

Coaching Academy Program Learning Outcomes

- **PL01:** Evaluate legal, ethical, and administrative issues in athletic coaching.
- **PL02:** Use best practices in the field of coaching to manage players and teams.
- **PL03:** Apply skills in facility and game management.
- **PL04:** Assess the importance of professionalism in the field of coaching.
- **PL05:** Create a motivational workplace using coaching skills.
- **PL06:** Design coaching programs that promote athletic skill development and academic learning.

**Program Learning Outcomes are aligned with the content of the NFHS Fundamentals of Coaching Certificate and support the UIL Coaches Certification Program*

Course 1: Introduction to Coaching

Course Description

This course provides students with an introduction to coaching as a profession. Emphasis is placed on the role of professionalism in the field of coaching, as well as the different qualities and abilities that make a “good” coach. Students will also examine the importance of communication and conflict management in not only the coach-athlete relationship, but also in the relationships that coaches have with other coaches, teachers, administrators, and parents.

Credits

This is a certification course.

Lab

Average ten hours of Lab per week as assigned, class attendance three hours per week.

Practicum

This course includes a practicum with assigned duties, in addition to 10 hours of class time (2 hour per day or 10 hours per week (7 days). During the practicum, students will be able to actively participate in applying the concepts they are learning that week.

Course Learning Outcomes

- **CLO1:** Examine coaching as a career.
- **CLO2:** Explain the role of professionalism in the field of coaching.
- **CLO3:** Describe the desirable qualities of a coach.
- **CLO4:** Explain “good” coaching.
- **CLO5:** Evaluate the coach-athlete relationship.
- **CLO6:** Explain the importance of communication and conflict management for a coach.

Rubric

Attendance-40%

Assignment Completion-20%

Quiz/Papers/Test-20%

Book-Notebook-20%

Attendance: Attendance is a must.

Alignment of Course Learning Outcomes

Course Learning Outcomes (CLO)	Program Learning Outcome (PLO)
CLO1: Examine coaching as a career.	PLO2
CLO2: Explain the role of professionalism in the field of coaching.	PLO2, PLO4
CLO3: Describe the desirable qualities of a coach.	PLO2, PLO4
CLO4: Explain “good” coaching.	PLO2, PLO5
CLO5: Evaluate the coach-athlete relationship.	PLO2, PLO4
CLO6: Explain the importance of communication and conflict management for a coach.	PLO2, PLO5

Course Assignments Summary

Assessment	Day of the Week Due	Point Value
Week 1		
Discussion and Participation	7	
Practicum Evaluation and Reflection 1	7	
Week 2		
Discussion and Participation	7	
Practicum Evaluation and Reflection 2	7	
Week 3		
Discussion and Participation	7	
Practicum Evaluation and Reflection 3	7	
Exam 1		
Week 4		
Discussion and Participation	7	
Practicum Evaluation and Reflection 4	7	
Week 5		
Discussion and Participation	7	
Practicum Evaluation and Reflection 5	7	
Week 6		
Discussion and Participation	7	
Practicum Evaluation and Reflection 6	7	
Exam 2		
Week 7		
Discussion and Participation	7	
Practicum Evaluation and Reflection 7	7	
Week 8		
Discussion and Participation	7	
Practicum Evaluation and Reflection 8	7	
Week 9		
Discussion and Participation	7	
Practicum Evaluation and Reflection 9	7	
Exam 3		
Week 10		
Discussion and Participation	7	
Practicum Evaluation and Reflection 10	7	

Course 1: Introduction to Coaching

Week 11	
Discussion and Participation	7
Practicum Evaluation and Reflection 11	7
Week 12	
Discussion and Participation	7
Practicum Evaluation and Reflection 12	7
Exam 4	
Week 13	
Discussion and Participation	7
Practicum Evaluation and Reflection 13	7
Week 14	
Discussion and Participation	7
Practicum Evaluation and Reflection 14	7
Week 15	
Discussion and Participation	7
Practicum Evaluation and Reflection 15	7
Exam 5	
Total Points	

- **Unit Assessment: Self-Assessment and Development Plan**
 - **Conduct** a self-assessment in which you evaluate yourself on the following desirable qualities of a coach.

Use the following rating system to evaluate yourself for each quality:

5 = I feel my skills and abilities are above average in this area

4 = I feel my skills and abilities are average in this area

3 = I feel neutral about my skills and abilities in this area

2 = I feel like I am almost there with skills and abilities in this area

1 = I feel like I really need to work on my skills and abilities in this area

- Transparent Realism
- Ability to Organize
- Ability to Motivate
- Ability to Discipline
- Ability to Identify Goals
- Ability to Recognize Athletic Talent
- Ability to use Available Talent
- Ability to Reason
- Interest in Individuals
- Enthusiasm
- Willingness to Work
- Knowledge of the Sport
- Understanding the needs of the different genders
- Knowing what makes the difference between winning and losing
- Ability to foster pride
- Proper Use of Language
- Moral Standards
- Ethical Standards
- Fairness
- Imagination

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



