

**GRANDE PRAIRIE REGIONAL COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS**  
**PE 3450 - INTRODUCTION TO COACHING**  
**COURSE OUTLINE - WINTER 1998**

**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. KNES (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.

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

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

## COURSE SCHEDULE

- Jan. 7 - Course outline, introductory video  
Jan. 9 - 1 - Role of the coach  
Jan. 12 - "  
Jan. 14 - "  
Jan. 16 - 1 - Growth and development  
Jan. 19 - "  
Jan. 21 - 1 - Sport safety  
Jan. 23 - Seminar - Beyond Winning - Lombardi, Hayes, Hamilton  
Jan. 26 - 1 - Analysis of skills  
Jan. 28 - U of A visit  
Jan. 30 - 1 - Analysis of skills  
Feb. 2 - 1 - Development of skills  
Feb. 4 - "  
Feb. 6 - "  
Feb. 9 - Seminar - Beyond Winning - Wooden, Cousilman, Cerutti  
Feb. 11 - 1 - Physical preparation  
Feb. 13 - "  
Feb. 18 - "  
Feb. 20 - Level 1 Test  
Mar. 2 - 2 - Role of the coach  
Mar. 4 - CCAA  
Mar. 6 - "  
Mar. 9 - 2 - Role of the coach  
Mar. 11 - 2 - "  
Mar. 13 - Coaching Panel  
Mar. 16 - 2 - Growth and development  
Mar. 18 - "  
Mar. 20 - 2 - Analysis of skills  
Mar. 23 - "  
Mar. 25 - "  
Mar. 27 - 2 - Development of skills  
Mar. 30 - "  
Apr. 1 - "  
Apr. 3 - "  
Apr. 6 - Presentation of practical experiences  
Apr. 8 - 2 - Physical preparation  
Apr. 13 - "  
Apr. 15 - Level 2 Test