**Instructor:** Stephanie Sweet-Eggert, MS, HHC

**Email:** seggert@usc.edu

**Office hours:** M-Th 11:30-12, 1:00-1:45pm, and by appointment

**Office:** Phys Ed Building # 209

**Class Meeting Location: Taper Hall**

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| **GRADING** | **%** | **WEEK** | **COURSE CONTENT** |
| Class Participation  [40pts] | **23.5%** | 1-15 | Regular active participation in class discussions, labs and activities |
| Assignments (5pts each) – 8 total  [40pts] | **23.5%** | 1-15 | Weekly in-class discussion and write-ups on actual case studies which coincide with each chapter reading and summary. |
| Coaching Practicum  [10pts] | **6%** | Mid Nov. | Demonstration / Presentation of sport topic. Conducting and demonstrating a practice plan. |
| Coaching Sport-folio  [40pts] | **23.5%** | Week 15 | Comprehensive accumulation of all course work, i.e. resume, budget sheet, game day, conditioning plan, and interview |
| Final Exam  [40pts] | **23.5%** | Week 16 | Comprehensive exam. Includes class lectures, discussions and reading/text book material, chapters 1-15 |
| Total  [170pts] | **100%** | **\*No class make- ups, missed exams, or late work** | |

**COURSE DESCRIPTION:**

An introduction to athletic coaching for modern day student-athletes. Emphasis is on a comprehensive approach to the foundations and theories of coaching including developing a coaching philosophy, sport psychology and sport physiology. Topics include coaching, goals, styles, equipment, budgeting, communication, motivation, team management, teaching sport skills, conditioning, sport specific training, nutrition, skill progression, ethics, recruiting, leadership, safety and injury prevention.

**COURSE LEARNING OBJECTIVES**

Upon completion of the course, students will be able to:  
❖ Identify coaching philosophies and their applications  
❖ Identify various methods in motivating student-athletes  
❖ Evaluate challenges and rewards coaching in today’s society  
❖ Formulate budget plans for equipment, maintenance, travel, tournaments, and apparel  
❖ Illustrate and diagram schedules, tournaments, practice plans and game responsibilities  
❖ Demonstrate techniques of teaching specific sport skills  
❖ Demonstrate the ability to recognize and solve conflict, i.e. parents and fans and officials  
❖ Analyze and critique current coaches through game and practice observation  
❖ Analyze the effects on community, socio-economic and the diversity within  
❖ Explain real-world scenarios, concepts, and coaching theory  
❖ Recognize the legal implications in athletics and coaching liability  
❖ Understand the history and evolution of coaching and its ever increasing role in society  
❖ Understanding injuries, treatment and prevention while maintaining a safe environment

❖ Critically investigate the nature of sport in social and cultural contexts

**REQUIRED TEXT and READING MATERIALS:**

Martens, Ranier. Successful Coaching: American Sports Education Program. Human Kinetics, 2012 4th Edition. \*Testbook is on RESERVE at Leavey Library (Library USE ONLY – under PHED 162)

**EQUIPMENT REQUIREMENTS**

Appropriate workout attire and safety wear is required. Recommendations include: water, athletic shoes, towel and locker. Lockers and towels are available through the Lyons Center as well other equipment and may be checked out with student ID. USC Physical Education is not responsible for lost or stolen property.

**GENERAL CLASS POLICIES & NOTES:**

* Email is the preferred method of communication outside of class
* Prior reading of assigned material will be helpful.
* It is expected that all students will participate fully in each workout session.
* Wear appropriate clothing for the activity days.
* **All assignments must be handed in on time. No late assignments are accepted, no partial credit is given**
* Attending class and being on time are important. To demonstrate acquired learning objectives requires regular participation in class activities, lectures, and discussions to develop skills.
* Failure to attend and participate in class regularly may affect your ability to obtain required performance levels and thus may lower your grade. In case of absence, you are accountable for all missed work.
* Grade Master scantron – skew number 25420 will be used for Final Exam.
* Blackboard™ [**https://blackboard.usc.edu**](https://blackboard.usc.edu) will be used it in addition to the course reader. Class information will be posted on the blackboard, as well as resource

