
Calumet College



of Saint Joseph

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Calumet College of St. Joseph is a Catholic institution of higher learning dedicated to the academic, spiritual and ethical development of undergraduate and graduate students. Informed by the values of its founding religious community, the Missionaries of the Precious Blood (C.P.P.S.), the College promotes the inherent dignity of all people, social justice, an ethic of service, student empowerment, opportunity, and lifelong learning.

COURSE SYLLABUS, Summer 2019 (Session II: July 1 to August 16, 2019)**KINE 496A Special Topic: Coaching Principles****Instructor Information:**

Instructor Name	Professor Tracy Stone	Office Number:	Room 520
Phone Number:	219-473-4357	Email:	tstone@ccsj.edu
Hours Available:	Via Google Hangouts (professorstoneccsj@gmail.com) Monday-Friday 10a to 3p In my office by appointment Wednesday & Thursday or via my CCSJ email anytime.		
Instructor Background:			
B.S. Health and Sport Studies, <i>Miami University of Ohio</i>		M.S. Kinesiology, <i>University of Illinois at Chicago</i>	
Certified Strength & Conditioning Specialist (CSCS) <i>National Strength & Conditioning Association (NSCA)</i>		Certified Fitness Nutrition Specialist <i>National Academy of Sports Medicine (NASM)</i>	
Certified Personal Trainer (CPT) <i>National Academy of Sports Medicine (NASM)</i>		Instructor for Advanced & Standard First Aid, CPR & AED <i>Emergency Care & Safety Institute (ECSI)</i>	

Course Information

Course Time:	Arranged
Classroom:	Online
Prerequisites:	None
Required Books and Materials:	Successful Coaching, 4 th Edition, 2012. Human Kinetics. ISBN: 9781450400510
Program Objectives:	
<ul style="list-style-type: none">• Describe the underlying scientific foundations of physical activity.• Evaluate information about physical activity from scientific basis.• Describe the relationship between physical activity participation and health, wellness, and quality of life.• Demonstrate knowledge of current physical activity guidelines and recommendations.• Design and evaluate physical activity programs that promote health and improve quality of life.	

Course Description:

This course is a comprehensive introduction to the coaching profession that will award students a Bronze Level coaching certification from the American Sports Education Program (ASEP). Emphasis is placed on sport at the high school and serious club levels. Consideration is also given to coaching at other levels, such as youth, recreational, and intercollegiate sport programs. The primary goal of the course is to develop and enhance students' knowledge and understanding of concepts and techniques of coaching and their application to achieving important objectives in working with athletes. The course and textbook combine sport science theory and research with the practical knowledge and methods of expert coaches in the five essential categories of coaching education and professional practice.

Learning Outcomes:

1. Understand the value of and be able to develop a coaching philosophy
2. Understand the three major objectives of coaching and factors that are involved in selecting a coaching style
3. Be familiar with principles for coaching with character, for developing good character and sportsmanship in athletes, and for coaching athletes who have diverse backgrounds, characteristics, and abilities
4. Understand psychological principles and applications for effectively communicating with and listening to athletes, for optimally motivating athletes, and for managing behavior problems in a positive and effective manner
5. Recognize and be able to apply information and methods in using the games approach for teaching technical and tactical skills
6. Be qualified to develop instructional plans for team practices and plans for an entire sport season
7. Be knowledgeable about physiological principles and applications for physical training in sport, including training for energy fitness and training for muscular fitness, and have the ability to develop physical training programs for athletes
8. Understand the principles of good nutrition for health and performance and how to address the problem of drug abuse by athletes
9. Understand the principles and issues related to planning, organizing, staffing, and directing functions that are commonly considered a coach's responsibilities
10. Have the ability to apply methods for effective team management, for managing interpersonal relationships in coaching, and for protecting athletes from risk and coaches from liability problems

Learning Strategies:

- Video Lectures
- Real-time quizzes to assess immediate comprehension of coaching principles
- Discussion of video interviews with coaches currently working in the field
- Projects and activities including planning forms, checklists, and other administrative coaching materials
- Journals for self-reflection and discussion of future coaching goals

Experiential Learning Opportunities:

Online digital and video media through Blackboard and the ASEP Learning Management System. Hands-on experience through video case studies that cover a variety of sports. Completion of the Coaches Toolbox that can be used during current or future employment.

