

Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Fall 2017

Type of Action:






- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

Course Alpha and Number: PE 229

Course Title: Introduction to Coaching

Reason for initiating, revising, or cancelling:

This course has been created as part of the Liberal Arts - Health and Physical Education Emphasis Degree program.

Lisa A. Lunde		8/11/17
Proposer		Date
Velma Deleon Guerrero		8/11/18
Department Chair		Date
Jennifer Wilson		8/11/17
Language and Format Review Specialist		Date
Ajani Burrell		8/11/17
Academic Council Chair		Date
for Barbara Merfalen		8/11/2017
Dean of Academic Programs and Services		Date

Northern Marianas College

Course Guide

Course: PE 229 Introduction to Coaching

1. Department

Science, Mathematics, Health and Athletics

2. Purpose

This purpose of this course is to provide a comprehensive introduction to the coaching profession. The primary goal of the course is to develop and enhance students' knowledge and understanding of concepts and techniques of coaching. This course combines sport science theory and research with the practical knowledge and methods in the five essential categories (principles of coaching, behavior, teaching, physical training and management) of coaching education and professional practice.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

Required:

Martens, Rainer. 2012. *Successful coaching*. 4th ed. Champaign, IL: Human Kinetics.

Handouts on specific topics will also be distributed.

Readability level: Grade 10

B. Contact Hours

1. **Lecture:**

2. **Lab:**

3. **Other:** 3 hours per week/ 45 hours per semester

C. Credits

1. **Number:** 2

2. **Type:** Regular degree credits

D. Catalogue Course Description

This course is designed to provide a comprehensive introduction to the coaching profession. The primary goal of the course is to develop and enhance students' knowledge and understanding of concepts and techniques of coaching. This course combines sport science theory and research with the practical knowledge and methods in the five essential

Northern Marianas College

Course Guide

Course: PE 229 Introduction to Coaching

categories (principles of coaching, behavior, teaching, physical training, and management) of coaching education and professional practice.

(Offered Fall Semesters)

English Placement Level: EN 095;

Math Placement Level: none

E. Degree or Certificate Requirements Met by Course

PE 229 is required for a degree in the Liberal Arts Health & PE emphasis degree. A passing grade of a "C" or higher in this course is needed.

F. Course Activities and Design

The course will be conducted in both a classroom and out in the field at actual sporting events. A TV and/or projector and media player is required. Activities will include discussions, demonstrations, and video/media on fundamental skills, games, strategies, and rules governing coaching. Practical instruction will entail the demonstration of individual and team skills in a variety of drills for various sports.

4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)

Prerequisites: None

Concurrent Course Enrollment: None

English Placement Level: EN 095 or permission by instructor.

Mathematics Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 2-credit course, cost of textbooks and Institutional Support fee.

Cost to the College: Instructor's salary and the cost of the instructional resources listed below.

Instructional resources needed for this course include television and/or projector, media player, white board and markers, hand-outs, coaching equipment such as stop watches, whistles, and clip boards, and various sporting materials (e.g.. cones, balls, etc.)

Northern Marianas College

Course Guide

Course: PE 229 Introduction to Coaching

6. Method of Evaluation

Student learning will be evaluated on the basis of participation in class discussions, group exercises, attendance, assignments, unit quizzes, and final exam. NMC's grading and attendance policies will be followed.

7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Principles of Coaching

- 1.1 Coaching philosophy
- 1.2 Coaching style
- 1.3 Sportsmanship

2.0 Principles of Behavior

- 2.1 Development of coach-athlete communication
- 2.2 Motivation of athletes
- 2.3 Managing behavioral issues/problems

3.0 Principles of Teaching

- 3.1 Teaching technical skills
- 3.2 Teaching tactical skills
- 3.3 Development of practice plans
- 3.4 Development of game plans

4.0 Principles of Physical Training

- 4.1 Developing training programs for athletes
- 4.2 Principles of good nutrition for health and performance
- 4.3 Drug use and athletes

5.0 Principles of Management

- 5.1 Managing your team
- 5.2 Managing relationships
- 5.3 Managing risk

8. Instructional Goals

This course will introduce students to:

1.0 Coaching philosophies;

2.0 Individual skills;

Northern Marianas College Course Guide

Course: PE 229 Introduction to Coaching

- 3.0 Team skills;
- 4.0 Designing of practice sessions;
- 5.0 Game strategies;
- 6.0 Home development programs/drills; and
- 7.0 Principles of good nutrition for health and performance.

9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Describe one's own coaching philosophy;
- 2.0 Demonstrate individual skills;
- 3.0 Demonstrate team skills;
- 4.0 Develop instructional plans for practice/training sessions;
- 5.0 Describe various game strategies;
- 6.0 Develop/Create home development programs/drills; and
- 7.0 Explain good nutrition for health and performance.

10. Assessment Measures for Student Learning Outcomes

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Homework/Assignments;
- 2.0 Class Labs (demonstrate learned skills);
- 3.0 Quizzes and Final Exam.

