

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY
PE 3450 – INTRODUCTION TO COACHING
COURSE OUTLINE - WINTER 2004

INSTRUCTOR: Leigh Goldie Office K219 Phone 539-2978
E-mail lgoldie@gprc.ab.ca

CLASS TIMES: Monday & Wednesday, 1:00 p.m. – 2:20 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 2986 (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 – Wed., Feb. 11	20%
	Level 2 Test – Wed., April 7	25%
	Coaching practical/presentation	35%
	Term assignments	<u>20%</u>
		100%

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

GRADING SYSTEM:

The following system will be used for converting percentage grades to alpha grades.

<u>Alpha Grade</u>	<u>4 – Point</u>	<u>Percentage</u>	<u>Descriptor</u>
A+	4.0	90 – 100	Excellent
A	4.0	85 – 89	Excellent
A-	3.7	80 – 84	First Class Standing
B+	3.3	76 – 79	First Class Standing
B	3.0	73 – 75	Good
B-	2.7	70 – 72	Good
C+	2.3	67 – 69	Satisfactory
C	2.0	64 – 66	Satisfactory
C-	1.7	60 – 63	Satisfactory
D+	1.3	55 – 59	Poor
D	1.0	50 – 54	Minimal Pass
F	0.0	0 – 49	Fail

***There might be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.

COURSE SCHEDULE

LEVEL ONE

Jan. 12 - Course outline, introduction, Role of the coach

Jan. 14 - “

Jan. 19 - Growth and development

Jan. 21 - “

Jan. 26 - Sport safety

Jan. 28 - Development of skills

Feb. 2 - “

Feb. 4 - Physical preparation

Feb. 9 - “

Feb. 11 - **Level 1 Test**

LEVEL TWO

Feb. 23 - Planning

Feb. 25 - Coaching Panel

Mar. 1 - Role of the Coach

Mar. 3 - Role of the Coach

Mar. 8 - Growth and Development, Sport Safety

Mar. 10 - Analysis of Skills

Mar. 15 - “

Mar. 17 - “Beyond Winning” seminar

Mar. 22 - Development of skills

Mar. 24 - “

Mar. 29 - “

Mar. 31 - Physical Preparation

Apr. 5 - “

Apr. 7 - **Level 2 Test**

Apr. 12 - Coaching Panel

Apr. 14 - Presentation of practical experiences