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# COA 405.01: Advanced Concepts in Coaching

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**Instructors:**

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Steven Gaskill - 243-4268, office: McGill 104, [Steven.Gaskill@umontana.edu](mailto:Steven.Gaskill@umontana.edu)

**Class Time:** 10:10-11:00 am. MWF, **Classrooms:** FOR 206

**Office Hours:** Collin Fehr, MS: TR 9-11am, or by appointment.

Dr. Steven Gaskill: MWF-8-9 am, T 1-2pm, and R 11-12am, or by appointment.

Required textbook: Martens, Rainer. 2012. *Successful coaching*. 4th ed. Champaign, IL: Human Kinetics.

Supplemental readings: See References and To Learn More sections at the end of chapters in the textbook.

Course Description

This course is a comprehensive introduction to the coaching profession. Emphasis is placed on sport at the high school and serious club levels. Consideration is also given to coaching at other levels, such as youth, recreational, and intercollegiate sport programs. **The primary goal of the course is to develop and enhance students' knowledge and understanding of concepts and techniques of coaching and their application to achieving important objectives in working with athletes.** The instructional format and schedule for the course closely follow the organization of the textbook for the course, *Successful Coaching, Fourth Edition* by Rainer Martens. The course and textbook combine sport science theory and research with the practical knowledge and methods of expert coaches in the five essential categories of coaching education and professional practice. Principles and practical applications are presented and thoroughly explained for each of these five important dimensions of coaching.

Course Objectives

At the conclusion of this course, students are expected to be able to do the following:

1. Understand the value of and be able to develop a coaching philosophy
2. 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

## Course Topics and Schedule

### **Part I: Principles of Coaching**

Part I will help you develop a coaching philosophy, achieve the three major objectives of coaching, and select your coaching style. Principles and guidelines are presented for coaching with character, developing good character and sportsmanship in athletes, and coaching athletes who are diverse in maturation, cultural heritage, gender, sexual orientation, and abilities. Textbook chapters included in part I are as follows:

| Week | Day | Dates     | Schedule                         | Assignment                                  |
|------|-----|-----------|----------------------------------|---|
| 1    | M   | 1/27/2014 | Greeting and Course Overview     |   |
|      | W   | 1/29/2014 | Writing - Current Beliefs.....   | Coaching Beliefs                            |
| 2    | F   | 1/31/2014 | On-Line Moodle Content           | Read Chapters 1 and 2+Assignment            |
|      | M   | 2/3/2014  | Guest Coach                      | Chp 1 and 2 Quiz-Moodle-due 10am            |
|      | W   | 2/5/2014  | Discussion                       | Weekly Moodle Assignment Due                |
| 3    | F   | 2/7/2014  | On-Line Moodle Content           | Read Chapters 3 and 4 + Assignment          |
|      | M   | 2/10/2014 | Guest Coach                      | Chp 3 and 4 Quiz-Moodle-due 10am            |
|      | W   | 2/12/2014 | Discussion                       | Weekly Moodle Assignment Due                |
| 4    | F   | 2/14/2014 | On-Line Moodle Content           | Read Chapter 5 and Moodle Quiz + Assignment |
|      | M   | 2/17/2014 | Presidents Day – <b>NO CLASS</b> | Chp 5 Quiz-Moodle-due 10am                  |
|      | W   | 2/19/2014 | Discussion                       | Weekly Moodle Assignment Due                |

### **Part II: Principles of Behavior**

Part II will help you become a skillful communicator, motivator, and behavior manager. Psychological principles and recommendations are offered for effectively communicating with and listening to your athletes, for optimally motivating your athletes, and for managing behavior problems in a positive manner. Textbook chapters included in part II are as follows:

| Week | Day | Dates     | Schedule               | Assignment                         |
|------|-----|-----------|------------------------|------------------------------------|
| 5    | F   | 2/21/2014 | On-Line Moodle Content | Read Chapters 6 and 7 + Assignment |
|      | M   | 2/24/2014 | Guest Coach            | Chp 6 and 7 Quiz-Moodle-due 10am   |
|      | W   | 2/26/2014 | Discussion             | Weekly Moodle Assignment Due       |
| 6    | F   | 2/28/2014 | On-Line Moodle Content | Read Chapter 8 + Assignment        |
|      | M   | 3/3/2014  | Guest Coach            | Chp 8 Quiz-Moodle-due 10am         |
|      | W   | 3/5/2014  | Discussion             | Weekly Moodle Assignment Due       |