Assessments:			
Major Assignments:	Unit Activities/Assignments	30% of total grade	
Assessments	Exams	45% of total grade	
	Discussion Posts (required for attendance)	15% of total grade	
	Chapter Quizzes	10% of total grade	
Grading Scale:			
100 – 92: A	81 – 80: B-	69 – 68: D+	
91 – 90: A-	79 – 78 : C+	67 – 62: D	
89 – 88: B+	77 – 72: C	61 – 60: D-	
87 – 82: B	71 – 70 : C-	59 and below: F	
Course Schedule			
Class Date	Lecture/Class Discussion/Activities	LO	Assignments
Week 1 July 1-5	Part 1: Principles of Coaching <ul style="list-style-type: none"> Chapter 1 Developing Your Coaching Philosophy Chapter 2 Determining Your Coaching Objectives 	1-3	<i>Unit 1 & 2 Activities, Discussion Posts & Quizzes Due July 7</i>
			Week 2 July 8-12
Exam 1: Principles of Coaching			
Week 3 July 15-19	Part 2: Principles of Athlete Behavior Management <ul style="list-style-type: none"> Chapter 6 Communicating With Your Athletes Chapter 7 Motivating Your Athletes Chapter 8 Managing Your Athletes' Behavior 	4	<i>Unit 6-8 Activities, Discussion Posts & Quizzes Due July 21</i>
Exam 2: Principles of Athlete Behavior Management			
Week 4 July 22-26	Part 3: Principles of Teaching <ul style="list-style-type: none"> Chapter 9 The Games Approach Chapter 10 Teaching Technical Skills Chapter 11 Teaching Tactical Skills Chapter 12 Planning for Teaching 	5-6	<i>Unit 9-12 Activities, Discussion Posts & Quizzes Due July 28</i>
Exam 3: Principles of Teaching			
Late work from Weeks 1-4 will not be accepted after August 4, 2019			
Week 5 July 29-Aug 2	Part 4: Principles of Physical Training <ul style="list-style-type: none"> 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 	7-8	<i>Unit 13-15 Activities, Discussion Posts & Quizzes Due August 4</i>
Week 6 Aug 5-9			<i>Unit 16 & 17 Activities, Discussion Posts & Quizzes Due August 11</i>
Exam 4: Principles of Physical Training			
Week 7 Aug 12-16	Part 5: Principles of Management <ul style="list-style-type: none"> Chapter 18 Managing Your Team Chapter 19 Managing Relationships Chapter 20 Managing Risk 	9-10	<i>Unit 18-20 Activities, Discussion Posts & Quizzes Due August 18</i>
Exam 5: Principles of Management			
Late work from Weeks 5- 7 will not be accepted after August 18, 2019			
I reserve the right to change this schedule to meet the needs of the class.			

