

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY
PE 3450 – INTRODUCTION TO COACHING
COURSE OUTLINE - WINTER 2002

INSTRUCTOR: Leigh Goldie Office K219 Phone 539-2978
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CLASS TIMES: Monday & Wednesday, 8:30 a.m. – 9:50 a.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.

<u>EVALUATION:</u>	Level 1 Test – Mon., Feb. 11	20%
	Level 2 Test – Wed., April 10	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. 7 - Course outline, introduction

LEVEL ONE

Jan. 9 - Role of the coach

Jan. 14 - "

Jan. 16 - Growth and development

Jan. 21 - Sport Safety

Jan. 23 - Analysis of Skills

Jan. 28 - Development of skills

Jan. 30 - "

Feb. 4 - Physical Preparation

Feb. 6 - "

Feb. 11 - **Level 1 Test**

LEVEL TWO

Feb. 13 - Planning, Role of the Coach

Feb. 18 - Family Day

Feb. 20 - Role of the Coach

Mar. 4 - Growth and Development, Sport Safety

Mar. 6 - Beyond Winning Seminar

Mar. 11 - Analysis of Skills

Mar. 13 - CCAA Volleyball Nationals - no class

Mar. 18 - "Beyond Winning" seminar

Mar. 20 - Development of skills

Mar. 25 - "

Mar. 27 - Physical Preparation

Apr. 1 - "

Apr. 3 - Presentation of practical experiences

Apr. 8 - Presentation of practical experiences

Apr. 10 - **Level 2 Test**