

**Course:** SM202D & DN – The Theory and Practice of Coaching  
**Credit:** 3 credit hours  
**Semester:** Fall 2020, Cycle 3  
**Time:** Monday: 1pm-4pm  
**Instructor:** Tressa Shoemaker: tressa.shoemaker@calvary.edu

***This is a blended class, meaning that both campus and online students take this class together. Campus students attend the classes in person, online students attend the classes via the online classroom. All interaction and assignments for campus and online students are done in the online classroom.***

## I. DESCRIPTION

This course introduces a positive and biblical coaching philosophy towards sports. It will focus on the principles of coaching with pedagogy, physiology, psychology, and management.

## II. OBJECTIVES

### A. General competencies to be achieved. You will:

1. Begin to understand basic coaching philosophies as it pertains to each sport.  
(Program Learning Outcomes: 1, 2, 3,4)  
(Assignment: C,D,E,G)
2. Know how to effectively communicate, motivate and give proper instruction to athletes during practice and in games. Through innovation of ideas to create mentorship techniques.  
(Program Learning Outcomes: 2,3,4,5)  
(Assignment: B,D,E,F,G)
3. Know how to prescribe different strength and conditioning techniques for preseason, season, and post season.  
(Program Learning Outcomes: 4,5)  
(Assignment: D,E,F,G)

*Our Mission: "...to prepare Christians to live and serve in the church and in the world according to the Biblical worldview."*

4. Learn about how to apply biblical leadership principles when conducting team management.  
(Program Learning Outcomes: 1,2,3,4)  
(Assignment: B,C,D)
5. Realize effective and ineffective coaching strategies and it pertains to the emotional and mental well-being of each athlete from a biblical perspective.  
(Program Learning Outcomes: 1,2,3,4,5)  
(Assignment: E,F,G)

**B. Specific competencies to be achieved. You will:**

1. The student will be able to recognized and/or describe coaching philosophies to include coaching objectives and coaching styles presented by the American Sport Education Program.  
(Program Learning Outcomes: 4 and 5)  
(Assignment: B,C,D)
2. The student will be able to discuss his/her coaching philosophy, create a season plan for a specific sport of his/her choice.  
(Program Learning Outcomes: 2,4,5)  
(Assignment: D,F,G)
3. The student will be able to recognize and/or describe how to communicate effectively with athletes as well as how to use appropriate motivation techniques and biblical principles.  
(Program Learning Outcomes: 1, 2, 3)  
(Assignment: B,E,F)
4. The student will be able to recognize and/or describe sport psychology principles, the steps to teaching sport skills.  
(Program Learning Outcomes: 1, 4, 5)  
(Assignment: C,G,F)
5. The student with be able to learn sport physiology to include conditioning factors and nutrition.  
(Program Learning Outcomes: 4 and 5)  
(Assignment: C, G, F)
6. The student will be able to describe or recognize risk management, team management and self-management principles.  
(Program Learning Outcome: 1,2,3,4,5)  
(Assignment: D, F)

**III. MATERIALS**

- A. BIBLE** - The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible

based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

## **B. Textbooks**

Maxwell, John C. *The 21 Irrefutable Laws of Leadership: Follow Them and People Will Follow You*. Thomas Nelson, 2007. List Price: \$25.99. ISBN-13: 978-0785288374

Rainer, Martin. *Successful Coaching*. Human Kinetics, 2012. ISBN 13: 978-1450400510. Retail Price \$35.98

Duke, Jeff. *3D Coach*. Revel, 2014. ISBN 978-0-8007-2493-1. Retail Price: 12.99

## **C. Powerpoint**

# **IV. REQUIREMENTS**

## **A. Writing**

1. All class papers must follow the APA style according to the Publication Manual of the American Psychological Association, 6th edition.
2. The Clark Academic Center ([learning@calvary.edu](mailto:learning@calvary.edu)), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.
3. Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person's ideas and presenting them as your own.

## **B. Leadership Paper**

1. The student will write a 5 page paper on the values and principles of leadership.
2. This paper will consist of the following:
  - a. 5 principles of leadership
  - b. How these principles can be applied to leading a team
  - c. How to develop students on the team to become good leaders

## **C. Interview Paper**

1. The student will write a 5 page paper based on an interview with a coach of their choice.

2. The student must submit 10 to 15 questions that they will ask the coach with the paper.
3. The paper will consist of:
  - a. Management of the team
  - b. Teaching principles
  - c. Coach's strengths and weaknesses
  - d. Preseason principles (if any)/strength and conditioning routines
  - e. Application of interview

**D. Coaching Philosophy Paper**

1. The student will write an 8 to 10 page paper on his/her philosophy of coaching.
2. The paper will consist of the following:
  - a. 3 coaches/or resources on aspects of their philosophies
  - b. Communication
  - c. Team management
  - d. Teaching skills
  - e. Teamwork
  - f. Support system
  - g. Strength and Conditioning

**E. Required Reading**

1. Student will answer the following questions after each book in an abstract, 2 pages single spaced.
  - a. What part of this book do you need to apply in your life right now?
  - b. What did you disagree with?
  - c. What new concept or idea did you receive from this book?

**F. Discussion Questions**

The student will be required to complete a discussion question each week and respond to two other classmates.

**G. Labs and Participation**

Each week will consist of participation and labs concerning the practice of coaching. These will be assigned by the instructor and will pertain to each week's subject material.

**V. METHODS**

**A. Lectures, Textbook Reading, Interviews, and Research.**

**B. Grading**

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|---------------------|------------|
| 1. Leadership Paper | 100 Points |
| 2. Interview Paper  | 100 Points |
| 3. Philosophy Paper | 100 Points |
| 4. Abstract # 1     | 50 Points  |
| 5. Abstract # 2     | 50 Points  |
| 6. Daily Labs       | 200 Points |

Total 650 Points

**VI. TENTATIVE SCHEDULE**

- Week 1: Leadership
- Week 2: Coaching Objectives/styles
- Week 3: Communication Skills/Motivation
- Week 4: Sports Psychology/Behavior Management/Teamwork
- Week 5: Administrative Management
- Week 6: Principles of Teaching
- Week 7: Sports Physiology
- Week 8: Managing relationships and conflicts

- IX. Students with disabilities have the responsibility of informing the DSS Coordinator ([dss@calvary.edu](mailto:dss@calvary.edu)) of any disabling condition that may require support.**