

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
PE 3450 - INTRODUCTION TO COACHING
COURSE OUTLINE - WINTER 1997

INSTRUCTOR: Leigh Goldie Office K219 Phone 539-2978

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

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.
Walton, G. M. (1992). Beyond winning: The timeless wisdom of great philosopher coaches. Champaign, IL: Human Kinetics.

<u>EVALUATION:</u> Level 1 Test/Workbooks - Wed., Feb. 19	25%
Level 2 Test/Workbooks - Mon., Apr. 7	25%
Coaching practical or project	30%
Term assignments	20%
	100%

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

COURSE SCHEDULE

- Jan. 6 - Course outline, introductory video
Jan. 8 - 1 - Role of the coach
Jan. 10 - "
Jan. 13 - "
Jan. 15 - 1 - Growth and development
Jan. 17 - "
Jan. 20 - 1 - Sport safety
Jan. 22 - Seminar
Jan. 24 - 1 - Analysis of skill
Jan. 27 - "
Jan. 29 - U of A visit
Jan. 31- 1 - Development of skills
Feb. 3 - "
Feb. 5 - "
Feb. 7 - Seminar
Feb. 10 - 1 - Physical preparation
Feb. 12 - "
Feb. 14 - "
Feb. 19 - **Level 1 Test**
Feb. 21 - Seminar
Mar. 3 - 2 - Role of the coach
Mar. 5 - "
Mar. 7 - "
Mar. 10 - 2 - Growth and development
Mar. 12 - 2 - Sport safety
Mar. 14 - Seminar
Mar. 17 - 2 - Analysis of skill
Mar. 19 - "
Mar. 21 - "
Mar. 24 - 2 - Development of skills
Mar. 26 - "
Mar. 31 - "
Apr. 2 - 2 - Physical preparation
Apr. 4 - "
Apr. 7 - **Level 2 Test**
Apr. 9 - Presentation of practical experiences