Responsibilities

<p>Attending Class</p>	<p>You cannot succeed in this class if you do not attend. We believe that intellectual growth and success in higher education occur through interaction in the classroom and laboratories. However, we do not want to penalize students for participating in college-sponsored events. When you miss class because of a college event, you must give notice of your absence in advance and you are responsible for all missed work. Being absent does not excuse you from doing class work; you have more responsibilities to keep up and meet the objectives of this course.</p>
<p>Turning In Your Work</p>	<p>You cannot succeed in this class if you do not turn in all your work on the day it is due.</p> <p>Missing Assignments 10% will be deducted from all assignments turned in after the posted due date. No late work will be accepted after the dates posted on the syllabus. See syllabus for dates to plan-ahead.</p> <p>Missing Exams All exams are required in order to complete this course. You must take all exams in order for a low score to be dropped (if applicable). If you miss the deadline for an exam, you must email the instructor by the end of the week to schedule your make-up exam. 10% will be deducted from all make-up exams.</p>
<p>CCSJ Student Honor Code</p>	<p>This course asks students to reaffirm the CCSJ Student Honor Code:</p> <p>I, as a student member of the Calumet College academic community, in accordance with the college's mission and in a spirit of mutual respect, pledge to:</p> <ul style="list-style-type: none"> • Continuously embrace honesty and curiosity in the pursuit of my educational goals; • Avoid all behaviors that could impede or distract from the academic progress of myself or other members of my community; • Do my own work with integrity at all times, in accordance with syllabi, and without giving or receiving inappropriate aid; • Do my utmost to act with commitment, inside and outside of class, to the goals and mission of Calumet College of St. Joseph.
<p>Using Electronic Devices</p>	<p>Electronic devices can only be used in class for course-related purposes. If you text or access the Internet for other purposes, you may be asked to leave, in which case you will be marked absent.</p>
<p>Participating in Class</p>	<p>You must be on time, stay for the whole class and speak up in a way that shows you have done the assigned reading. If you are not prepared for class discussion, you may be asked to leave, in which case you will be marked absent.</p>
<p>Doing Your Own Work</p>	<p>If you turn in work that is not your own, you are subject to judicial review, and these procedures can be found in the College Catalog and the Student Planner. The maximum penalty for any form of academic dishonesty is dismissal from the College.</p> <p>Using standard citation guidelines, such as MLA or APA format, to document sources avoids plagiarism. The Library has reference copies of each of these manuals, and there are brief checklists in your Student Handbook and Planner.</p> <p>PLEASE NOTE: All papers may be electronically checked for plagiarism.</p>

Tracking Your Progress	Your midterm grade will be available on MyCCSJ between Weeks 6 and 8. Be sure to see how you're doing and follow up with your instructor. To discuss questions or concerns regarding your grade, please see the note in the grading scale above for instructions.
Sharing Your Class Experience	At the end of the term, you will have the opportunity to evaluate your classroom experience. These confidential surveys are <i>essential</i> to our ongoing efforts to ensure that you have a great experience that leaves you well prepared for your future. Your instructor will be using CCSJ's new Diagnostic Feedback Instrument, which will ask you to describe the progress you feel you have made on the following learning objectives for this course: <ul style="list-style-type: none"> • Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories) • Learning to <i>apply</i> course material (to improve thinking, problem solving, and decisions) • Learning appropriate methods for collecting, analyzing, and interpreting numerical information • Gaining a broader understanding and appreciation of intellectual activity • Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course Take the time to complete your course evaluations – we value your feedback!
Withdrawing from Class	After the last day established for class changes has passed (see the College calendar), you may withdraw from a course by following the policy outlined in the CCSJ Course Catalog.

Resources	
Student Success Center:	The Student Success Center provides faculty tutors at all levels to help you master specific subjects and develop effective learning skills. It is open to all students at no charge. You can contact the Student Success Center at 219 473-4287 or stop by the Library.
Disability Services:	Disability Services strives to meet the needs of all students by providing academic services in accordance with Americans with Disabilities Act (ADA) guidelines. If you believe that you need a “reasonable accommodation” because of a disability, contact the Disability Services Coordinator at 219-473-4349.
CCSJ Alerts:	Calumet College of St. Joseph's emergency communications system will tell you about emergencies, weather-related closings, or other incidents via text, email, or voice messages. Please sign up for this important service annually on the College's website at: http://www.ccsj.edu/alerts/index.html . In addition, you can check other media for important information, such as school closings: Internet: http://www.ccsj.edu Radio: WAKE – 1500 AM, WGN – 720 AM, WIJE – 105.5 FM, WLS – 890 AM, WZVN – 107.1 FM, WBBM NEWS RADIO 78 TV Channels: 2, 5, 7, 9, 32