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Spring 2-1-2005

HHP 317.01: Coaching Clinic

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University of Montana - Health & Human Performance Spring 2005

Course Number and Title: HHP317 – Coaching Clinic
Organizers: Steven Gaskill, Lew Curry, Adrienne Corti
Days & Class Time: W, 7:10-9:00pm
Location: McGill 135
Text: Successful Coaching by Rainer Martens

Overview: This class will introduce students to a solid foundation in coaching to include: coaching theories, competitive coaching strategies, training methods and techniques. This course will cover the requirements for the bronze level of the American Sport Education Program (ASEP). Course graded credit/no credit. The class is appropriate for coaches of at all levels and will focus on basic skills of coaching. The class is open to the general public who do not wish University of Montana Credit. (See Fees below)

Presenters:

Don Read – UM Athletic Director, Former head Griz Football Coach
Lew Curry, Ph.D. – Performance Psychology Professor – University of Montana
Tucker Miller, Ph.D. – Physical Educator, Professor University of Montana
John Cuddy – Certified Strength and Conditioning Coach
Angela Morrison - Assistant Women's Soccer Coach, Univ. MT, Missoula Striker's Director of Coaching.
Neil Sedgewick – Women's Head Soccer Coach – University of Montana
Robin Selvig – Head Women's Basketball Coach – University of Montana
Jonathon Edmonds, Professional Baseball strength coach and current Univ. MT assistant strength coach.
Don Russell – Elite Cycling Coach, Master Cyclist and Triathlete
Carla Cox, Registered Dietician, Ph.D.
Missoula Freestyle Coaches / Athletes (TO be determined)
Adrienne Corti – Profession Ski Instructor – Director of UM Physical Activities Program
Steven Gaskill, Ph.D. – 3 time Olympic Coach (Nordic Skiing), Ex. Phys. Professor – Univ. MT

Objectives:

Students participating in the class will learn:

1. Principles of coaching
 - a. Developing your coaching philosophy
 - b. Determining your coaching objectives
 - c. Selecting your coaching style
 - d. Coaching for character
 - e. Coaching for diverse athletes
2. Principles of Behavior
 - a. Communicating with your athletes
 - b. Motivating your athletes
 - c. Managing your athletes behavior
3. Principles of Teaching
 - a. Coaching the games approach way
 - b. Teaching technical skills
 - c. Teaching tactical skills
 - d. Planning for teaching
4. Principles of Physical Training
 - a. Training for energy and fitness
 - b. Fueling your athletes
 - c. Battling drugs
5. Principles of Management
 - a. Managing your team
 - b. Managing relationships
 - c. Managing risk

Attendance/Grading: This class is graded credit/no credit. To receive credit, participants must attend at least 12 of 15 classes and actively participate in the class discussions.

Fee: Credits do not count toward tuition "flat spot." Fee waivers do not apply. Total fee for this course is \$185 to receive University of Montana Credit.

Individuals who do not wish credit may join the program for \$35 for all sessions or \$5 per session. Pre-registration is not required, but would be appreciated. Contact steven.gaskill@umontana.edu or call Steve at 406/243-4268. leave a message if you get the 'machine.'

Coaching Clinic Schedule – Spring 2005 (some speakers may change)

Speakers are invited and encouraged to discuss what has worked well for them in each of these areas. Speakers will have approximately 70 minutes to present, then 40 minutes for discussion, including material in the appropriate chapter(s) of the book and lecture material. Class format encourages group interaction.

Classes meet from 7:10-9pm – McGill Hall 107

Wednesday – Jan. 26	Developing Your Coaching Philosophy and Objective Gaskill / Corti	Chapters 1, 2, 3
Wednesday – Feb. 2	Coaching Style, Coaching for Character, Diversity Corti / Gaskill	Chapters 3, 4, 5
Wednesday – Feb. 9	Communicating, Motivating, Managing Don Read / Lew Curry	Chapter 6, 7, 8
Wednesday – Feb. 16	Coaching the Games Approach Way, Planning for Teaching Tucker Miller	Chapters 9, 12
Wednesday – Feb. 23	Training Basics Steven Gaskill / John Cuddy	Chapter 13
Wednesday – Mar. 2	Teaching Technical Skills Angela Morrison / Neil Sedgewick	Chapter 10
Wednesday – Mar. 9	Teaching Tactical Skills Robin Selvig	Chapter 11
Wednesday – Mar. 16	Strength Training Jonathon Edmonds	Chapter 15
Wednesday – Mar. 23	SPRING BREAK	
Wednesday – Mar. 30	Endurance Training and Monitoring Training Don Russell	Chapter 14
Wednesday – Apr. 6	Designing Training Plans Don Russell / Jonathon Edmonds / Steven Gaskill	
Wednesday – Apr. 13	Evaluating Athletes in Team Sports Neil Sedgewick	
Wednesday – Apr. 20	Nutrition, Battling Drugs Carla Cox, R.D., Ph.D. – Nutrition Steven Gaskill, Lew Curry – Battling Drugs	Chapters 16-17
Wednesday – Apr. 27	Managing Your Team and Relationships Missoula Freestyle Coaches / Athletes – Developing a winning program	Chapters 18-19
Wednesday – May 4	Ideas that work Lew Curry – Turning Negatives into Positives	