

JAN 16 2001

**GRANDE PRAIRIE REGIONAL COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY**  
**PE 3450 – INTRODUCTION TO COACHING**  
**COURSE OUTLINE - WINTER 2001**

**INSTRUCTOR:** Leigh Goldie      Office K219      Phone 539-2978  
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**CLASS TIMES:** Monday & Wednesday, 11:30 a.m. – 12:50 p.m.

**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. 7	20%
	Level 2 Test – Wed., April 11	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. 3 - Course outline, introduction

### LEVEL ONE

Jan. 8 - Role of the coach

Jan. 10 - "

Jan. 15 - Growth and development

Jan. 17 - Sport Safety

Jan. 22 - Analysis of Skills

Jan. 24 - Development of skills

Jan. 29 - "

Jan. 31 - Physical Preparation

Feb. 5 - "

Feb. 7 - Level 1 Test

### LEVEL TWO

Feb. 12 - Planning, Role of the Coach

Feb. 14 - Role of the Coach

Feb. 19 - Family Day

Feb. 21 - Coaching Panel

Mar. 5 - Growth and Development, Sport Safety

Mar. 12 - Beyond Winning Seminar

Mar. 14 - Analysis of Skills

Mar. 19 - "

Mar. 21 - Development of skills

Mar. 26 - "

Mar. 28 - Physical Preparation

Apr. 2 - "

Apr. 4 - Presentation of practical experiences

Apr. 9 - Presentation of practical experiences

Apr. 11 - Level 2 Test