

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE

Course Outline

Course Title: Principles of Coaching
Semester Course Prefix and Number: PHED 1420
Old Quarter Course Prefix and Number:

Submitted By: Brad Scott
Approval Date: January 2013
Revision Date:

Number of Credits: 3
Semester(s) Offered: 30
Class Size: Negotiated by AASC on: (date)
Number of Lecture Credits: 3
Number of Lab Credits: 0
Number of Studio/Demonstration/Internship Credits: 0
Number of Lab Hours: 0

Course Purpose Code:

- 0 - Developmental Courses
1 - Non-transferable
2 - Technical course related to career programs
3 - College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
x 4 - Other college course not considered a part of MNTC (e.g. computer science, health, physical education)
5 - Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements or intended for transfer.
9 - Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

Catalog Description:

This course is designed to prepare students for successful entry into the coaching profession. Major emphasis is placed upon coaching philosophy, sport psychology, group dynamics, and public relations.

Prerequisites and/or recommended entry skills/knowledge:

Course Prerequisite(s): None
Reading Prerequisite: None
Composition Prerequisite: None
Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:

Physical Education
Education
Recreation related fields

Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:

(Notes: No more than two goals may be met by any one course. Curriculum Committee review and the Chief Academic Officer's approval are required.)

- 0. x None
1. Communications
2. Critical Thinking
3. Natural Sciences
4. Mathematical/Logical Reasoning
5. History and the Social and Behavioral Sciences
6. The Humanities and Fine Arts
7. Human Diversity
8. Global Perspectives
9. Ethical and Civic Responsibility
10. People and the Environment

Learning Outcomes: (including any relevant competencies listed in the Minnesota Transfer Curriculum)

Upon completion of this course, the student will be able to:

1. Develop a coaching philosophy.
2. Identify the role of coaches.
3. Discuss the theories of leadership styles.
4. Recall different classifications of communication skills.
5. Understand motivation for success in sports.
6. Explain how athletes learn.
7. Illustrate the basic components goal setting.
8. Demonstrate the proper fitting of athletic equipment.
9. Outline correct techniques in preventing athletic injuries.
10. Identify a training program.
11. Describe the common injuries to each major body part, including mechanism of injury classification, and treatment.
12. Understand sport management of team and self.

Student Assessment Methods:

- Quiz's on rules of the game
- Portfolio
- Individual & Group Presentations
- Tests

Use of Instructional Technology: (includes software, interactive video and other instructional technologies):

None

Additional Special Information: (special fees, directives on hazardous materials, etc.)

None

Transfer Information: (Please list colleges/majors that accept this course in transfer.)

Course Outline Revision History:

Approvals:

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Academic Affairs Standards Committee		
Chief Academic Officer		

Distribution: Original – Instructional Services
Copies: Transfer Specialist, Originating Faculty Member, Records
Revised: March 2010