



HHPK 590 – Sport Coaching

COURSE SYLLABUS: Fall 2020

PROFESSOR INFORMATION

Professor: Dr. Steve Prewitt, Assistant Professor
Office Location: FH 100G
Office Hours: MW 9-12, or by appointment
Office Phone: 903.886.5549
University Email Address: steve.prewitt@tamuc.edu
Preferred Form of Communication: email
Communication Response Time: usually within 24 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Coaching for Sports Performance (2020). Routledge. Timothy Baghurst, editor (first edition).

Software Required: basics

Optional Texts and/or Materials: other readings will be posted in D2L Online
You will need access to a coaching book. Details in D2L.

Course Description

This course provides opportunities for future and current coaches to use standards, pedagogical skills, and reflective practice to guide instruction. It addresses coaching issues and discusses the four areas of coaching: Tactical, Technical, Physical, and Psychological. Introduction to philosophies, methods, and theories of coaching, basic physiology, psychology, sports medicine, pedagogy, and sports management.

Student Learning Outcomes

As a result of this course, students will be able to do the following:

- Develop a coaching philosophy
- Examine the principles of behavior when coaching athletes

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- Identify the appropriate teaching strategies for an athlete
- Explain how the principles of training can impact athletic performance
- Explain the principles of management
- Locate coaching resources
- Analyze past and present coaching strategies

COURSE REQUIREMENTS

Minimal Technical Skills Needed

- Basic computer skills
- There is some travel required in this class. You will need to go and observe several coaching activities.

Instructional Methods

Independent learning, guided discovery, peer teaching, direct instruction

Student Responsibilities or Tips for Success in the Course

Course Policies

1. Students are expected to submit materials on time.
2. Any student missing an exam or assignment without prior arrangement will receive a score of zero.
3. D2L will be used extensively in this web-enhanced class. Get familiar with it immediately.
4. You **MUST** check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. (leo account)
5. **DUE DATES:** The due dates listed for assignments are the **LAST** chance to submit them. Please turn in your work early. I **DO NOT** accept late assignments.
6. If you have a question or concern, **TALK** to me. I am here to help. If you need to reach me and I am not in my office, e-mail me. Please do not contact me at home or send me any forwarded e-mails (jokes, stories, etc). Thanks!

Assessments

1. **Weekly Modules:** You will complete weekly modules throughout this course. Each module will have assigned reading from our text book (Baghurst, T., 2020) and application activities that align with the module topic. Each module will be available from Sunday at 12:00 am until the following the following Sunday at 11:59 pm. All assignments will be due on Sunday by 11:59 pm. You will have an entire week to complete each module.

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2. Course Assignments (See D2L for Descriptions of Each Assignment)

Discussion Posts (15 Points each; Total Number = 12)

Article Reviews (20 points each; Total Number = 5)

Weekly assignments (20 points each; Total Number = 15)

Personal Coaching Philosophy (50 Points)

Practice Plan (50 Points)

Syllabus Quiz (20 Points)

Book Review (100 Points)

Coaching Experience (100 Points)

Coach Observation # 1 (50 Points)

Coach Observation # 2 (50 Points)

TOTAL POINTS: 1000

Course Assignment Descriptions

Discussion Posts: There will be a series of discussion posts throughout the course to add to the content. See D2L for each and their description. Points will be awarded based upon your answer (5pts) and responding to two classmates' posts (5 pts each).

Personal Coaching Philosophy: Each student will be responsible for developing an individual and personal coaching philosophy. You are limited to 2 pages double spaced. I do expect a detailed and complete philosophy. This, most likely, cannot be accomplished in a couple of sentences. See Chapter 1 and similar articles (D2L) as a guide on how to develop a personal coaching philosophy. I also suggest that you consider the philosophies taught by other coaches in the field. They do not have to be in your particular sport. **Submit your Personal Coaching Philosophy by Sunday, October 25 by 11:30 pm.**

Practice Plan: You will create a practice plan for any sport you either coach now or have interest to coach in the future. Refer to pages 216-217 for an example of what your practice plan should include and possible formatting. There is no single way to write a practice plan so feel free to be creative! The plan needs to include the following components: Date, Practice Start Time, Length of Practice, Practice Objectives, and Practice Activities: Time, Name of Activity, Description of Activity, and Key Teaching Points. **Submit your paper through D2L by Sunday, September 27 by 11:30 pm.**

