

## Course Outcome Guide (COG)

<b>Course:</b>	HPER 115 Introduction to Coaching	<b>Credits:</b> 3	<b>Instructor:</b>	Jenna Bolstad
<b>Course Description:</b>	Introduction to the sport science principles of coaching. Content covered follows objectives of the National Standards of Athletic Coaches and will include coaching philosophy, sport psychology, sport pedagogy, sport physiology, sport management and a realistic perspective of coaching.			
<b>Concepts and Issues</b>	<b>Process Skills</b>	<b>Assessment Tasks</b>	<b>Intended Outcomes</b>	
Principles of Coaching	<ul style="list-style-type: none"> <li>Demonstrate knowledge &amp; understanding of coaching methods</li> </ul>	<ol style="list-style-type: none"> <li>Write a paper expressing their coaching philosophy and standards.</li> <li>Write a paper, designing a quality practice plan and yearly program map.</li> <li>Discussion and paper on analysis of personal sport life &amp; role in those sports</li> </ol>	<b>Course</b>	<b>Institutional</b>
Principles of Behavior			<p>- Apply health &amp; sport related knowledge to their coaching philosophy.</p> <p>-Demonstrate strategies, techniques, and the teaching progressions of coaching.</p> <p>-Understand responsibilities &amp; off-court duties of today's coaches.</p> <p>-Evaluate strategies dealing with coach-parent relationships &amp; coach-media relationships, etc.</p> <p>-Analyze the psychology used for coaching tomorrow's athletes.</p> <p>-Construct practice and game plans.</p>	<p>I. Students will demonstrate effective communication skills.</p> <p>II. Students will use reasoning skills to analyze and solve problems.</p> <p>III. Students will demonstrate knowledge of diverse cultures and value systems.</p> <p>IV. Students will apply health-related knowledge to promote physical and health-</p>
Principles of Teaching – Coaching Objectives				
-Coaching Philosophy				
Principles of Training				
Principles of Management				

related knowledge to promote physical and mental well-being.				mental well-being.																			
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