

**PHED 1321**  
**Coaching/Sports I**  
**Western Texas College**

**I. Course Description**

- A. Study of the history, theories, philosophies, rules, and terminology of competitive sports. Includes coaching techniques.
- B. Prerequisites – None
- C. Credit Hours: 3

**II. Methods of Instruction**

- A. Text
- B. Power Points
- C. Discussion
- D. Individual demonstration
- E. Group work

**III. Textbook**

- A. *Successful Coaching (4th edition)* by Martens, Rainer  
ISBN-13: 9781450400510

**IV. Student Learning Outcomes**

- A. Upon successful completion of the course the student will:
  - 1. Students will demonstrate an understanding of the basic underlying principles associated with coaching.
  - 2. Students will demonstrate knowledge an understanding of principles of behavior associated with coaching.
  - 3. Students will demonstrate knowledge an understanding of principles of teaching associated with coaching.
  - 4. Students will demonstrate knowledge an understanding of principles of conditioning associated with coaching.

5. Students will demonstrate knowledge an understanding of principles of management associated with coaching.

## **V. Grade Categories / Course Requirements**

- A. Papers/assignments 50 points each
- B. Test over each chapter 10 points each
- C. Chapter questions 20 points each
- D. PE/Coach observation project 100 points

### **Papers/Assignments**

The course will have papers and assignments that are due throughout the course. These papers will cover topics that we are discussing in this course during the semester.

### **Test**

There will be a test over each chapter for the course.

### **Course Questions**

Each chapter will have a course question. The students will answer a chapter question for all chapters. There will be one or more questions due each week during the course. Each written summary is to be at least one to two paragraphs over what the question covers, and your thoughts on the topic covered.

### **Observations**

Students will be required to attend sporting functions and observe the contests. They will write an observation describing what contest they attended and the Coach/PE. An observation form with questions will be provided.

#### **c. Late work policy**

All work is due on dates assigned if student wishes to receive full credit. However, I do realize that circumstances can lead to assignments being late or not turned in. If you wish to make up work talk with instructor, and it is up to the instructor for approval to turn in late work.

#### **d. Other Policies: Refer to the WTC Course [Catalog](#) for the following:**

- A. Campus Calendar

- B. Final Exam schedule
- C. How to drop a class
- D. Withdrawal information
- E. Student Conduct/Academic Integrity
- F. Students with disabilities

**e. Course Organization & Tentative Schedule\***

Week 1	1 <sup>st</sup> day Introduction, syllabus and course content/ Chapter 1 Developing Your Coaching Philosophy	Chapter question/
Week 2	Chapter 2 Determining Your Coaching Objectives	Chapter question/
Week 3	Chapter 3 Selecting Your Coaching Style	Chapter question/
Week 4	Chapter 4 Coaching for Character	Chapter question/
Week 5	Chapter 5 Coaching Diverse Athletes	Chapter question/
Week 6	Chapter 6 Communicating With Your Athletes	Chapter question/
Week 7	Chapter 7 Motivating Your Athletes	Chapter question/
Week 8	Chapter 8 Managing Your Athletes' Behavior	Chapter question/ PE-Coach Observation
Week 9	Chapter 9 The Game Approach	Chapter question/
Week 10	Chapter 10 Teaching Technical Skills	Chapter question/
Week 11	Chapter 11 Teaching Tactical Skills	Chapter question/
Week 12	Chapter 12 Planning for Teaching	Chapter question/
Week 13	Chapter 13 Training Basics	Chapter question/
Week 14	Chapter 14 Training for Energy Fitness/ Chapter 15 Training for Muscular Fitness	Chapter question/

Week 15	Chapter 16 Fueling Your Athletes / Chapter 17 Battling Drugs	Chapter question/
Week 16	Final Exam	

**\*Schedule subject to change due to weather, class needs, or instructor choice**