

Western University School of Kinesiology

Course: Kinesiology 4410A Theory of Coaching

Semester: A (Fall)

Times:

* On occasion students will be asked to attend a related event outside of the regular lecture schedule

Instructor: Dean Lowrie ,rm 2213 3M Center

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Course Format: Lecture based course.

Course Description:

The course is designed to provide students with an initial exposure to the application of theoretical aspects of sport philosophy, psychology, training, teaching, and management within the coaching context. Students will hear from experienced coaches across a broad spectrum of topics relevant to an understanding of the issues and concerns surrounding the art and science of coaching. Students will be expected to actively participate in classroom discussions.

Kin 4410A must be taken in conjunction with KIN4411Y. The combination is intended to provide each student with a personal coaching philosophy, coaching tools, and coaching experience. **“A successful coach skillfully uses athletics to help athletes learn lessons about life and appreciate their increased knowledge.” (Armstrong, 2001)**

Course Co-requisite:

Kin 4411Y or permission of the Undergraduate Chair

Course Text:

Successful Coaching (3rd ed. 2004), Martens, R.

Course Objectives:

1. At the conclusion of this course, students are expected to be able to do the following:
2. Understand the value of and be able to develop a coaching philosophy Understand the three major objectives of coaching and factors that are involved in selecting a coaching style

3. Be familiar with principles for coaching with character, for developing good character and sportsmanship in athletes, and for coaching athletes who have diverse backgrounds, characteristics, and abilities
4. Understand psychological principles and applications for effectively communicating with and listening to athletes, for optimally motivating athletes, and for managing behavior problems in a positive and effective manner
5. Recognize and be able to apply information and methods in using the games approach for teaching technical and tactical skills
6. Be qualified to develop instructional plans for team practices and plans for an entire sport season
7. Be knowledgeable about physiological principles and applications for physical training in sport, including training for energy fitness and training for muscular fitness, and have the ability to develop physical training programs for athletes
8. Understand the principles of good nutrition for health and performance and how to address the problem of drug abuse by athletes
9. Understand the principles and issues related to planning, organizing, staffing, and directing functions that are commonly considered a coach's responsibilities
10. Have the ability to apply methods for effective team management, for managing interpersonal relationships in coaching, and for protecting athletes from risk and coaches from liability problems

Evaluation:

1. assignment	30%
Design a seasonal training plan	15%
papers (2 x 500 words)	15%
Group Coaching presentation	20%
Final exam	40%
Class participation	10%