**UNIVERSITY OF WISCONSIN-STEVENS POINT**

**COACHING 190 – Foundations of Coaching and Leadership**

Spring Semester 2016

**Course Information Instructor Information**

COA 190, Section 1 Abbey Sutherland

TR 12:00-1:15pm 117A HEC 3 Credits [abbey.sutherland@uwsp.edu](mailto:abbey.sutherland@uwsp.edu)

Office Hours: MTWR 2-3pm or by appointment

**Required Texts**

Martens, R. (2012). *Successful Coaching (4th edition)*. Champaign, IL: Human Kinetics.

**Course Description**

COA 190 is a 3-credit course that serves as the foundation in the sequence of offerings within the Coaching Certification at UWSP. The main objective is to provide a wide breadth of disseminated content related to the various physical, social, psychological, and organizational aspects of coaching. Students will be required to gain a base competence of knowledge within each of the eight Shape America Standards for Sport Coaches – Philosophy & Ethics, Safety & Injury Prevention, Physical Conditioning, Growth & Development, Teaching & Communication, Sport Skills & Tactics, Organization & Administration, and Evaluation. Students will be required to gain a deeper comprehension of the science (research) behind the perceived ‘art’ of effective coaching. Quizzes and assignments will be a regular evaluative mechanism throughout the course.

**Instructional Methods**

Communication and dissemination of course information will be presented via lecture, video, PowerPoint, written schematics, group activity, and practical demonstration by both the instructor as well as by students. Each student will be expected to fully participate and engage in the course – if you have a desire to be a coach, you must be comfortable in articulating knowledge in a public forum. You must also develop an awareness of your own motor skill development, oral communicative patterns, and expressive tendencies. Effective coaching comprises both science and art – the course will utilize key theories and contemporary research to educate each student on the best methods of exacting influence and of ways to implement functional and sustainable changes in behavior, attitude, and performance among athletes.

**Desire 2 Learn**

All course materials, including handouts, study guides and PowerPoint presentations, will be posted on the D2L site for the course. Please check the site regularly, as it will allow you receive updated news postings in addition to providing access to content and handouts prior to class.

**Grading Scale**

Final letter grades will be awarded as follows:

**A**: 94-100% **C**: 73-76%

**A-:** 90-93% **C-:** 70-72%

**B+:** 87-89% **D+:** 65-69%

**B:** 83-86% **D:** 60-64%

**B-:** 80-82% **F:** 59% or below

**C+:** 77-79%

**Student Evaluation**

Research to Practice Application 10% Assignments/Attendance/Participation 30% Midterm Exam 10% Class Projects/Papers/Book Reviews/Technology 40% Final Exam 10%

100%

**Research to Practice Application—UWSP PRACTICE REFLECTIONS**

**You are required to log 3 hours of UWSP Volleyball practice/match observation on at least two separate occasions.** After logging your observation hours, you are to complete two reflections. Each reflection must be a page and a half (Time New Roman, 1.5 spacing, size 12). Details on the assignment will be posted to D2L.

**EXAMS**

This class will have two exams. The final exam is cumulative. The instructor also reserves the right to give periodic pop quizzes.

**Course Policies**

1. *Attendance.* Students are expected to attend every class on time, with a willingness to be both respectful and influential in the day-to-day discourse and learning environment of the class.

a. If you know you are going to be absent for an excusable reason (illness, family issue, conference/workshop), you must contact me ahead of time, either by phone or by email.

b. Absences will not be excused if notification is not received or if it is received less than 2 hours prior to class time – unexcused absences result in a 5% drop in your A/P grade.

c. If you do miss class, for any reason, excused or unexcused, you must make up class by doing an activity worth the 1.5 hour of class time you missed. Article about sport, observe a practice, a current event having to do with philosophy, ethics, controversial issue to be reflected upon and/or presented to the class. Due one week following the missed class.

2. *Punctuality & Professional Courtesy.* Please be prompt in getting to class by 12:00. Tardiness to class or a lack of courtesy shown while in class (ex: sleeping) will result in a 5% drop in your A/P grade.

a. Any cell phone use – including texting and use of Twitter or Facebook – is prohibited during class and will result in a 5% drop in your attendance/participation grade for each offense.

b. NOTE – the impact of 5% is SIGNIFICANT – it can turn an ‘A’ into a ‘B+’ – don’t let it happen.

*3.* *Flexibility Clause.* I reserve the right to make adjustments to dates for exams, quizzes, and assignments – never to be moved up, but at times moved back based on the pace of our coverage.

4. *Plagiarism.* This should go without saying, but it is imperative that all assignments be composed of your own ideas and words. While use of quotes and referenced paraphrasing will be necessary for your course project, you must properly acknowledge the sources of your information or risk a failing grade and possible academic suspension for taking ownership of words that are not your own.

**Course Objectives – COACHING 190 (Based on Shape America Standards for Sport Coaches)**

1. Develop a strong awareness of one’s own coaching philosophies and core beliefs as they relate to human behavior, attitudes, and group dynamics. Students will be prepared to disseminate an athlete-centered philosophy that teaches and reinforces positive values & behaviors.

