Time: T, R 12:00 12:50
Location: Ganfield 103

Instructor Info:
Instructor Name: Stephen Dannhoff
Office location: Charles House 303
Phone Number: 262-524-7105
Email: sdannhof@carrollu.edu
Office Hours: TBA

Final Exam:
Monday, May 8 ...................... 11:00 am

Textbooks & Materials:

Course Description:
The course is designed to be a comprehensive introduction to the art and science of coaching. The course introduces coaching philosophy, sport pedagogy, sport physiology, sport medicine, sport psychology, and sport management. This course is designed to examine theories and techniques in coaching through developing information, organization and management skills. Development of technical information, safety aspects and human relationships will also be studied. This course includes American Sport Education Program Coaching Principles certification.

Course Content:
This course will help coaches develop their coaching philosophies; improve their communication, teaching, and management skills; and understand their responsibilities as a coach. Students will learn the principles, knowledge, and skills that will help coaches build a foundation for their decisions and actions. Working through the text, students will define their philosophy, identify their objectives, and determine their coaching style. Students will also learn how to become skilled communicators and motivators by applying psychological principles and recommendations for positive management of athletes’ behavior. Students will become more effective instructors as they learn the games approach to teaching technical and tactical skills, a proven method of helping athletes become smart tactical players of their sports. The course will also discuss the team management responsibilities of the coach and details how to manage relationships with athletes, other coaches, administrators, medical personnel, officials, parents, and the media. Also addressed are the legal responsibilities of a coach and strategies for reducing risk. Students will learn the latest research in the fields of physical training and nutrition, including new information on creatine, energy drinks, caffeine, and hydration. The course also provides a straightforward discussion of drug abuse among athletes, offering all-new content on methamphetamines, prescription drug abuse, and drug-testing recommendations.

The subject matter will be presented through lecture, class discussion, cooperative group discussions, video presentations, study guide activities, online research, online testing and laboratory experiences. Class participation is expected and appreciated.
Student Learning Outcomes

Upon successful completion of the course a student should be able to:

Learning Objectives/Outcomes:
The student should be able to:
1. Explain the value of a coaching philosophy.
2. Appreciate the importance of knowing who you are and what kind of coach you want to be.
3. Identify and explain the three major objectives of coaching in sports.
4. Formulate a personal coaching philosophy and objectives.
5. Explain the different coaching styles.
6. Appreciate the code of ethics that guides coaches in the profession.
7. Justify the importance of character development through sports.
8. Demonstrate an understanding of the communication process involving the coach and players.
9. Plan a program involving team sports.
10. Discuss the importance of discipline in sports coaching.
11. Demonstrate an understanding of technical and tactical skills in team sports.
12. Explain the nature of physical fitness.
13. Discuss the physiological, psychological and sociological values of sports participation.
14. Discuss the legal aspects surrounding coaching and risk management.

Student Assessment
(Exams, papers, projects, journals, presentations, etc; must demonstrate the direct relationship between assessments and all student learning outcomes.)

- Coaching Portfolio Assignments (LO 1,3,4,9,10,11) 150 points
  (philosophy statement, season planning assignments)
- Class Activities / Assignments (LO 1,2,4,6,13,14) 200 points
  (worksheets, assignments, discussion, participation, etc.)
- Chapter Exams/Quizzes (20 chapters x 15 points each) (LO 4,5,7,8,10,11,12,13,14) 300 points
- Final Exam (LO 4,5,7,8,10,11,12,13,14) 100 points

Grading Policy
(Relative weighting of factors entering into the final course grade, grading scales, etc.)

Grading :

A = 100 – 93
A/B = 92 – 88
B = 82 – 87
B/C = 78 – 81
C = 70 – 77
D = 60 – 69
F = Below 60

Students are expected to complete all reading assignments when assigned. Late assignments will receive a 10% reduction for each class period they are late. If an assignment is not turned in until three class periods after it is due, it will receive 50% reduction in grade. Only special arrangements made with the instructor will change this policy.
Course Schedule (subject to change):
(Dates for topics covered, required reading, activities, assignments, etc)

COURSE OUTLINE:

Week 1  
**Part I: Principles of Coaching**  
Chapter 1. Developing Your Coaching Philosophy  
Chapter 2. Determining Your Coaching Objectives

Week 2  
Chapter 3. Selecting Your Coaching Style  
Chapter 4. Coaching for Character

Week 3  
Chapter 5. Coaching Diverse Athletes  
**Part II. Principles of Behavior**  
Chapter 6. Communicating With Your Athletes

Week 4  
Chapter 7. Motivating Your Athletes  
Chapter 8. Managing Your Athletes’ Behavior

Week 5  
**Part III. Principles of Teaching**  
Chapter 9. The Games Approach

Week 6  
Chapter 10. Teaching Technical Skills

Week 7  
Chapter 11. Teaching Tactical Skills

Week 8  
Chapter 12. Planning for Teaching

Week 9  
**Part IV. Principles of Physical Training**  
Chapter 13. Training Basics  
Chapter 14. Training for Energy Fitness

Week 10  
Chapter 15. Training for Muscular Fitness

Week 11  
Chapter 16. Fueling Your Athletes

Week 12  
Chapter 17. Battling Drugs

Week 13  
**Part V. Principles of Management**  
Chapter 18. Managing Your Team  
Chapter 19. Managing Relationships

Week 14  
Chapter 20. Managing Risk

Campus Information:  
(University Academic Policies, Disability Info, Support Services and their locations)

**Policy Statements**

**Statement on Academic Integrity** – The Carroll University Academic Integrity Policy is located in your student handbook (pages 17-21). Students are encouraged to familiarize themselves with it. If a student violates this policy in any way, the instructor(s) reserve the right to impose a sanction of failure on the assignment/assessment or failure in the course. If you have questions about appropriate citations, please ask your instructor.
Accommodation for Disabilities – Any requests for accommodation must be made through Martha Bledsoe, Disability Services Coordinator at Carroll University. Appropriate accommodations will be made once notification has been received from Ms. Bledsoe.

Modifications to the syllabus: The instructor and the College reserve the right to modify, amend, or change the syllabus (schedule, course requirements, grading policy, etc.) as the curriculum and/or program require(s).