

**GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS**

**PE 3450  
Introduction to Coaching Theory  
Course Outline Winter 2006**

**I. General Information**

**Instructor:** Harry Stevens  
**Office:** K 219  
**Phone:** 539-2974  
**Class Time:** Tues and Thurs: 1430-1550  
**Place:** J202  
**Credit:** 3 Credits  
Equivalent to PEDS 345 (3 credits)--U of A.  
KNES 331 (3 credits)-- U of C.  
KNES 2986 (3credits)-- U of L.

**II. Course Objectives**

1. To introduce the student to a variety of coaching topics both of a theoretical and a practical nature.
2. To provide an opportunity to students who meet the standards, as set by the Coaching Association of Canadian, to receive certification in the NCCP Part A and Part B Theory Levels.
3. To provide students an opportunity to apply the theory to practical coaching situations.

**III. Resources**

Required Texts: 1. NCCP, Introduction to Competition, Part A, Coaching Association of Canada, 2003.  
2. NCCP, Introduction to Competition, Part B, Coaching Association of Canada, 2003.

#### **IV. Class Format**

The mark breakdown for the course will be as follows:

Term assignments (ie. book report)	20%
Part A Test	20%
Part B Test	25%
Coaching Practical/Presentation	<u>35%</u>
	100%

\*\*\* *Regular attendance and participation are expected at ALL sessions as much of the information provided cannot be obtained in any other way. **Attendance is required at all classes in order to be certified in the NCCP program. Students who miss class due to medical reasons MUST present medical verification to their instructor. Last day to withdraw with permission is March 3, 2006.***

#### **V. Course Evaluation**

Grading System will be one of the documents placed on the Blackboard system. Please check with the instructor or the library on how to access this Learning Management System.

#### **VI. Schedule**

<b><u>DATE:</u></b>	<b><u>TOPIC</u></b>
Jan 5	Introduction to Coaching Course
Jan 10	Introduction to the "NEW" NCCP, Role of the coach
Jan 12	Make Ethical Decisions
Jan 17	" "
Jan 19	Applying the Process/ Planning a Practice
Jan 24	Safety Considerations
Jan 26	Liability as a Coach, Risk Management
Jan 31	Planning an Activity to Develop Basic Skills
Feb 2	Athlete training, Sport Nutrition
Feb 7	Coaching Guest Speaker
Feb 9	Putting it all together, Sport Nutrition
Feb 14	Review for test Part A
Feb 16	Test Part A
Feb 21-25	Reading Week (no classes)
Feb 28	Take up Test 1

Mar 2	NCCP PART B Introduction
Mar 7	Analysis of Coaching Situation
Mar 9	Coaching Guest Speaker
Mar 14	section 1 to 2.2
Mar 16	Coaching Guest Speaker
Mar 18	2.3 Analysis to 3.2
Mar 21	section 4, section 5
Mar 23	section 5, Basic mental skills sections 1
Mar 28	Basic mental skills sections 2-3
Mar 30	Basic mental skills sections 4-5
April 4	Review for test Part B
April 6	Test Part B
April 11	Coaching Guest Speaker
April 13	Presentations of practical coaching experiences