

KIN 169: INTRODUCTION TO COACHING

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Winter 2021
Credits:	3
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Strongly Recommended:	ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter

Catalog Course Description

This course is to study the different aspects of coaching including philosophies and techniques. It will provide the student with a basic understanding of coaching on all levels. The topics included will be recruiting, tryouts, pre and post season development, conditioning, weight training, practice organization, game strategies, motivation techniques, legal aspects, public relations, media, fundraising and ethics. 54 lecture hours.

Course Objectives

- Develop a personal coaching philosophy to demonstrate an overview of qualities of successful coaches.
- Demonstrate teaching technical and tactical sport skills through teaching demonstrations.
- Identify psychological principles and applications for effectively communicating with athletes and motivating athletes.
- Develop a coaching notebook with written instructional plans for a team's practices for the entire season.
- Demonstrate knowledge about physiological principles and applications for physical training in sport and be able to develop a coaching notebook by writing a condition program to be included in their coaching notebook.
- Demonstrate verbally and in writing the ability to administer an athletics program to analyze and evaluate program components.
- Identify the reasons for entering a coaching field, types of coaches and methods to succeed in coaching to become familiar with all aspects of coaching.

Major Course Content

1. Principles of Coaching
 - a. Developing a philosophy
 - b. Determining your Coaching Objectives
 - c. Selecting your Coaching Style
 - d. Coaching for character
 - e. Coaching Diverse Athletes
2. Principles of Behavior

- a. Communicating with Athletes
 - b. Motivating your Athletes
 - c. Managing Athlete's Behavior
3. Principles of Teaching
 - a. Teaching Technical Skills
 - b. Teaching Tactical Skills
 4. Principles of Training
 - a. Training Basics
 - b. Training for Energy
 - c. Training for Muscular Fitness
 - d. Nutrition for Athletes
 - e. Battling Drugs
 5. Principles of Management
 - a. Managing Your Team
 - b. Managing Relationships
 - c. Managing Risks

Suggested Reading Other Than Required Textbook

Instructor handouts

Examples of Required Writing Assignments

Finalize your sport's playbook.

What is "professionalism" and how do you instruct the steps.

Support the educational benefit of high school and college athletic activities.

Examples of Outside Assignments

Visit high school and/or college coaches with ten years coaching experience.

Visit high school and/or college athletic directors with five years administrative experience.

Attend three high school and/or college events in your coaching field.

Instruction Type(s)

Lecture, Online Education Lecture