

## **POINT LOMA NAZARENE UNIVERSITY**

PED 3050 (3 units): Foundations and Techniques of Coaching

MWF 8:30 - 9:35 AM

**Instructor:** Rich Hills

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**LOCATION:** K1

**Cell:** 619-507-4716

### **COURSE DESCRIPTION**

An overview of coaching aspects including psychology of coaching, administrative coaching skills, and vital relationships. Includes sport-specific training development in student's sport of interest.

**Prerequisite:** PED 2020, [PED 2025](#) or consent of instructor.

### **LEARNING OUTCOMES**

1. The student will understand and practice much of the spectrum of the coaching profession: teaching, leadership, relationships, administration, fiscal management, public relations, formation of team, formation of staff, purchasing, accounting, equipment management, legal issues, game/event scheduling and management, professional growth.
2. The student will be able to identify a variety of philosophical approaches to coaching.
3. The student will develop and write his/her personal coaching philosophy.
4. The prospective coach will produce a portfolio which will articulate and document his/her philosophies about various aspects of coaching and his/her application of those philosophies.

### **REQUIRED TEXTS**

1. Coaching: A Realistic Perspective. Sabock and Sabock. 11<sup>th</sup> Edition Rowman and Littlefield
2. Outliers. Gladwell. Back Bay Books.
3. The Compound Effect. Hardy. Success Media

### **EVALUATION (405 points possible)**

1. **ATTENDANCE (% of all class meetings = 50 points):** The #1 fundamental of top scholarship is regular, punctual attendance. There are no excused absences, except for pre-approved university sponsored events. The student handbook allows for three absences before a grade can be lowered. Use these for must miss days due to appointments, sickness and other reasons. Students earn 2 points for punctual attendance per class meeting; 1 point for tardy attendance. Absent/Tardy students are responsible for all materials, announcements, assignments for that class meeting, and for presentation/assignments/exams due for the next meeting. **Continuous.**
2. **PRACTICE/GAME OBSERVATION (10 points):** Observe a local high school or college practice or game. Observe, evaluate, write about, and share about the head and assistant coaches' strategies, teaching/coaching philosophies and styles, interactions with staff, players, opponents, and officials. **October 1**
3. **EXAMS (Chapter Exams = 150 points):** Exam material will cover text readings. Questions will be True/False and Multiple Choice

4. **DEVOTION/MOTIVATIONAL TALK/ACTIVITY (2 x 5 points = 10 points).** Each student will lead the class in two Devotions, Motivational Talks and/or Activities that tie directly with the topic of the day. **Sign-up.**
5. **CURRENT EVENT (2 x 5 points = 10 points):** Each student will share and lead a discussion about a current event in the coaching profession relating to the topic of the day. Possible subjects: Job forecast, career longevity, financial aspects, health of coaches, legal issues, job satisfaction, effect on family, technology in coaching, coaching education. **Sign-up.**

[www.thesportjournal.org](http://www.thesportjournal.org), [www.thesportjournal.org/sport-supplement](http://www.thesportjournal.org/sport-supplement),  
[www.scholastic.com/coach/](http://www.scholastic.com/coach/),  
<http://theathleticmind.com/publications/index.php>, <http://www.brianmac.co.uk/index.htm>  
<http://www.positivecoach.org/subcontent.aspx?SecID=178>

6. **BOOK REVIEW – COMPOUND EFFECT (40 points):** Students will read, lead and participate in discussions regarding a personal skill development choice. **October 29;** **OUTLIERS (40 points):** Students will read lead and participate in discussions into how this book relates to learning and coaching. **December 5**

7. **INSTRUCTIONAL DVD (15 points):** View a DVD and submit notes (coaches philosophy, style, tactics, techniques, strategies and your opinion/application) on the viewed DVD. **November 5.**

8. **INTERVIEW A COACH AT YOUR DESIRED LEVEL (25 points):** 10 minute presentation, lead class discussion. Write 2-3 page review: Approximately ½ about content of interview, careertrack, and ½ about what was learned and application. No PLNU coaches. **November 12.**

9. **GAME MANAGEMENT (10 points):** Help with the management of a PLNU or other Athletic Event or preparation, or clean-up. Examples: Help with set-up/clean up, ball shag at a volleyball or soccer match, Video, prepare field or gym, aid SID. Ask supervisor to send email to instructor describing role. Requirement = minimum 1 hour. **December 3**

10. **SELF-REFLECTION PAPER (50 points):** Reflect on personal testimony/Christian mission, why you want to coach, coaching personality and philosophy, goals/vision. First part (2 pages of paper will be written at the start of the semester, and half (1 page) will be written at the end of the semester. Instructor will hold papers during the semester.

**September 5 and December 8**

11. **MOCH TOURNAMENT (25 points):** Design a tournament for your sport of choice complete with times, locations specific rules, coaches meeting and instructions for participants. **December 7**

12. **COACHING PORTFOLIO OF COMPLETE SEASON (75 points):** Write and compile Portfolio to use when applying for a coaching position. Outline will be provided.

**December 10**

13. **CHAPTER GRAPHIC ORGANIZERS (50 Points):** Form provided

## **IMPORTANT NOTES**

- All papers will be written using MLA Format (no Title Page). For a quick review go to this link:

<http://mlaformat.org/>

- Late work (turned in after the start of class on the day the assignment is due) will receive one full letter grade lower per day it is late.
- Care about your grade throughout the semester – not just at the end. Make a habit of checking your grade throughout the semester. No Extra Credit will be offered.

### **GRADING SCALE = 485 points possible**

A 90%+      B+ 88%+      B 83%+      B- 80%      C+ 78%+      C 73%+      C- 70%+  
 D+ 68%+      D 63%+      D- 60%+      F 59%-

### **LIBRARY (partial list)**

PRINT: Billy Beane, Bill Belichick, Boise State Football, Drew Brees, John Calipari, Pete Carroll, Concord de la Salle Football, Brian Curtis (The Men of March), Tony Dungy, Jon Gruden, Lou Holtz, Phil Jackson, Tony LaRussa, Mike Leach, Vince Lombardi, Urban Myer, Ed Orgeron, Rick Pitino, Nick Saban, John Smolz, Joe Torre, Jim Tressel, Gregory Tully (Nine College Nines), Dick Vermeil, Bill Walsh, Kurt Warner, Charlie Weis, Roy Williams, John Wooden.

DVD: Bobby Clark (Notre Dame Soccer), Greg Dale (Team-Building), Anson Dorrance, John Dunning (Stanford Volleyball), Bill Fennelly (Iowa State Basketball), Bobby Knight, Tim McClellan (Speed), Jim Schlossnagle (TCU Baseball), Bill Self (Kansas Basketball), Tara VanDerVeer, John Wooden, Jay Wright (Villanova Basketball).