Kinesiology 9630Y - Art and Science of Coaching
Western University

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Class location: Alumni Hall, room 101  
Time: Tuesday’s 8:30-11:30 am – September – April 2016-17  
Note: Course information will be available via OWL

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 2016-17
1. Sep 13  Introduction and course overview
2. Sep 27  Coaching Philosophy, Objectives and Leadership Style
3. Oct 11  Long Term Athlete Development
4. Oct 25  Coaching Evaluation #1
5. Nov 8  Strength/Energy Fitness and periodization
6. Nov 22  The Games Approach to Coaching
7. Dec 6  The pep talk or personnel decisions and/or media, film
8. Jan 10  Book review
9. Jan 24  Psychological skills training
10. Feb 7  Special topic/guest speaker TBA
11. Feb 21  No class – Reading Week
12. Mar 7  Individual Project on chosen sport: ½ class presents
13. Mar 21  Individual Project on chosen sport: ½ class presents
14. Apr 4  (TBA) Individual Project completion. Wrap-up

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 graded in each class covering a topic area. Students will be given an assignment for each topic area which is to be submitted in an advance of each class, and to engage in topic discussion during class. Students will do two presentations covering a topic area and to lead class through discussion.

• Assignments: 90% (9 x 10% each). Each assignment will include:
  o Written Evaluation: 5%
    ▪ 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. circumstances/documentation if the student informs the instructor with 24 hours after the missed class.
  o In-class Evaluation: 4%.
    ▪ 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 attendance/discussion. Students must attend class and engage in discussion to obtain in-class marks.
    ▪ 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 with 24 hours after the missed class.

- In-class presentations: 10% (2x5% each).
  - Students will be assigned a specific date and topic for their presentation which will follow one of the topic areas in class.
  - The presentation will entail a topic overview and examine specific issues of the topic area.
  - The student will be expected to lead class and engage the class in a question, answer and discussion 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))