Overall Objective: To have the student develop an appreciation of key attributes that make for effective coaching practices.

Specific Objectives: To have the student develop
- An overall philosophy of coaching
- Examine the important aspects of successful coaching
- Appreciate and understand the importance of team/group organization, athlete management and overall team/group chemistry or dynamics
- An understanding of the contributions of successful coaches, past and present, to modern day coaching
- An overall awareness of the social sciences as they relate to coaching.
- An understanding of the roles of motor learning, feedback and technology in effective coaching

COURSE OUTLINE

1. Building a Coaching Philosophy
   a) Coaching Philosophy and Core Values
   b) Stephen Covey’s 7 Habits
   c) Joe Ehrmann – Inside Out Coaching
2. **Philosopher Coaches**
   a) Wooden  
   b) Councilman  
   c) Lombardi  
   d) Cerutty  
   e) Hayes  
   f) Others

3. **Thoughts from Current Coaches**
   a) Phil Jackson  
   b) Tony Dungy  
   c) Pete Carroll  
   d) Anson Dorrance  
   e) Other

4. **Coaching Concepts – What is Important to Successful coaching**

   - Leadership
   - Communication and Feedback
   - Creating a sport development environment
   - Team Building and Organizational Culture
   - Motor Learning in Effective Coaching
   - Elements of Sport Psychology as Applied to Coaching

**Course Evaluation:**

- A. Paper #1 - Coaching Values and Philosophy  
- B. Presentations- 2 x 15%  
- C. Class discussion and participation  
- D. Paper #2 – Self-reflection and improvement plan

**Course Evaluation:**

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Paper #1 - Coaching Values and Philosophy</td>
<td>25%</td>
</tr>
<tr>
<td>Presentations- 2 x 15%</td>
<td>30%</td>
</tr>
<tr>
<td>Class discussion and participation</td>
<td>20%</td>
</tr>
<tr>
<td>Paper #2 – Self-reflection and improvement plan</td>
<td>25%</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
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Paper #1 due: TBD

Your task is to write a paper reflecting your coaching philosophy. This paper should be approximately 2500-3500 words.

Paper #2 due: TBD

Self Reflection & Improvement Plan – In this paper students will perform a self-reflection on their current coaching practices, including an assessment of self perceived areas of strength and weakness. Students will then create an action based plan to optimize strengths and mitigate/improve areas of weakness.

**Class participation**

Class participation and discussions are an important part of this class. It is important that students review readings and come prepared to take part in discussions.
There is no text required for the class and readings will be provided.

**Kinesiology 586 – Coaching Science II – Weekly Schedule – All Dates TBD**

<table>
<thead>
<tr>
<th>Module</th>
<th>Date</th>
<th>Instructor</th>
<th>Topic(s)</th>
</tr>
</thead>
</table>
| 1      |      | Mike       | - Course Introduction  
- What is Coaching? Characteristics of an Expert Coach? |
|        |      | Mike       | - Coaching Philosophy and Core Values- Wade Gilbert |
|        |      | Mike       | - Philosopher Coaches  
- Covey: 7 Habits of Highly Effective People  
- Inside Out Coaching - Ehrmann |
| 2      |      | Kerry      | - Successful current coaches |
|        |      | Mike       | - Successful current coaches  
- No Class – reading week |
|        |      | Mike       | - Student Presentation#1 – Coach Presentation |
| 3      |      | Mike       | - Coaching Concepts – Leadership and Culture |
| 4      |      | Mike       | - Coaches Roundtable Discussion  
- Paper #1 - Coaching Values and Philosophy Due |
| 5      |      | Kerry      | - Coaching Concepts – Communication and Feedback |
| 6      |      | Kerry      | - Coaching Concepts - Motor Learning in reality |
| 7      |      | Kerry      | - Coaching Concepts – The use of technology in coaching |
| 8      |      | Kerry      | - Coaching Concepts – The role of the coach in athlete health & well-being |

**KIN 586 Presentations**

Presentation #1 – Pick a coach and present upon their philosophy

Presentation #2 – Pick a concept important to coaching success

Please confirm your presentation topic in each case with the course instructor. Presentation is to be submitted on Canvas on due date.