### **Part III: Principles of Teaching**

Part III recognizes that good coaching is good teaching. Information and methods are presented for putting your sound philosophy and good communication, motivation, and behavior management skills to work. The games approach is introduced for teaching technical and tactical skills. You will learn how to develop an instructional plan for your team's practices and for the entire season. Textbook chapters included in part III are as follows:

| Week | Day | Dates     | Schedule               | Assignment                           |
|------|-----|-----------|------------------------|--------------------------------------|
| 7    | F   | 3/7/2014  | On-Line Moodle Content | Read Chapters 9 and 10 + Assignment  |
|      | M   | 3/10/2014 | Guest Coach            | Chp 9 and 10 Quiz-Moodle-due 10am    |
|      | W   | 3/12/2014 | Discussion             | Weekly Moodle Assignment Due         |
| 8    | F   | 3/14/2014 | On-Line Moodle Content | Read Chapters 11 and 12 + Assignment |
|      | M   | 3/17/2014 | Guest Coach            | Chp 11 and 12 Quiz-Moodle-due 10am   |
|      | W   | 3/19/2014 | Discussion             | Weekly Moodle Assignment Due         |

#### Part IV: Principles of Physical Training

Part IV includes information on physiological principles and applications for training basics, training for energy fitness, and training for muscular fitness. You will learn to develop training programs for your athletes, principles of good nutrition for health and performance, and how to address the difficult problem of drug abuse by athletes. Textbook chapters included in part IV are as follows:

| Week | Day | Dates     | Schedule               | Assignment                           |
|------|-----|-----------|------------------------|--------------------------------------|
| 9    | F   | 3/21/2014 | On-Line Moodle Content | Read Chapter 13 + Assignment         |
|      | M   | 3/24/2014 | Guest Coach            | Chp 13 Quiz-Moodle-due 10am          |
|      | W   | 3/26/2014 | Discussion             | Weekly Moodle Assignment Due         |
| 10   | F   | 3/28/2014 | On-Line Moodle Content | Read Chapter 14 + Assignment         |
|      |     | 3/29-4/6  | Spring Break           |                                      |
|      | M   | 4/7/2014  | Guest Coach            | Chp 14 Quiz-Moodle-due 10am          |
|      | W   | 4/9/2014  | Discussion             | Weekly Moodle Assignment Due         |
| 11   | F   | 4/11/2014 | On-Line Moodle Content | Read Chapter 15 + Assignment         |
|      | M   | 4/14/2014 | Guest Coach            | Chp 15 Quiz-Moodle-due 10am          |
|      | W   | 4/16/2014 | Discussion             | Weekly Moodle Assignment Due         |
| 12   | F   | 4/18/2014 | On-Line Moodle Content | Read Chapters 16 and 17 + Assignment |
|      | M   | 4/21/2014 | Guest Coach            | Chp 15 and 16 Quiz-Moodle-due 10am   |
|      | W   | 4/23/2014 | Discussion             | Weekly Moodle Assignment Due         |

