Syllabus and Course Outline

PEHD 342 – TECHNIQUES AND STRATEGIES OF COACHING

Fall Semester 2015
College of Charleston

Time and Place: 12:15 pm – 1:30 pm T/TH Room 117
   Silcox Physical Education and Health Center

Professor: John Kresse (Kressej@cofc.edu)
   Telephone: 953-8244 (Office)
Office Hours: Monday through Thursday, 10-11 am. or by appointment

Textbook: Jones Billie J., Wells L. Janet, Peters, Rachael E., Johnson Dewayne J.,

Course Description: This course is to study the different aspects of coaching including philosophies and techniques. It will provide the student with a basic understanding of coaching on all levels: youth, elementary, high school, college and professional. However more emphasis will be directed to the development, conditioning, weight training, practices, games, motivation, legal aspects, public relations, media, fundraising and ethics.

Course Objectives: Students will gain an understanding of different styles and techniques of coaching. Through lectures, video tapes, guest lecturers and discussion they will receive a comprehensive outlook into coaching. They will interview coaches to evaluate different philosophies and also critique a journal article. This course will assist them in developing their own philosophy and how they would be an effective coach if they should so chose.

Writing Assignment:
   We will have a writing assignment based on a reading and analysis of an article from The Journal of Physical Education, Recreation and Dance relative to coaching. The journals are in our library. The length of the paper is four to five, double spaced typewritten pages. I am looking for a summary but more importantly your opinion and feelings on the matter. Your original ideas relating to the subject are what will be graded most heavily.
**Oral Presentation/Paper:** You will interview a youth or elementary coach and a high school coach or college coach. (You will be graded on a summary of the interview but more importantly what insight you reached into his or her professionalism, philosophy and potential effectiveness with his or her players or team on that level of coaching. Do you agree or disagree with the measures of this coach and what would you change if you were in that coach’s shoes.) Before you do your interviews you need to get an O.K. with John Kresse on your selectees. Students will not be allowed to interview the same coach so approval will be on a first come basis. (You are required to do an oral presentation (minimum 5 minutes) on one of your two interviews. A seven to eight, double spaced typewritten paper on your interviews must be handed in the day of your presentation. You will entertain questions from fellow-students or me.

**Grading:** You will have three tests (two during the term and a final). Each test will count as 100 points. Your writing assignment will count as 25 points and your oral presentation/paper will count as 75 points. There will be a total of 400 points for the course.

**Evaluation Scale** * 400 Points Total

- 360 - 400 = A
- 352 - 359 = A-
- 340 - 351 = B+
- 320 - 339 = B
- 312 - 319 = B-
- 300 - 311 = C+
- 280 - 299 = C
- 272 - 279 = C-
- 264 - 271 = D+
- 256 - 263 = D
- 248 - 255 = D-
- < 248 = F

**Attendance:** Attendance is required. You may miss two classes without being penalized. Excused absences must be approved by the Undergraduate Dean’s Office. No other excuses will be accepted. You will be penalized one letter grade for each absence over two. Tardiness to class is not acceptable. Three tardies equal one absence.

**Make up Tests:** Make up tests are given at the discretion of the professor.

**Honor System:** The College of Charleston Honor System is recognized in this course. For the specific details of responsibility and penalty, see the College of Charleston Student Handbook.

**Course Evaluation:** You will have the opportunity to evaluate this particular course at the end of the semester. Results of these evaluations – which are not communicated to the professor until after the semester, are used to guide course design for future classes, and your suggestions are encouraged.
Tentative Class Schedule

August
25  Introduction, Syllabus, expectations, video (Assignment: Chapter 1, Coach)
27  Discussion of Chapter 1 (Assignment Chapter 2, The Coach as a Person)

September
1   Discussion of Chapter 2 (Assignment: Chapter 3, The Coach as a Professional)
3   Discussion of Chapter 3 (Assignment: Chapter 4, Professional Preparation)
8   Discussion of Chapter 4 (Assignment: Chapter 5, Should you Coach and Chapter 6, Biological Considerations)
10  Discussion of Chapters 5 and 6 (Assignment: Chapter 7, Meeting the Athlete, Chapter 8, Selecting the Athlete), First Writing Assignment Due
15  Discussion of Chapters 7 and 8 (Assignment: Chapter 9, Teaching the Athlete)
17  Discussion of Chapter 9
22  (Assignment: Chapter 10, Motivating the Athlete)
24  Discussion of Chapter 10 (Assignment: Chapter 11, Developing Appropriate Behavior)
29  Discussion of Chapter 10-11

October
1   Discussion of Chapter 11 (Assignment: Chapter 12, Life Management Concerns)
6   Guest Lecture: Amy Seago, Coach, Women’s and Men’s Cross Country and Track
8   TEST 1 (Chapters 1-9) Outside Materials
13  Discussion of Chapter 12 (Assignment: Chapter 13, Fiscal Management)
15  Discussion of Chapter 13 (Assignment: Chapter 14, Purchasing Criteria, Chapter 15 Purchasing Procedures)
20  No Classes (Fall Break)
22  Discussion of Chapters 14 and 15 (Assignment: Chapter 16, Equipment Management).
27  Discussion of Chapter 16 (Assignment: Chapters 17, Scheduling Planning)
29  **Oral Presentations**, Discussion of Chapter 17, (Assignment: Chapter 18, Contest Management)

**November**

3  **Oral Presentations**, Discussion of Chapter 18 (Assignment, Chapter 19, Legal Aspects)

5  **Oral Presentations**, Discussion of Chapter 19 (Assignment, Chapter 20, Transportation)

10 **Oral Presentations**, Discussion of Chapter 20 (Assignment: Chapter 21, Planning with Staff)

12  **TEST 2** (Chapters 9-16)

17  **Oral Presentations**, Discussion of Chapter 21 (Assignment: Chapter 22, Support Personnel)

19  **Oral Presentations**, Discussion of Chapter 22 (Assignment: Chapter 23, Support Groups)

24  **Oral Presentations**, Discussion of Chapter 23 (Assignment: Chapter 24, News Media)

26  **Thanksgiving (No Class)**

**December**

1  **Oral Presentations**, Discussion of Chapter 24 (Assignment: Chapter 25, Why Coach)

3  Discussion of Chapter 25, Related Coaching Articles

10  **TEST 3** (Thursday – 12 Noon)