Syllabus Quiz: There will be a 10-question quiz located in Module one on the syllabus. **Complete your quiz through D2L by Sunday, August 30 by 11:30 pm.**

Book Review: Part of becoming a better coach is to learn from others. To help you with this, you are to read a book about a particular coach. D2L will list several options. This is not a biography, but more of a philosophy book review. The review should be no more than 3 pages double-spaced and constitute the following sections: (a) overview of the book, (b) most important elements of the book from your personal perspective, and (c) how this book affects your coaching endeavors. Be sure to use a heading for each section or you will lose points. Once your Book Review is complete, submit it through D2L. **Submit your book review through D2L by Sunday, November 1 by 11:30 pm.**

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Coaching Experience: Students will be responsible for one coaching experience related to their future coaching aspirations. I would like some form of coaching to occur. Students will find a venue where they will be able to coach for either an entire practice or a portion. This is your chance to get “real world” experience without committing to an entire season and being solely responsible for your own team! If the sport you are hoping to coach is not in season, you will have to find another sport for this assignment. You will find that many coaches are willing to allow “future colleagues” to coach for a day. Current coaches are valuable resources for you now as well as when you will be searching for your own coaching job. This opportunity will also provide you with future contacts in the field of coaching. If you are currently coaching a sport you may use that experience for this assignment. In addition, this is an individual assignment, NOT a group project. You may NOT co-coach with another student in the course. Also, given that this experience is the culmination of what you have learned in this course, the coaching experience you use for this assignment MUST have occurred during this semester. You may NOT use a coaching experience you had prior to August 24, 2020. In order for you to most effectively complete this coaching experience, you should have a detailed practice plan. You will learn that it is very important to go into practices with a plan rather than just “winging it”. You are then to write a 1-2-page paper (double-spaced) detailing what you learned from this coaching experience. I expect it to be specific with examples of events that occurred and what you learned from this opportunity. Given that this experience is the culmination of what you learned in this course, a majority of your paper should be reflective, focusing on what you learned. Once your practice plan (you may use the practice plan you submitted earlier in the semester if it’s consistent with the sport you use for your coaching experience) and your Coaching Experience papers are complete (combine them into the same file for submission), submit it through D2L. **Submit your coaching experience through D2L by Wednesday, December 10 by 11:30pm.**

Coach Observation # 1: You are asked to observe 2 different coaches in action before the end of this course. It is preferred that you observe them in a live session whether during a practice and/or game, however if you can't gain access to two, I would like one to be live and the second can be a video such as, YouTube or a coaching documentary. During the observation, take note of the way the environment is structured, what are the behaviors exhibited by the athletes and coach, how are the athletes learning, what are the types of coaching styles you observe, what the coach does to motivate their athletes, and the attitudes of the athletes and coach. You will be asked to submit a summary of each of your observations as well as a brief discussion post to share with the other students in the course. **Submit your coaching observation through D2L by Sunday, December 6 by 11:30 pm.**

Coach Observation # 2: You are asked to observe 2 different coaches in action before the end of this course. It is preferred that you observe them in a live session whether during a practice and/or game, however if you can't gain access to two, I would like one to be live and the second can be a video such as, you tube or a coaching documentary. During the observation, take note of the way the environment is structured, what are the behaviors exhibited by the athletes and coach, how are the athletes learning, what are the types of coaching styles you observe, what the coach does to motivate their athletes, and the attitudes of the athletes and coach. You will be asked to submit a summary of each of your observations as well as a brief discussion post to

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share with the other students in the course. **Submit your coaching observation through D2L by Sunday, December 6 by 11:30 pm.**

GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

TECHNOLOGY REQUIREMENTS

Browser support

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Note the following:

- Ensure that your browser has JavaScript and Cookies enabled.
- For desktop systems, you must have Adobe Flash Player 10.1 or greater.
- The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.

