Course Description:
The course provides students with an exposure to the application of theoretical aspects of sport sciences in the context of coaching. In addition, this course is designed to study the practical experiences of coaching. Scientific concepts combined with practical skills are the main focus for the classes.

Course Format:
This course is a full-year 0.5 credit course (“Y” course). Classes will be held bi-weekly from September to April. The format of classes will include case-based discussion of selected topics, student presentations, and guest lectures, to be announced.

Course Texts

Learning Outcomes:
- To acquire theoretical knowledge to apply in a practical coaching position.
- To examine and solve various theoretical and practical coaching issues
- To understand and appreciate the broad scope of coaching a competitive sport
- To reflect on one’s personal coaching philosophy to further develop as a coach
- To acquire the ability to oversee a head coaching position of a competitive sport

Selected Topics:
- Coaching philosophy/vision – How does the coaching philosophy and vision of the coach influence the sport program?
- Coach Observation – What can we learn from senior elite coaches?
- Technical and tactical teaching – The Games Approach, and learning/teaching environment. How can we improve our coaching?
• Leadership and coaching style – What is your style and its impact on athletes?
• Team management – General concepts and conflict resolution
• Long Term Athlete Development – How can LTAD be implemented in your coaching?
• Physical requirements of a sport – What do we need to know about a sport to prescribe the proper periodization of training?

Schedule 2017-18
1. Sep 12, 2017 Introduction and course overview
2. Sep 19 Coaching Philosophy, Objectives and Leadership Style (asgmt 1)
3. Oct 3 Principles of Behaviour (Communicating, Motivating and Managing) (asgmt 2)
4. Oct 17 Long Term Athlete Development (asgmt 3)
5. Oct 24 Strength/Energy Fitness and Periodization (asgmt 4)
6. Nov 7 The Games Approach to Coaching (asgmt 5)
7. Nov 21 Coaching Observation and Evaluation (asgmt 6)
8. Nov 28 Special Topics in Coaching A. (asgmt 7)
9. Jan 9, 2018 Book review (asgmt 8)
10. Jan 23 Mental Training in Sport (asgmt 9)
11. Feb 6 Special Topics in Coaching B. (asgmt 10)
12. Feb 27 Individual Project. ½ class presents
13. Mar 6 Individual Project. ½ class presents

Note: it is possible that some topic areas can change. The instructor will inform students during class and post changes on OWL.

Grading: Students will be given an assignment for 10 topic areas covered each class. The assignment is due in an advance of each class. Students are to be prepared to present the assignment information and engage in topic discussion during class to reflect student participation for in-class evaluation. Students will do an individual project covering a topic area to be approved by the instructor. This will include a paper submission and presentation during the class.
• Assignments. Total 80%.
  o Assignments 1, 2, 3, 4, 5, 6, 8, 9 (8x9%). Each will include 6% written + 4% in-class
  o Assignments 7, 8 (2x4%). Each will include 2% written + 2% in-class
  • Written Evaluation:
    • Students are to submit a written submission in advance of each class and engage in topic discussion during class. Details for the assignment will be provided on OWL well in advance of the each class. A missed class/assignment without appropriate documentation will result in a zero (0) grade. A late written submission will be considered based on individual circumstances/documentation if the student informs the instructor within 24 hours after the missed class.
  • In-class Evaluation:
- Students will be prepared to engage in class discussion and to provide input on the topic area covered.
- If a student is unable to attend a class, no grade will be given for this component as it is based upon attendance and in-class discussion. Students must attend class and engage in discussion to obtain in-class marks.

- Individual Project: 20%.
  - Presentation in-class 10%
  - Paper 10%
  - Students will choose a topic approved by the instructor of the individual project.
  - The student will be expected to engage the class in discussion in a question-answer format.
  - More details will be provided well in advance by the instructor.

Classroom Expectations
- Attendance, participation, punctuality and courtesy: Students will be punctual for the start of class and prepared for each class for active participation in discussion. Students will display courtesy in class discussion/debate, e.g., listen when others speak, etc.
- No laptops will be permitted. Students can refer to a hard copy of their written submission if needed, or have other materials, and/or use pen/paper during class. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class, therefore, they are to be on silent mode or turned off during class.
- Scholastic offences: These are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: [http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_grad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_grad.pdf)
- Students must write their assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers might be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com ([http://www.turnitin.com](http://www.turnitin.com))