

Western Kentucky University
School of Kinesiology, Recreation and Sport
Physical Education
Course Syllabus: Winter 2020

INSTRUCTOR: Dr. Brian Myers, PhD, M.Ed, MA

Office: SSE 1035

Office Phone: 270-745-4077 **Email:** brian.myers@wku.edu

PE 497 Principles of Coaching 3 credits

Overview of concepts essential in preparation of sport coaches. This course will explore the basic principles and best-practices that successful athletic coaches exhibit at multiple levels of sport. Whether it be youth sports, high school sports, or collegiate and beyond, effective coaching strategies encompasses a wide range of topics, and requires the coach to be a life-long learner and commitment to their craft.

COURSE OBJECTIVES/OUTCOMES: The student shall:

	Student Outcomes	Means of Assessment
1	Develop a working personal coaching philosophy that considers other successful coaches, core value/ethics/belief systems, and best-practices in coaching education.	Module 1 – coaching assignments A1-A3, personal philosophy assignment.
2	Identify effective strategies of instruction, short/long term planning, elements of effective demonstration, athlete assessment strategies, managing common athletic injuries and emergency protocols.	Module 2 – Effective Instruction/Coach as a Teacher, Basic Sports Medicine/First Aid Exam 1
3	Understand characteristic of coaches who are great communicators, recognizing breakdowns in coach/athlete communication, strategies of reducing risk/liability, understanding athlete motivation, strategies to improve the motivational climate	Module 3 – Effective Communication, Legal Issues in Sport, Psychology of Coaching. Exam 2

Course Requirements and Assessments: (Grading)

1. Attendance/Participation: This is a WEB-Based course, therefore your attendance and participation will be based on your frequency of course access, response to discussion boards, and submission of assignments/exams in a timely manner.
2. The course is set up in learning modules. Each module has specific reading materials, power point slides, assignments, and/or exams. All due dates are posted.

Module 1 - Development of your Personal Coaching Philosophy. (weeks 1-2) 50 points

A1 – Coaching Characteristics (10pts)

A2 – Coaching Videos (10pts)

A3 – Coaching Philosophy Videos (10pts)

A4 – Personal Coaching Philosophy Assignment (20pts)

Module 2 - Effective Instruction/Coach as a Teacher (week 3)

Managing Risk/Basic Sports Medicine

EXAM 1

50 points

Module 3 - Effective Communication (week 4)

Legal Issues in School Sport

Psychology of Coaching

EXAM 2

50 points

GRADES:

93-100% = A	83-86% = B	73-76% = C	63-66% = D
90-92% = A-	80-82% = B-	70-72% = C-	60-62% = D-
87-89% = B+	77-79% = C+	67-69% = D+	Less than 60 = F

COVID-19

Out of respect for the health and safety of the WKU community and in adherence with the CDC guidelines, the University requires that a cloth face covering (reusable or disposable) that covers both the nose and mouth must be worn at all times when in public areas within all buildings. Students must properly wear masks face coverings while in class regardless of the room size or the nature of the classroom activities. Students who fail to wear a face covering mask as required will be in violation of the WKU Student Code of Conduct and will be asked to comply or will face disciplinary action, including possible dismissal from the University. Accommodations to masks face coverings must be determined by the Student Accessibility Resource Center and documented before a student may attend class.

Title IX Misconduct/Assault Statement

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) at

<https://wku.edu/eoo/documents/titleix/wkutitleixpolicyandgrievanceprocedure.pdf> and

Discrimination and Harassment Policy (#0.2040) at

https://wku.edu/policies/hr_policies/2040_discrimination_harassment_policy.pdf.

Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Title IX Coordinator, Andrea Anderson, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121.

Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are "Responsible Employees" of the University and **MUST** report what you share to WKU's Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's Counseling and Testing Center at 270-745-3159.

ADA Accommodation Statement

In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, 1074. SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at sarc.connect@wku.edu. Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.