



Midwestern State University
Gordon T. & Ellen West College of Education

Coaching Theory & Practice

KNES 3323 Summer 1 2022

Course Instructor: Christopher Reay 940-397-4406

Office Hours 114 D Ligon Coliseum

Monday 10:00am – 12:00pm

Tuesday 10:00am – 12:00pm

Wednesday 10:00am – 12:00pm

E-mail: Christopher.Reay@msutexas.edu (best way to contact)

Class Meeting Places & Times: Desire 2 Learn on-line portal

Required Text: Martens, Rainer. (2012). *Successful Coaching*, Champaign, IL: Human Kinetics

Course/Catalog Description

Introduces the fundamentals of being a successful coach. Explores how to define coaching philosophy, objectives and style. Develops and enhances communication, motivational training, risk management and self-management skills. Development of pedagogical and administrative aspects of coaching youth, interscholastic and intercollegiate sports.

Conceptual Framework Overview

The outcomes for graduates of professional programs are based upon knowledge, skills, and dispositions in the following elements:

- Learning Environment – Graduates of West College of Education (GWCOE) create challenging, supportive, and learner-centered environments in diverse settings
- Individual Development - GWCOE demonstrate knowledge of individual differences in growth and development
- Diverse Learners - GWCOE recognize the value and challenges of individual differences:
- Reflection - GWCOE engage in individual and group reflection to improve practice.
- Collaboration, Ethics, Relationships - GWCOE develop positive relationships, use collaborative processes, and behave ethically.
- Communication - GWCOE communicate effectively both verbally and nonverbally through listening, speaking, reading, and writing.
- Professional Development - GWCOE actively engage in continuous learning and professional development.
- Strategies and Methods - GWCOE use a variety of instructional strategies aligned with content to actively engage diverse learners.
- Content Knowledge - GWCOE demonstrate mastery of the content area(s) and remain current in their teaching fields.
- Planning Process - GWCOE demonstrate effective planning as part of the instructional cycle.
- Assessment - GWCOE demonstrate formative and summative techniques to plan, modify, and evaluate instruction.

Objectives

Students will acquire, synthesize, evaluate and use information gathered to make sound administrative decisions and develop a personal philosophy on coaching athletes.

1. Students will gain foundational knowledge of effective administration, behavior management and coaching skills and techniques.
2. Students will gain knowledge and experience in budgeting, evaluating, planning and risk management specific to sports teams.
3. Students will gain knowledge about the professional opportunities available through sport and leisure services.

Dispositions

1. Students must develop their personal coaching philosophy.
2. Students must submit completed coursework that provides evidence of their ability to undertake and complete common administrative and coaching tasks required of an athletic sport coach.
3. Student will be able to develop a practice schedule, equipment budget performance assessment and safety plan to be used within their chosen sport.
4. Students will perform interviews with professionals in the field of sport and leisure services to gain information on career options and opportunities after graduation.

Assessment

Description of Evaluation	Possible Points	Total Points	% Of Final Grade
1. Quizzes/Tests (5 Total)	20 per	100	25%
2. Facilities Checklist	20	20	5%
3. Coaching Philosophy	40	40	10%
4. Equipment Budget	40	40	10%
5. Sport Performance Assessment (Try-out assessment)	30	30	7.5%
6. Sport Practice Plan	30	30	7.5%
7. Coaching Interview	60	60	15%
8. Final Exam	80	80	20%
Total	400	400	100%

Grading Scale

- A >360 points
B 320-359 points
C 280-319 points
D 240-279 points
F 239< points

Note* - There will be several assignments listed that count for bonus points via written assignments and a few discussion boards.

No Late Work will be accepted unless communication is made before the start of assignment postdate.

Course Overview & Timeline

- Part 1 Principles of Coaching (Quiz due – Thursday, June 2)
Chapter 1 Develop Your Coaching Philosophy
Chapter 2 Determining Your Coaching Objectives
Chapter 3 Selecting Your Coaching Style
Chapter 4 Coaching for Character
Chapter 5 Coaching Diverse Athletes
- Part 2 Principles of Behavior (Quiz due – Thursday, June 9)
Chapter 6 Communicating With Your Athletes
Chapter 7 Motivating Your Athletes
Chapter 8 Managing Your Athletes' Behavior
- Part 3 Principles of Teaching (Quiz due – Thursday, June 16)
Chapter 9 The Games Approach
Chapter 10 Teaching Technical Skills
Chapter 11 Teaching Tactical Skills
Chapter 12 Planning for Teaching
- Part 4 Principles of Physical Training (Quiz due – Thursday, June 23)
Chapter 13 Training Basics
Chapter 14 Training for Energy Fitness
Chapter 15 Training for Muscular Fitness
Chapter 16 Fueling Your Athletes
Chapter 17 Battling Drugs
- Part 5 Principles of Management (Quiz due – Monday, June 27)
Chapter 18 Managing Your Team
Chapter 19 Managing Relationships
Chapter 20 Managing Risk

