



HHPK 311: Introduction to Coaching (online)

COURSE SYLLABUS: Winter Mini 2022

PROFESSOR INFORMATION

Professor: Dean Culpepper, Ph.D.

Office Location: Virtual

Office Hours: Virtual Office

University Email Address: dean.culpepper@tamuc.edu

Preferred Form of Communication: email

Communication Response Time: usually within 24 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Martens, Rainer (2012). Successful Coaching, 4th edition. Human Kinetics publisher

Software Required: Basics – Word, Power point, Internet

Optional Texts and/or Materials: other readings will be posted in D2L

COURSE DESCRIPTION

This course is a comprehensive introduction to the coaching profession. 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.

Student Learning Outcomes

By the conclusion of this course, the student will be able to

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

Course Topics

Part 1: Principles of coaching

- A. Coaching Philosophy
- B. Coaching Objectives
- C. Coaching Style
- D. Coaching for Character
- E. Coaching Diverse Athletes

Part II: Principles of Behavior

- A. Communication
- B. Motivation
- C. Behavior Management

Part III: Principles of Training

- A. Training Basics
- B. Energy
- C. Muscle Fitness
- D. Nutrition

Part IV: Principles of Management

- A. Team Management
- B. Managing Relationships

INSTRUCTIONAL METHODS

This course uses modular, mastery-based learning. This may be different from other courses you have taken. Each unit is broken down into modules. Each module will have an introduction, list of objectives, procedures for completing the module, study questions, assignments, and a quiz. Each part is meant to help you to understand the material more. When you are ready, you can take the quiz. You will need to score an 80% or higher on the quiz. If you do, you are able to move onto the next module. If you score 69% or lower, you are eligible to retake the quiz. You are able to retake the quiz up to two more times to achieve the 80% passing rate.

When you have completed all the material for the unit, you are eligible to take the unit exam. The retake policy for the unit exam is the same as the quiz policy. To move on to the next unit, you must either score an 80% or higher, or have made three attempts on the unit exam. Other criteria for moving on is to have read all material and notes in the unit as well as submit all assignments.

This course is asynchronous, meaning that you move through the material at your own pace. Each unit is designed to be completed within one week. It is very important not to procrastinate and put things off until the last minute. Extensions will not be permitted. Extra time will not be given to complete the course after the end date. You have over 4 weeks to complete all the material. **DO NOT PROCRASTINATE.**

GRADING

Final grades will be based upon the following scale:

A= 90% of total points
B= 80% of total points
C= 70% of total points
D= 60% of total points
F= 59% or below of total points

Evaluations

Modules	30%
Unit exams	30%
Final Exam	30%
Final Project	10%

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

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.

COMMUNICATION AND 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. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

Due to the nature of this course, it is the professor's goal to return emails within 24hrs, except on the weekend. Emails received between Friday at 5pm and Monday at 9am will be answered on the Monday. Quiz grading will be instantaneous and exams will be graded and returned within 24hrs.

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: <https://www.britannica.com/topic/netiquette>

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](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

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

Students with Disabilities-- ADA Statement

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

Velma K. Waters Library Rm 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, 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.