

**GRANDE PRAIRIE REGIONAL COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS**  
**PE 3450 – INTRODUCTION TO COACHING**  
**COURSE OUTLINE - WINTER 1999**

**INSTRUCTOR:** Leigh Goldie      Office K219      Phone 539-2978  
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**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	KNES 331 (3)
University of Lethbridge	KNES 2980 (3)

**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. 17	20%
	Level 2 Test – Mon. April 12	25%
	Coaching practical or project	35%
	Term assignments	<u>20%</u>
		100%

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

## COURSE SCHEDULE

Jan. 6 - Course outline, introduction

Jan. 8 - Role of the coach

Jan. 11 - "

Jan. 13 - "

Jan. 15 - Growth and development

Jan. 18 - "

Jan. 20 - Beyond Winning Seminar – Lombardi, Hayes, Hamilton

Jan. 22 - Sport safety

Jan. 25 - Analysis of skills

Jan. 27 - "

Jan. 29 - "

Feb. 1 - Development of skills

Feb. 5 - "

Feb. 8 - "

Feb. 10 - Beyond Winning Seminar – Wooden, Cousilman, Cerutti

Feb. 12 - Physical preparation

Feb. 17 - "

Feb. 19 - Level 1 Test

Mar. 1 - Role of the coach

Mar. 8 - "

Mar. 10 - "

Mar. 12 - Growth and development

Mar. 15 - Coaching panel

Mar. 17 - Analysis of skills

Mar. 19 - "

Mar. 22 - "

Mar. 24 - Development of skills

Mar. 26 - "

Mar. 29 - "

Mar. 31 - "

Apr. 5 - Physical preparation

Apr. 7 - "

Apr. 9 - "

Apr. 12 - Presentation of practical experiences

Apr. 14 - Level 2 Test