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Desktop Support

| Browser | Supported Browser Version(s) | Maintenance Browser Version(s) |
|-------------------------------|------------------------------|--------------------------------|
| Microsoft® Edge | Latest | N/A |
| Microsoft® Internet Explorer® | N/A | 11 |
| Mozilla® Firefox® | Latest, ESR | N/A |
| Google® Chrome™ | Latest | N/A |
| Apple® Safari® | Latest | N/A |

Tablet and Mobile Support

| Device | Operating System | Browser | Supported Browser Version(s) |
|----------|------------------|-----------------------------|---|
| Android™ | Android 4.4+ | Chrome | Latest |
| Apple | iOS® | Safari, Chrome | The current major version of iOS (the latest minor or point release of that major version) and the previous major version of iOS (the latest minor or point release of that major version). For example, as of June 7, 2017, D2L supports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version. Chrome: Latest version for the iOS browser. |
| Windows | Windows 10 | Edge, Chrome, Firefox | Latest of all browsers, and Firefox ESR. |

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
 - 512 MB of RAM, 1 GB or more preferred
 - Broadband connection required courses are heavily video intensive
 - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution

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- You must have a:
 - Sound card, which is usually integrated into your desktop or laptop computer
 - Speakers or headphones.
 - *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.
- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: [JAVA web site](http://www.java.com/en/download/manual.jsp)
<http://www.java.com/en/download/manual.jsp>
- Current anti-virus software must be installed and kept up to date.

Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.

JavaScript is enabled.

Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
 - [Adobe Reader](https://get.adobe.com/reader/) <https://get.adobe.com/reader/>
 - [Adobe Flash Player](https://get.adobe.com/flashplayer/) (version 17 or later) <https://get.adobe.com/flashplayer/>
 - [Adobe Shockwave Player](https://get.adobe.com/shockwave/) <https://get.adobe.com/shockwave/>
 - [Apple Quick Time](http://www.apple.com/quicktime/download/) <http://www.apple.com/quicktime/download/>
- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

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COMMUNICATION AND SUPPORT

Brightspace Support Need Help? Student Support

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778 or click on the **Live Chat** or click on the words “[click here](#)” to submit an issue via email.



System Maintenance

D2L runs monthly updates during the last week of the month, usually on Wednesday. The system should remain up during this time unless otherwise specified in an announcement. You may experience minimal impacts to performance and/or look and feel of the environment.

Interaction with Instructor Statement

I have an “open-door” policy. It is your responsibility to communicate with me regarding your grade, attendance, etc. Therefore, I attempt to provide ample time to meet to discuss these things.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: [Netiquette](#)

<http://www.albion.com/netiquette/corerules.html>

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TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

ADA Statement

Students with Disabilities

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race,

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color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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TENTATIVE CLASS SCHEDULE – This can change as necessary.

| Week | <u>Topic</u> | <u>Assignments/ To Do</u> |
|---------------|--|--|
| 8/24 – 8/30 | Introductions & Syllabus & Other Stuff Ch. 1 – Coaching Philosophy, Ethics & Values | <u>Syllabus Quiz due 8/30</u> |
| 8/31 – 9/6 | Ch. 2 – Pedagogy of Coaching | |
| 9/7 – 9/13 | Ch. 3 – Motor Control, Learning, & Performance | |
| 9/14 – 9/20 | Ch. 4 – Athlete Care & Injury Prevention | |
| 9/21 – 9/27 | Ch. 5 – Biomechanics & Skill Analysis | <u>Practice Plan due 9/27</u> |
| 9/28 – 10/4 | Ch. 6 – Physiology of Performance | |
| 10/5 – 10/11 | Ch. 7 – Bioenergetics | |
| 10/12 – 10/18 | Ch. 8 – Sports Nutrition | |
| 10/19 – 10/25 | Ch. 9 – Strength & Conditioning | <u>Coaching Philosophy due 10/25</u> |
| 10/26 – 11/1 | Ch. 10 – Sport Psychology | <u>Book Review due 11/1</u> |
| 11/2 – 11/8 | Ch. 11 – Sport Management | |
| 11/9 – 11/15 | Ch. 12 – Sport Media | |
| 11/16 – 11/22 | Ch. 13 – Coaching Youth Sports | |
| 11/23 – 11/29 | Ch. 14 – Coaching Collegiate Sports | |
| 11/30 – 12/6 | Ch. 15 – Practical Advice from Coaches | <u>Coaching Observations due 12/6</u> |
| 12/7 – 12/13 | | <u>Coaching Experience due 12/10</u> |

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