COACHING PHILOSOPHY PAPER DUE Wednesday, June 1

Part 1 Quiz due – Thursday, June 2

FACILITIES CHECKLIST DUE Wednesday June 8

Part 2 Quiz due – Thursday, June 9

EQUIPMENT BUDGET DUE – Wednesday, June 15

Part 3 Quiz due – Thursday, June 16

SPORTS PERFORMANCE ASSESSMENT DUE Monday, June 20

SPORTS PRACTICE PLAN DUE Wednesday, June 22

Part 4 Quiz due – Thursday, June 23

COACHING INTERVIEW DUE – Wednesday, June 29

Part 5 Quiz due – Monday, June 27

FINAL DUE – Thursday, June 30

Disability Support Policy

The Office of Disability Support Services provides information and assistance, arranges accommodations, and serves as a liaison for students, instructors, and staff. The office has assistive devices, such as books on tape, recorders and adaptive software that can be lent to qualified individuals. A student/ employee who seeks accommodations on the basis of disability must register with the Office of Disability Support Services. Documentation of disability from a competent professional is required. The Office of Disability Support Services may be contacted at 940-397-4140(voice), 940-397-4515 (TDD), [Disability Support Services](#); or visit 3410 Taft Blvd., Clark Student Center Room 168. In accordance with a documented disability, please contact the instructor before classroom accommodations can be provided.

MSU Student Honor Creed

For more details see page 6 of the Student Handbook [2017-2018 Student Handbook](#) “As an MSU Student, I pledge not to lie, cheat, steal, or help anyone else do so.”

As students at MSU, we recognize that any great society must be composed of empowered, responsible citizens. We also recognize universities play an important role in helping mold these responsible citizens. We believe students themselves play an important part in developing responsible citizenship by maintaining a community where integrity and honorable character are the norm, not the exception.

Thus, we, the Students of Midwestern State University, resolve to uphold the honor of the University by affirming our commitment to complete academic honesty. We resolve not only to be honest but also to hold our peers accountable for complete honesty in all university matters.

We consider it dishonest to ask for, give, or receive help in examinations or quizzes, to use any unauthorized material in examinations, or to present, as one’s own, work or ideas which are not entirely one’s own. We recognize that any instructor has the right to expect that all student work is honest, original work. We accept and acknowledge that responsibility for lying, cheating, stealing, plagiarism, and other forms of academic dishonesty fundamentally rests within each individual student.

We expect of ourselves academic integrity, personal professionalism, and ethical character. We appreciate steps taken by University officials to protect the honor of the University against any who would disgrace the MSU student body by violating the spirit of this creed.

If the MSU Student Honor Creed is deemed to be broken by the instructor, the case will be reviewed on an individual basis

Plagiarism Statement

“By enrolling in this course, the student expressly grants MSU a ‘limited right’ in all intellectual property created by the student for the purpose of this course. The ‘limited right’ shall include but shall not be limited to the right to reproduce the student’s work product in order to verify originality, authenticity, and educational purposes.” from [2017-2018 Student Handbook](#)

Concealed Carry University Guideline

Senate Bill 11 passed by the 84th Texas Legislature allows licensed handgun holders to carry concealed handguns on campus, effective August 1, 2016. Areas excluded from concealed carry are appropriately marked, in accordance with state law. For more information regarding campus carry, please refer to the University’s webpage at: [Concealed Carry University Guideline](#).



Helpful Hints for Using D2L at MSU

- ✓ Do not use Internet Explorer. Firefox, Chrome, or Safari work best. Most issues are browser related.
If you encounter technical issues, submit an Online Problem Report to distance2.mwsu.edu/oprs.asp Please fill out the form correctly and completely. This form is not for asking course related questions, only reporting technical issues. You can also email us at [Distance Learning Website](#)
- ✓ OPRs are answered until 10pm, seven days a week. After 10pm, it will be answered the next morning.
- ✓ If you have an exam due late at night, we recommend you take it early the first time. That way there will be someone available to assist.
- ✓ Do not take quizzes/exams on your phone. Use a computer. Occasionally phone exams do not submit.
- ✓ Remember technology is similar to Murphy's Law. If it can go wrong, it probably will. So be prepared.
- ✓ The Distance Education Staff are here to help make sure you have a successful semester.