretching and related kinesiology
3. Beneficial effects
4. Precautions and injury prevention
5. Effects of aging process

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

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. 2017.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

1. Weekly reading assignments from text and outside sources ranging from 30-60 pages per week
2. Weekly lecture covering subject matter from text assignment with extended topic information. Class discussion is encouraged
3. Guest speakers: industry and faculty speakers covering selected topics

When taught online these methods may take the form of video, audio, animation, and webpage presentations.

Discipline(s)

Physical Education