

Course Description

PET1170 | Fundamentals of Athletic Coaching and Management | 3.00 credits

This course will introduce students to the basic principles of athletic coaching and team management. Students will discuss the fundamentals of developing an individual athlete and team, effective athlete training programming, and factors which impact the operations of athletic organizations. Students will develop an understanding of how policy and coaching decisions influence an organization at all levels.

Course Competencies

Competency 1: The student will identify the basic concepts of effective training programming by:

1. Examining the fundamental principles in structuring and managing an effective training program
2. Discussing challenges related to planning and executing an effective training program
3. Identifying best practices to address potential challenges using management principles and functions

Competency 2: The student will discuss the differences in processes between coaching individuals and teams by:

1. Identifying individual athlete needs to increase development and performance
2. Discussing challenges and best practices when coaching individuals and teams at various levels
3. Describing key strategies to develop a positive and cohesive team culture

Competency 3: The student will determine the factors that impact athlete and team performance by:

1. Describing the role of the coach and the impact of the coach-athlete relationship on performance
2. Examining internal and external factors that impact performance
3. Discussing challenges of past performances to identify areas of improvement

Competency 4: The student will analyze different coaching methodologies and philosophies, by:

1. Examining various coaching concepts, behavior, and learning styles
2. Describing strategies and techniques used to help coaches and athletes deal with stressful situations
3. Applying theories, motivational techniques and ethical responsibilities to real-world scenarios and coaching practices

Competency 5: The student will integrate policies, regulations, and resources as part of an effective team management plan by:

1. Discussing the development of sport policy and the governance of intercollegiate, professional, private, and public sport enterprises
2. Identifying the key policies, strategies and resources within the sport development policy and practice
3. Evaluating policies, rules and regulations, and the needs of the community and athlete

Learning Outcomes:

- Communicate effectively using listening, speaking, reading, and writing skills
- Formulate strategies to locate, evaluate, and apply information