2. Understand the meaning of professional boundaries and ethical conduct as it applies to the coach-athlete relationship. Be competent in composing a professional and practical ‘code of conduct’, and develop an ability to articulate and effectively operate in a morally and ethically responsible manner.

3. Possess a foundational base of knowledge regarding the prevention, treatment, and care of athletes. Aspects of first aid/CPR, emergency response, and care of injuries will be covered. Students must also be competent in various safety protocols that can help to minimize accidents and injury.

4. Develop an understanding of the necessary components that comprise an ‘optimal conditioning and performance plan’. This includes, but is not limited to enhancing strength, speed, agility, explosiveness, and endurance, as well as proper nutrition, drug education, and mental training.

5. Understand and apply knowledge related to human growth and development, not only on a physical realm, but also cognitively, emotionally, and socially as well. Be aware of maturational differences that exist between males and females, as well as how sport can affect one’s maturational growth.

6. Gain professional competence related to the science of effective teaching and communication within the realm of sport. This includes, but is not limited to one’s implementation of practice plans, goal maps, individual/team meetings, practice activities, and game tactics & strategy.

7. Be able to identify, adjust, and sustain effective strategical and skill-based templates for one’s sport – and possess a broad, basic understanding of sport biomechanics, kinesiology, and physiology.

8. Possess the organizational and administrative skills necessary to effectively operate one’s own sport program. This includes knowledge related to organizational planning, fiscal management, facility management, human resource management, quality control, & legal issues/risk assessment.

9. Develop a core competence related to decision-making and evaluations as they pertain to sport coaching. Understand the importance of objective and explicit evaluation techniques as they pertain to player retention, development, and satisfaction – and as they pertain to one’s own development.

**University Policies:**

* Academic Integrity
  + The board of regents, administrators, faculty, academic staff and students of the university of Wisconsin system believe that academic honesty and integrity are fundamental to the mission of higher education and of the university of Wisconsin system. The university has a responsibility to promote academic honesty and integrity and to develop procedures to deal effectively with instances of academic dishonesty. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others' academic endeavors. Students who violate these standards must be confronted and must accept the consequences of their actions.
* Attendance Policy

o Attend all your classes regularly. We do not have a system of permitted "cuts."

If you decide to drop a class, please do so using myPoint or visit the Enrollment Services Center. Changes in class enrollment will impact your tuition and fee balance, financial aid award and veterans educational benefit. During the first eight days of the regular 16 week term, your instructor will take attendance (see [Attendance Roster Reporting](http://www.uwsp.edu/regrec/Pages/Attendance-Roster.aspx)). If you are not in attendance, you may be dropped from the class. You are responsible for dropping any of your enrolled classes.

· Drop/Add/Withdrawal Policy

o You are expected to complete the courses for which you register. If you decide you do not want to take a course, you MUST follow the procedures established by the university to OFFICIALLY DROP the course. If you never attend or stop attending a course and fail to officially drop, you will receive an F in the course at end of the semester.

· Incomplete Policy

o If you are unable to complete your work in a course due to extenuating circumstances or if you need to extend your research or performance beyond the normal limits of a term, you may ask the instructor for an “incomplete” in the course. You will have until the end of the next semester (excluding summer session) to complete the work unless your instructor gives you an earlier deadline. Failure to complete the work prior to the appropriate deadline will result in a grade of F.

· Students’ Rights and Responsibilities

o The Office of Student Rights and Responsibilities protects your rights as a student. If you believe that your rights have been violated, or if you have questions concerning your rights, write or visit the office in Room 139 Delzell Hall, or call 715-346-2611.

· Academic Accommodation Policy

o Individuals seeking accommodations are expected to demonstrate initiative in obtaining and arranging assistance. The Accommodation Request Form needs to be completed for each qualified student with a disability on a one-to-one basis. Students are encouraged to meet with the Disability & Assistive Technology Center staff early in the semester to discuss which accommodations are appropriate (based on disability and documentation) and what accommodations are needed.

· Emergency Procedures

o “In the event of a medical emergency, call 911 or use red emergency phone. Offer assistance if trained and willing to do so. Guide emergency responders to victim.

o In the event of a tornado warning, proceed to the lowest level interior room without window exposure in the athletic training facility. Avoid wide-span rooms and buildings.

o In the event of a fire alarm, evacuate the building in a calm manner. Meet outside the Quandt Gym entrance. Notify instructor or emergency command personnel of any missing individuals.

o Active Shooter – Run/Escape, Hide, Fight. If trapped hide, lock doors, turn off lights, spread out and remain quiet. Follow instructions of emergency responders.

o See UW-Stevens Point Emergency Management Plan at [www.uwsp.edu/rmgt](http://www.uwsp.edu/rmgt) for details on all emergency response at UW-Stevens Point.”

· **All University Policies can be found in the University Handbook** [**http://www.uwsp.edu/acadaff/Pages/handbook.aspx**](http://www.uwsp.edu/acadaff/Pages/handbook.aspx)