



HHPK 590 – Sport Coaching

COURSE SYLLABUS: Fall 2026

PROFESSOR INFORMATION

Professor: Dr. Steve Prewitt, Associate Professor
Office Location: NHS 141
Office Hours: By appointment
Office Phone: 903.886.5549
University Email Address: steve.prewitt@etamu.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, (ed.), (1st 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

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- Examine the principles of behavior when coaching athletes
- 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

It is your responsibility to submit all required quizzes, assignments, and discussion posts by the due date and time listed for each section.

Students submitting late work will receive an automatic 20% reduction in grade if the late work is submitted within a week of being due. Assignments submitted between one week and two weeks late will receive an automatic 30% deduction. Assignments submitted later than two weeks after the due date will receive a zero.

I believe in being fair to all students and I simply cannot justify a student who misses the opportunity to complete activities earning the same grade as a student who finishes every class assignment on time.

Assessments

1. **Weekly Modules:** You will complete weekly modules throughout this course. Each module will have assigned reading from our text book 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.
2. **Course Assignments (See D2Lfor Descriptions of Each Assignment)**

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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

LMS

All course sections offered by East Texas A&M University 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@etamu.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

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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

It is my goal to respond to any questions you have within a 24-hour period Monday through Friday (weekends are an exception). If the matter is urgent, please include the word "urgent" in the email subject line.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

- 1) Because this is an online course, you may never meet me or your other classmates face-to-face. That means that written communication must be clear in all circumstances.
- 2) While completing assignments, chatting, etc within the D2L environment (within this class), be professional. Write clearly with correct spelling, punctuation, and grammar. Actively prepare by reading the assigned materials. Share your thoughts (ask and answer questions). Have course materials with you when you are online (you can use materials during quizzes, etc).
- 3) Due dates: The "due dates" listed for sections are the LAST chance to submit them. Please submit your work early.
- 4) If you have a question or concern, e-mail me. Please include in the subject of the e-mail ("HHPK 590") and the subject of the message. I will respond within 24hrs during the week.
- 5) Use the following e-mail address for me: steve.prewitt@etamu.edu
- 6) You MUST check your e-mail regularly in case I need to communicate with you.

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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>

ETAMU 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 East Texas A&M University 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>

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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

East Texas A&M University

Velma K. Waters Library Rm 162

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

Fax (903) 468-8148

Email: studentdisabilityservices@etamu.edu

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

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

Nondiscrimination Notice

East Texas A&M University 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)

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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.

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.



Use of AI for Assignments

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

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Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, **students are fully responsible for the content of any assignment they submit**, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty

TENTATIVE CLASS SCHEDULE – This can change as necessary.

Week	<u>Topic</u>	<u>Major Assignments/ To Do</u>
Week 0 Aug 20 - 23	Introductions & Syllabus & Other Stuff	<u>Syllabus Quiz due 8/23</u>
Week 1 August 24- 30	Foundation of Coaching	Coaching Philosophy
Week 2 Aug 31 – Sept 7	Teaching. & Learning Movement	Practice Design & Coaching Application
Week 3 Sept 8 – 13	Athlete Safety & Biomechanics	Injury Prevention through Biomechanics
Week 4 Sept 14 – 20	Science of Performance	Energy Systems & Performance Training
Week 5 Sept 21 – 27	Fueling & Conditioning	Case Study: Strength training
Week 6 Sept 28 – Oct 4	The Business of Coaching	Case Study: Managing Media
Week 7 Oct 5 – 11	Coaching Across Various Levels	Case Study: Balancing Performance
Week 8 Oct 12 - 16	Professional Practice & The Future	Professional Coaching Career Plan

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