**ASSIGNMENTS**:

* **Coaching Practicum** (6%) Demonstration / Presentation of specific Sport topic. Conducting and demonstrating a practice plan. To be presented in Weeks 12 and 13 or as assigned. \* Subject to change based on facility availability.
* **Coaching Assignments**  (23.5%) Weekly in class write ups to be presented for discussions on actual case studies that give real world examples of weekly chapter readings. Case studies to be evaluated and determine course of action for conflict resolution and or social impact.
* **Coaching Sport folio** (23.5%) Comprehensive accumulation of all course work, i.e. resume, budget sheet, game day, conditioning plan, and interview. Due before Thanksgiving Break.
* **Final Exam** (23.5%) Please refer to the final exam schedule for exam date and time. One comprehensive final examination will be scheduled including accumulation of all course work. Students are responsible for all material covered. Exam will be administered week 15. Exam will consist of multiple choice, true/false, short answer, and essay questions.
* **Class Participation/Performance** (23.5%) Regular active participation in class discussions, labs and activities. This is a cumulative portion of grade and participation during is fully expected.

**GRADING:**

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| A: 153+ points | B: 136 - 152 | C: 119 -135 | D: 101-118 |

**COURSE REQUIREMENTS:**

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| Attend class regularly | Participation in activities / labs |
| Coaching sport-folio | Case studies |
| Presentation / Interview | Comprehensive Exam |

**COURSE SCHEDULE**

**WEEKS**

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| --- |
| **1-3 Part I Chapters 1-5 Principles of Coaching** |
| Chapter 1 Developing Your Coaching Philosophy |
| Chapter 2 Determining Your Coaching Objectives - “Schooled” |
| Chapter 3 Selecting Your Coaching Style **As#1** |
| Chapter 4 Coaching for Character |
| Chapter 5 Coaching diverse Athletes **As #2** |
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| **4-5 Part II Chapters 6-8 Principles of Behavior** |
| Chapter 6 Communicating With Your Athletes |
| Chapter 7 Motivating Your Athletes **As#3** |
| Chapter 8 Managing Your Athletes Behavior |
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| **6-7 Part III Chapters 9-12 Principles of Teaching** |
| Chapter 9 The Games Approach **As#4** |
| Chapter 10 Teaching Technical Skills - Flow states |
| Chapter 11 Teaching Tactical Skills - Flow states **As#5** |
| Chapter 12 Planning for Teaching **Practice Plan Practicums** |
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| **8-10 Part IV Chapters 13-17 Principles of Physical Training** |
| Chapter 13 Training Basics |
| Chapter 14 Training for Energy Fitness **As#6** |
| Chapter 15 Training for Muscular Fitness |
| Chapter 16 Fueling Your Athletes – Nutritional Needs **As#7** |
| Chapter 17 Battling Drugs – Healthy Lifestyles & Behaviors |
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| |  | | --- | | **11-12 Part V Chapters 18-20 Principles of Management** | | Chapter 18 Managing Your Team **As#8** | | Chapter 19 Managing Relationships **Portfolio Due** | | Chapter 20 Managing Risks | | **15 Comprehensive exam (25%)** | |

**\*Please note this is a tentative outline and may be subject to change.**

**Any changes will be announced in class and/or via email.**

**ACADEMIC INTEGRITY**: Students who violate University standards of academic integrity are subject to disciplinary sanctions, including failure in the course and suspension from the University. Since dishonesty in any form harms the individual, other students and the University, academic integrity policies will be strictly enforced. I expect you will familiarize yourself with the Academic Integrity guidelines found in the current Student handbook.

**Academic Accomodations:**

Students requesting academic accommodations based on disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday – Friday, 8:30am – 5:00pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.

**EMERGENCY PREPAREDNESS/COURSE CONTINUITY IN A CRISIS**

In case of a declared emergency if travel to campus is not feasible, USC executive leadership will announce an electronic way for instructors to teach students in their residence halls or homes using a combination of Blackboard, teleconferencing, and other technologies.

**Attendance:** Because this is a Physical Education course, regular attendance is required for the participation portion of the grade, and is a large component of your final grade. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice – this is especially true of 50-minute class sections. If you are late or leave early, you will only receive partial credit for attending the class. You will be expected to attend the section for which you are enrolled. Make-ups are not allowed except for emergency situations and then only upon approval from instructor. *\*****Extra credit work and make-up work are not available unless noted by instructor****. You are not permitted to make-up absences in another section.* ***You cannot make-up the Midterm and Final****. It is your responsibility to attend class consistently and fulfill the requirements of this course.*