



HHPK 311: Introduction to Coaching (online)

COURSE SYLLABUS: Summer I 2023

PROFESSOR INFORMATION

Professor: Dr. Steve Prewitt, Associate Professor

Office Location: Virtual

Office Hours: Virtual Office

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: 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 III: Principles of Teaching

- A. The Games Approach
- B. Teaching Technical Skills
- C. Teaching Tactical Skills
- D. Planning for Teaching

Part II: Principles of Behavior

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

Part IV: Principles of Management

- A. Team Management
- B. Managing Relationships

INSTRUCTIONAL METHODS

- Each “course week” begins on a Monday and ends on Sunday. Students should log in several times throughout the week to participate in online discussions and other activities. I recommend that you complete the various readings and assignments in the order in which they are presented, but the format does allow some flexibility for students to modify their approach or even to work ahead.
- Active participation in every assignment and every online discussion is expected. Students should be careful of any assignments that have specific “opening” or “closing” times, and they should regularly consult the Course Schedule to ensure that they complete all work in a timely manner.
- Students access all course materials via the D2L site, which includes minimum system requirements and orientation tutorials designed to equip class members for online study. These items can be found below.

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

- Assignments
- Quizzes
- Quizzes Critical Assignment Preparations (CAPs)
- Critical Assignment (Capstone)

Assessments

Assignments – Assignments will focus on taking a main action concept from the textbook and demonstrate its application. Real life scenarios will be presented. You will use outside resources, resources in addition to your textbook, to help you with these assignments. Specific instructions for each assignment will be posted in D2L during the week in which that assignment is due.

Quizzes - Multiple choice quizzes are graded exams based on the textbook material and teacher preparation activities. Quizzes are not timed, however you must complete the quiz in one sitting.

Critical Assignment Preparations (CAPs) - The CAPs are designed to help you complete your critical assignment. Each CAP will add information to the overall assignment. Peer feedback will be required for one of the CAPs. Videos must be posted by **Friday**. Feedback to classmates is due no later than the scheduled date by midnight. All other CAPs will involve written submissions. All CAPs will culminate in preparing the student for the critical assignment.

Critical Assignment - Students will demonstrate their overall learning by creating a Team Handbook. Specific instructions are posted in D2L and will be explained by the instructor. The critical assignment must be passed at an acceptable rate in order to pass the course. The critical assignment is due on **Tuesday** of the final week of the course.

All work submitted for this course must be your own work. Plagiarism software will be used to determine original work

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

Email is usually the best way to communicate with me. I will usually answer within 24 hours during the week. If you email me on the Weekend, I most likely won't get back to you until Monday.

Communication is crucial during this time. I understand that life can sneak up on us, but you will need to communicate as soon as you can. I will not look kindly on emails received at the end of the semester asking for an extension after I haven't heard from you all term.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Course Policies

1. Any student missing an exam, test, or assignment without prior arrangement will receive a score of zero.
2. You **MUST** check your e-mail (LEO) 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.
3. If you have a question or concern, TALK to me. I am here to help.
4. The policy for late assignments is as follows:
 - Work submitted within one week of the due date will receive an automatic 20% deduction
 - Work submitted within two weeks of the due date will receive an automatic 30% deduction
 - Work submitted after two weeks of the due date will not be graded and will receive a Zero.

- I understand that Life happens and all things cannot be accounted for. If there is a special circumstance that prevents you from submitting your work, please contact me ASAP.
5. **Late work will not be accepted after the course end date.**

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).
<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.

Department or Accrediting Agency Required Content

COVID-19 Statement & Use of Face Masks/Shields

A&M-Commerce requires the use of face-coverings in all instructional and research classrooms/laboratories. Exceptions may be made by faculty where warranted. Faculty have management over their classrooms. Students not using face-coverings can be required to leave class. Repetitive refusal to comply can be reported to the Office of Students' Rights and Responsibilities as a violation of the student Code of Conduct.

Students should not attend class when ill or after exposure to anyone with a communicable illness. Communicate such instances directly with your instructor. Faculty will work to support the student getting access to missed content or completing missed assignments.

	Learning Activities	Assignments Due
Week 1		
	<i>Read:</i> Chapters 1 – 5	
	<i>View:</i> Syllabus Overview Weekly Overview Instructor Lectures	
	<i>Complete:</i> Introduction Assignments "What Will You Do?" "Chapter 2 Scenarios" "Character Check"	Sunday, June 12
	<i>Complete:</i> Quiz 1 – Chapters 1 – 5	Sunday, June 12
	<i>Complete:</i> CAP 1- Coaching Philosophy	Tuesday, June 14
Week 2		
	<i>Read:</i> Chapters 6 - 8	
	<i>View:</i> Weekly Overview Instructor Lecture	
	<i>Complete:</i> "Communication Origami" "What Motivates You?" "Catch Them Doing Good"	Sunday, June 19
	<i>Complete:</i> Quiz 2 – Chapters 6 – 8	Sunday, June 19
	<i>Complete:</i> CAP 2 – Communication	Tuesday, June 21
Week 3		
	<i>Read:</i> Chapters 9 – 12	
	<i>View:</i> Weekly Overview Instructor Lectures	
	<i>Complete:</i> "Technical Skill Planning Sheet" "Tactical Skill Planning Sheet"	Sunday, June 26

	<i>Complete:</i> Quiz 3 – Chapters 9-12	Sunday, June 26
	<i>Complete:</i> CAP 3 – Practice Plan	Tuesday, June 28
Week 4		
	<i>Read:</i> Chapters 18 - 20	
	<i>View:</i> Weekly Overview Instructor Lecture	
	<i>Complete:</i> "Team Captains" "Problems with Parents" "Legal Issues"	Sunday, July 3
	<i>Complete:</i> Module #4 Exam – Chapters 18-20	Sunday, July 3
Week 5		
	<i>Complete:</i> Critical Assignment: Team Handbook	Tuesday, July 5

* The course schedule, located in the syllabus, always dictates the due date for a particular activity or assignment.