

Course Syllabus

This course focuses on the various responsibilities of a coach and the skills needed to successfully fill this important position. Throughout the course, students will explore various coaching models and leadership styles, sports nutrition and sports psychology, as well as safety, conditioning, and cross-training. Students will learn effective communication, problem-solving, and decision making skills. The course will also introduce students to game strategy, tactical strategy, skills-based training, and coaching ethics.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: The Role of a Coach**
 - 1.1 Sports Careers & Venues
 - 1.2 What is a Coach?
 - 1.3 Coaching Philosophy
- **Unit 2: Building a Team**
 - 2.1 Organization
 - 2.2 Leadership
 - 2.3 Communication
- **Unit 3: Team Safety**
 - 3.1 Sports Safety
 - 3.2 Health-Related Fitness
 - 3.3 Understanding Movement
- **Unit 4: Training Athletes**
 - 4.1 Sports Conditioning
 - 4.2 Game Play & Strategy
 - 4.3 Sport-Specific Training
- **Unit 5: Beyond the Playing Field**
 - 5.1 Sports Nutrition
 - 5.2 Individualized Coaching
 - 5.3 Life Coaching

Within each section you will find the following tasks to view or complete:

1. **Section Checklist**—an outline of tasks for each section
2. **Lesson**—multimedia lessons about the section topic
3. **Field Trip**—links to online sites and articles with additional information
4. **Reflection***—a journal reflecting on material learned
5. **Discussion***—asynchronous class discussion about an assigned topic
6. **Assignment***—section assignment
7. **Vocab Check**—flash-card activity to aid with vocabulary comprehension
8. **Quiz***—assessment of lesson comprehension

The items noted with an asterisk above are those that must be submitted for a grade. The “Course Introduction” section has more detailed information on the navigation and tasks for this course.

Introduction to Coaching

In addition to the tasks noted above, a unit exam will be found at the end of every unit, as well as a comprehensive final exam at the end of the course.

Pacing & Grading

Each section of this course is designed to be completed in about one week's time. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

Each quiz or assignment is worth a specific amount of points. A final percentage for the course will be determined by points earned divided by points possible. See the detailed Course Schedule and Pacing Guide for more details on points possible and pacing.

Materials

There are no required materials for this course.

Technical Requirements

A PDF reader and a word-processing program are required for this course. It is also recommended that you have either a Flash player or MP4 player. Below you will find links to download free or trial versions of these programs.

- Flash Player, <http://get.adobe.com/flashplayer/>
- Adobe Reader, <http://get.adobe.com/reader/>
- QuickTime MP4 Player, <http://www.apple.com/quicktime/download/>
- Word Processing Programs:
 - Microsoft Word, <http://office.microsoft.com/en-us/try/>
 - Open Office, <http://www.openoffice.org/download/>