

**KINESIOLOGY AND HEALTH SCIENCES
COURSE OUTLINE – Winter 2024**

PE2450 (A3): Introduction to Coaching Theory – 3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Julia Dutove, Ph.D. **PHONE:** 780-539-2974
OFFICE: K218 **E-MAIL:** jdutove@nwpolytech.ca
OFFICE HOURS: By appointment

CALENDAR DESCRIPTION: This course introduces students to a variety of coaching topics of both a theoretical and a practical nature. Topics include Long Term Athlete Development principles, role of the coach, and coach responsibilities in structuring a team and program. Students will have the opportunity to gain National Coaching Certification Program (NCCP) certification.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

NCCP materials (Coach workbooks and reference materials) will be available for purchase at the Bookstore. Purchase of materials is mandatory to receive NCCP certification.

DELIVERY MODE(S): This is an in-person course. This course will be delivered via lectures, class discussions, group work, in-class activities, and individual student work that includes various delivery methods.

LEARNING OUTCOMES:

1. Students will construct their coaching philosophy and explain core values associated with their practice of coaching.
2. Students will define ethical coaching and apply an ethical decision-making model to coaching situations.
3. Students will analyze their current sport demands and construct practice and season plans according to principles of long-term development (LTD).
4. Students will explain and demonstrate mental skill strategies employed in sport domains.
5. Students will explain and demonstrate key teaching and learning principles for effective coaches.
6. Students will describe basic sport nutrition principles.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.**

EVALUATIONS:

NCCP Module Completion	20%
Practice & Season Plan	20%
Coaching Philosophy	10%
Skill Teaching	10%
Coach Shadowing	20%
Final Exam	20%
Total	100%

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100		C+	2.3	67-69
A	4.0	85-94		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

STUDENT RESPONSIBILITIES:

- To complete the NCCP Modules, students will do work in class and homework assignments. All components of each module must be complete to receive certification, therefore it is important to be present and actively engaged throughout the semester. Students who miss class or required components may not be eligible for certification or successful course completion.
- If you have a significant issue or concern (e.g., illness or family emergency), contact the instructor as soon as possible.
- Late homework:
 - Generally, late homework will be deducted 10% per day (including weekends). Some evaluations will occur partially or all in class and cannot be made up if missed and some evaluations cannot be extended. See guidelines for each evaluation on myClass for specific details.
 - Exceptions may be made for extenuating circumstances, discuss any concerns with the instructor as soon as possible.
- More information about Evaluations will be posted on myClass and reviewed in class.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

**Note: all Academic and Administrative policies are available on the same page.

COURSE SCHEDULE/TENTATIVE TIMELINE:**Lecture:** Monday & Wednesday: 10:00-11:20am (J228 unless otherwise noted)

Date	Topic	Homework
Jan 8	Course Introduction	
Jan 10	Teaching & Learning	
Jan 15	Teaching & Learning	
Jan 17	Teaching & Learning (Gym)	
**Jan 17 – Add/Drop Deadline		
Jan 22	Teaching & Learning	Coach Shadowing Plan due
Jan 24	Planning a Practice	
Jan 29	Planning a Practice	Lesson Plan due
Jan 31	Planning a Practice	
Feb 5	Planning a Practice/Coach Panel Prep	
Feb 7	Basic Mental Skills	
Feb 12	Coach Panel	EAP due
Feb 14	Coaching Philosophies	Coaching Philosophy due (Feb 16)
**Feb 19-23 – No Classes: Winter Break		
Feb 26	Basic Mental Skills	
Feb 28	Skill Teaching (Gym)	
Mar 4	Skill Teaching (Gym)	
Mar 6	Basic Mental Skills	
Mar 11	Skill Teaching (Gym)	
Mar 13	Designing a Basic Sport Program (A307)	
Mar 18	Designing a Basic Sport Program (A307)	Teaching Reflection due
Mar 20	Nutrition	
Mar 25	Nutrition	
Mar 27	Designing a Basic Sport Program (A307)	
Apr 1	Designing a Basic Sport Program (A307)	Coach Shadowing due
**Apr 1 – Last Day to Withdraw		
Apr 3	Make Ethical Decisions	Season & Practice Plan due
Apr 8	Make Ethical Decisions	
Apr 10	Make Ethical Decisions	
Apr 15	Review	MED Test due
**Apr 17-24 – Final Exam (2 hour exam scheduled by Registrar's Office)		