#### Part V: Principles of Management

Part V addresses issues related to planning, organizing, staffing, and directing all the functions you have responsibility for as a coach. Principles are explained and advice is provided for seven categories of team management, for managing interpersonal relationships in coaching, and for protecting your athletes from risk and yourself from liability problems. Textbook chapters included in part V are as follows:

| Week | Day | Dates     | Schedule               | Assignment                           |
|------|-----|-----------|------------------------|--------------------------------------|
| 13   | F   | 4/25/2014 | On-Line Moodle Content | Read Chapters 18 and 19 + Assignment |
|      | M   | 4/28/2014 | Guest Coach            | Chp 18 and 19 Quiz-Moodle-due 10am   |
|      | W   | 4/30/2014 | Discussion             | Weekly Moodle Assignment Due         |
| 14   | F   | 5/2/2014  | On-Line Moodle Content | Read Chapter 20 + Assignment         |
|      | M   | 5/5/2014  | Guest Coach            | Chp 20 Quiz-Moodle-due 10am          |
|      | W   | 5/7/2014  | Discussion             | Weekly Moodle Assignment Due         |
| 15   | F   | 5/9/2014  | REVIEW                 |                                      |
|      | F   | 5/16/2014 | 10-12am Final Exam     |                                      |

#### Student Evaluation

Your grade for this course will be determined by your performance in the following:

##### **Exams –200 points - 40 percent of your grade for the course.**

Five Exams: 30 points each, 150 total points, On-Line examinations will be administered at the conclusion of each of five parts of the course (see schedule on Moodle for exam open and close dates). These exams will include true-false, multiple choice, fill-in-the blank, and matching. There may also be a written essay portion. Material will be based on book, discussion and guest lectures and is open book, open notes.

Final Exam: 50 points. Written including true-false, multiple choice, fill-in-the blank, short answer and essay. Closed book, no notes. Focus is on major concepts.

### Quizzes

Five points for each of the 20 quizzes coinciding with textbook chapters, 100 total points, 20 percent of your grade. The quizzes are all online with opening and closing dates during the week they are due. They always close on Monday at the time of the lecture. Some quizzes are over multiple chapter – but will count as 10 points per chapter.

### Weekly Assignments

13 weekly topics assignments, 8 points each, 100 total points (4 bonus points possible), 20 percent of your grade. There will be an assignment each week which will be posted on moodle. These assignments may include essays and reports that involve interpreting and applying what you have read in the textbook. They may also involve interviewing coaches and athletes or observing practices and sport contests to draw connections between coaching principles and real-life coaching situations. These assignments will be the basis for discussion on the day the assignment is due.

### Discussion, Participation and Activities

100 points-20 percent of your grade for this course. This component of your evaluation will consist of your performance in focused in-class discussions and small-group exercises. These activities are intended to provide you with opportunities to gain a more in-depth understanding of course topics and textbook readings. In these in-class activities, you may be asked to reflect on your own sport experiences, to express your opinions on coaching issues, and to collectively provide suggestions for coaching techniques and solving problems. You will be required to attend all class sessions, to be attentive and fully engaged in class activities, and to contribute to class sessions involving guest speakers. If you have an emergency that causes you to miss a class, inform the instructor before the missed class, if possible.

### Grading Scale

There are 500 total points for the course.

| Course Grade | Min Points | Min Percent |
|--------------|------------|-------------|
| A            | > 462.5    | 92.5%       |
| A-           | > 450      | 90.0%       |
| B+           | > 437.5    | 87.5%       |
| B            | > 412.5    | 82.5%       |
| B-           | > 400      | 80.0%       |
| C+           | > 387.5    | 77.5%       |
| C            | > 362.5    | 72.5%       |
| C-           | > 350      | 70.0%       |
| D+           | > 337.5    | 67.5%       |
| D            | > 312.5    | 62.5%       |
| D-           | > 300      | 60.0%       |
| F            | < 300      |             |

**STUDENTS WITH DISABILITIES OR MEDICAL CONDITIONS:** If you have a known medical condition that could occur during class and which it would be helpful for the instructor to be forewarned, please make an appointment with the instructor, or visit him during office hours. If you feel that you might need assistance during an emergency, please recommend a plan to the instructor and let him know if you will need help. Students with disabilities are encouraged to discuss learning, testing and emergency need accommodations with the instructor.

**ACADEMIC HONESTY – Students must read:** All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at <http://www.umt.edu/SA/VPSA/index.cfm/page/1321>.