

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
PE 3450 - INTRODUCTION TO COACHING
COURSE OUTLINE - FALL 1995

INSTRUCTOR: Leigh Goldie Office K219 Phone 539-2978

CLASS TIMES: Monday, Wednesday and Friday 9:00 - 9:50 am

COURSE OBJECTIVES:

1. To study and understand current theories of coaching from philosophical, pedagogical, biophysical and psychosocial perspectives.
2. To acquire the skills and knowledge necessary to apply the theory to practical coaching situations.
3. To achieve NCCP Level 1 and 2 Theory certification.

TRANSFERABILITY:

University of Alberta	PEDS 345 (3)
University of Calgary	Jr. PHED (3)
University of Lethbridge	PHED 2980

COURSE TEXTS:

NCCP Level One Theory Manual. 1988. Gloucester: Coaching Association of Canada.
NCCP Level Two Theory Manual. 1989. Gloucester: Coaching Association of Canada.

<u>EVALUATION:</u> Level I Test - Wed., Oct. 18	20%
Level II Test - Fri., Dec. 8	20%
Coaching practical or project	30%
Workbooks	20%
Philosophy paper	<u>10%</u>
	100%

*In order to be certified in the NCCP program you must attend all classes.

COURSE SCHEDULE - PE 3450 - COACHING

SEPT. 8	- Introduction
SEPT. 11	1 - Role of the Coach
SEPT. 13	"
SEPT. 15	"
SEPT. 18	1 - Growth and Development
SEPT. 20	"
SEPT. 22	1 - Sport Safety
SEPT. 26	Drugs and sport
SEPT. 28	1 - Analysis of Skill
SEPT. 30	"
OCT. 2	1 - Development of Skills
OCT. 4	"
OCT. 6	"
OCT. 11	Coaching Panel
OCT. 13	1 - Physical Preparation
OCT. 16	"
OCT. 18	"
OCT. 20	"
OCT. 23	Level I Test
OCT. 25	2 - Planning
OCT. 27	2 - Role of the Coach
OCT. 30	"
NOV. 1	2 - Growth and Development
NOV. 3	2 - Sport Safety
NOV. 6	"
NOV. 8	2 - Analysis of Skill
NOV. 10	"
NOV. 13	"
NOV. 15	2 - Development of Skills
NOV. 17	"
NOV. 20	"
NOV. 22	"
NOV. 24	"
NOV. 27	Coaching Panel
NOV. 29	2 - Physical Preparation
DEC. 1	"
DEC. 4	"
DEC. 6	"
DEC. 8	Level II Test