

Lyndsay Kooi—Head Volleyball Coach/Associate Lecturer

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Office hours: M/W 11-1pm, by appointment

Text: *The Energy Bus* by Jon Gordon

COURSE DESCRIPTION

This is a three-credit course that is the final obligatory fulfillment for the Coaching Certificate. The intent of the practicum is to provide each student with experiential learning in the field that allows each the opportunity to apply learned content from the classroom to an actual coaching experience. Each student is required to log a minimum of *50 supervised hours in the field*, whether in practices, competition, or in the office with a supervisor. At the conclusion of their experience, students will be expected to submit a final project that includes a) their supervising coach's written evaluation, and b) a 6-8 page final paper that articulates their present competencies as they relate to [SHAPE America's National Standards for Coaches](#).

It is required for students to take the NFHS course – is \$35.00 for Wisconsin (or take it for the designated state). Here is the link.
<http://nfhslearn.com/courses/26/first-aid-health-and-safety-for-coaches>.

COURSE OBJECTIVES

Upon the termination of COA 398, each student will...

1. Have obtained a quality professional field experience in coaching that allows them to apply content knowledge and integrate the science and art of teaching and communicating with athletes
2. Possess a professional statement of philosophy and core ethical standards that can be articulated both via composition as well as verbally in an interview setting.
3. Acquire a well-rounded, holistic, research-to-practice perspective related to their teaching and interpersonal communication and feedback provided in the athletic setting.
4. Understand their primary legal duties as they pertain to coaching youth sport and will be able to effectively assess and manage risk and maintain a safe, healthy environment for their athletes.
5. Effectively assess and evaluate their methods of developing technical and tactical skill as well as the skills and abilities of each athlete. Critical self-evaluation of one's coaching methods will also apply.

COACHING 398
Monday's 9-10:30am HEC 101

6. Understand maturation differences as they apply to both male and female athletes, particularly related to their physical, mental, social, and emotional development through sport experiences.
7. Be competent and versed in planning, organizing, and administering athletic practice plans, developmental programs, and in managing an athletic program both financially and logistically.

CLASS ATTENDANCE, PARTICIPATION, AND PROCEDURES

Class attendance is essential for successful completion of this course. Attendance will be taken at every class period and you are expected to be on time. 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. Absences will not be excused if notification is not received or if it is received less than two hours prior to class time. *Unexcused absences result in a 1% drop in your grade. Tardiness to class or a lack of courtesy shown while in class (such as sleeping and cell phone usage) will result in a .5% drop in your grade.*

Class sessions may involve any combination of the following: lectures, videos, and group discussions/activities. **Bring assigned readings and your textbook to class.** Some class activities will be practical in nature and require physical participation. You are encouraged to dress appropriately for these activities. I will let you know ahead of time if we will be doing any physical participation.

EXAMS

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

Exam #1	See Canvas
Reflective Analyses	See Canvas

FINAL PROJECT

- The Energy Bus Action Plan
- Reflection--Technology in Coaching
- Practice Plan
- Resume
- Supervisor Evaluation, Supervisor Interview, Practicum log hours and notes

EVALUATION CRITERIA

50 hours/Supervisor Evaluation/Video Interview	40%
Reflective Analyses /Final Exam	20%
Final Project/Technology/Resume	20%
Exam #1/Homework/Participation	15%
Book Review	5%

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A	100-92
A-	92-90
B+	90-89
B	89-82
B-	82-80
C+	80-79
C	79-72
C-	72-70
D+	70-69
D	69-60
F	60 and below

HEALTH INSURANCE RECOMMENDATION

Participation in this course may lead to accidents. All students are strongly encouraged to have health insurance coverage.

ACADEMIC HONESTY

Plagiarism is cheating and is defined as “to steal and pass off as one’s own; to present as one’s own as an idea or product derived from an existing source” (Webster’s 7th New Collegiate Dictionary, p. 646). Use your own words to compose your assignments and cite your sources properly. Failure to do so will result in academic penalty (failing the course) and possible academic suspension.

CLASS CLIMATE & HONORING DIFFERENCE

The School of Education strives to honor the uniqueness of all learners. I'm dedicated to creating safe, inclusive, welcoming experiences in which all students can succeed. I mindfully plan and teach this course in ways that promote pluralism: celebrating the coexistence of multiple identities, cultures, and belief systems.

This course is a Safe Zone for LGBTQ issues and more. I won't condone disrespectful or discriminatory language or behavior. I extend an open door invitation to all my students. If you feel unwelcome or unsafe in this course, or you have any concerns about your ability to succeed, please let me know. We can address the issue together, confidentially.

As a teacher, I align my policies and choices with my university's guidance, including the [UWSP Community Bill of Rights and Responsibilities](#) .

LATE WORK POLICY

I expect you to complete all assignments on time. An assignment completed on time can receive 100% of the points possible. An assignment completed no more than 48 hours late can receive no more than 80% of the points possible. An assignment completed no more than 1 week late can receive no more than 60% of the points possible. After 1 week, I usually refuse to accept a late assignment.

COACHING 398
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I won't accept late work after **Thursday, May 14, 2020, 11:59 pm.**

SYLLABUS IS SUBJECT TO CHANGE AS CIRCUMSTANCES WARRANT.

Rough Schedule of Class

UNIT 1: Coaching for Character

UNIT 2: Growth Mindset

UNIT 3: Practice Planning

UNIT 4: Using Technology in Coaching

UNIT 5: Energy Bus and Resume

Monday, Jan 27, 2020 - Go over Syllabus, expectations, Energy Bus, Practicum, Get to Know You/ Homework Goal Contract is Due Sunday, Feb 2 11:59pm.

Where will you be doing your hours google form- due Monday, Feb 3 @ 11:5pm

Monday, Feb 3, 2020 What Drives Winning / Homework Read Ch 2&3 What Drives Winning due Mon. 2/10

Monday, Feb 10, 2020 Coaching for Character/ Homework Fill out Book Selection for Book Review Form due Sun 2/16 11:59pm

Homework Watch The Power of Vulnerability-Brene Brown Due Mon. 2/17

Monday, Feb 17, 2020 Coaching for Character / Homework watch What Drives Winning Designed to Go Far video Due Mon. 2/24, Read Book

Monday, Feb 24, 2020 Resilience and Grit / Read Book

Monday, March 2, 2020 Growth Mindset/ Homework Read Chapter 4 Mindset Due Mon 3/9, Read Book

Monday, March 9, 2020 Growth Mindset / Read Book

Monday, March 23, 2020 Practice Planning / Mid-Term Due March 29 Read Book

Monday, March 30, 2020 Technology / Book Review Due Sun, April 5 11:59pm

Monday, April 6, 2020 Technology / Prepare for App Presentation

Monday, April 13, 2020 Technology / Prepare for App Presentation

Monday, April 20, 2020 Technology / NFHS Course due 4/24, Read Energy Bus due 4/27

Monday, April 27, 2020 Energy Bus

Monday, May 4, 2020 Resumes / Final Project Due 5/10

Reflective Analysis Exam Due 5/14

Assignments to stay up to date with:

Read The Energy Bus - due 4/27

Final Project due 5/10

- Technology Reflection
- Resume
- Practice Plan
- Energy Bus Action Plan

Logging hours and notes- 5/14

- Supervisor evaluation
- Supervisor interview