**Presentation #1 – A Successful Coach and Their Philosophy**
Pick a coach who has been successful in their sport or area of expertise. Your task is to present why this coach has been successful along with their philosophy of the coach.

Include a brief background as to the coach’s history, where did they come from and how did they get to where they are at? Successes? Failures? Defining moments?

Primarily your presentation should focus upon the philosophy of your chosen coach and the concepts that are important to that coach which has helped to shape the coach and their success.

Use of video clips is acceptable.

Your presentation should be in the area of 12-15 minutes.

**Presentation #2 – Coaching Concept Important to Coaching Success**

The presentation will be complete in a scientific poster presentation format. Your task here is to pick a concept which you believe to be important to coaching success and present this concept to the group. You want to be concise and specific in selecting your coaching concept/topic, narrow it down.

Why is this concept important to successful coaching and how is it used by successful coaches?

Provide support for this concept via literature reviews, research studies and specific examples.

This assignment is worth 15% of your grade.
Standards for KIN 586 Video Presentations

High A (90-100% A+, 85-89% A)

Overall presentation is very strong and thorough.

Presentation is very well organized and professionally presented to the group.

Presentation flows well from start to finish, includes a good introduction of coach/topic and their successes/significance to coaching. It is very clear to the group why this coach/topic is important and worthy of discussion.

Slides are well organized with quality graphics, videos or presentation aids.

Presentation meets time parameters outlined.

Presentation very clearly articulates the coaches values and philosophy OR how and why the topic is important to coaching and clear examples of how the concept is applied in sport coaching.

Presenter shows clear knowledge of the topic and answers any questions asked very well.

Presenter displays or discusses sources of information and in the case of coaching concept presents possible literature review.

Presenter finds a way to naturally engage and involve the audience around the topic.

Presenter engages the audience consistently visually via eye contact.

Presenter does a very good job in speaking to the audience. Is aware of voice emphasis and tone, clarity, hesitations and speed of speaking. Language chosen is clear, no slang or profanity.

A-B (80-84% A-, 76-79% B+)

Overall presentation is good and complete.

Presentation is fairly well organized and presented to the group.

Presentation flows relatively well from start to finish, perhaps a few minor errors or omissions or slides that might have been re-arranged in order of presentation.

Presentation gets across adequately the values and philosophy of the coach or how the concept is used and important to coaching.
Presenter shows good knowledge of the topic and answers any questions asked relatively well.

Possible slight time concerns in regards to time allotment.

Presenter displays or discusses sources of information and in the case of coaching concept presents possible literature review.

Presenter attempts to engage audience verbally although some minor faults.

Presenter engages the audience visually most of the time.

Presenter does a good job in speaking to the audience. Is aware of voice emphasis, tone, clarity, hesitations and speed in speaking. Language chosen is clear, no slang or profanity.

**B-C (72-75% B, 68-71% B-, 64-67% C+, 60-63% C)**

Overall presentation is adequate and complete.

Presentation could have been better organized and presented to the group.

The flow of the presentation is lacking in some areas. Average introduction and overall presentation on the significance of the topic.

Presenter does an average job in discussing the values and philosophy of the coach or topic and how/why the topic is important to coaching. Presentation is lacking somewhat in overall depth. Possible concerns in the answering of any questions.

Possible significant time concerns in regards to time allotment for presentation.

Presenter fails to display or discusses sources of information and in the case of coaching concept omits possible literature review.

Presenter attempts to engage audience verbally although some minor faults.

Presenter engages the audience visually most of the time, possible flaws.

Presenter does a below average job in speaking to the audience. Is aware of voice emphasis, tone, clarity, hesitations and speed in speaking. Language chosen is clear, no slang or profanity.