

# Bemidji State University

## PHED 3690: Coaching Principles

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

The fundamental concepts and basic trends in the field of coaching. The history, present philosophies, psychology, pedagogy, physiology, sports medicine and objectives will be analyzed and examined. Topics that are universal to all coaching disciplines like scheduling, risk management, sport law, dealing with media, parents, peer pressure, and academic requirements will be covered.

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Qualities of a coach/Coaching Philosophy/Coaching balance
2. Networking/Getting a job ; ; Plan of Attack ; ; Job Application/Resume
3. Communication with athletes/Motivation/Team chemistry
4. Practice organization/Evaluation of team/self/program
5. Recruiting/Scheduling/Game management
6. Strength training/Assistant coaches managers/Support staff
7. Academics/Parents
8. Budgets/Fundraising/Risk management
9. Media
10. Title IX

### D. LEARNING OUTCOMES (General)

1. learn the fundamental concepts and basic trends in the field of coaching.
2. discuss scheduling, risk management, sport law, dealing with media; parents, peer pressure and academic requirements related to coaching disciplines.
3. gain knowledge about the history, present philosophies, psychology, pedagogy, physiology, sports medicine and objectives.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted