

2015

Kinesiology 168 Theories and Principles of Coaching Fall 2015

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Parkland College

Theories & Principles of Coaching

KIN 168-001

Tuesday: 12:00-1:50 pm

Thursday: 1:00-1:50 pm

Room: x222

Fall 2015

Instructor: Chris Warren
Office: L134
Office Hours: Monday, Wednesday, Thursday, & Friday from 11:00-11:50 am
Tuesday from 10-10:50 am
Office Phone: 217-351-2591
Email: cwarren@parkland.edu

Course Description: Theories and principles of coaching with an emphasis on motivation, practice and game preparation, professional certification and development, and administrative duties. Examines the philosophies of notable coaches including Lombardi, Wooden, Robinson, and Summit. Content is applicable to all levels of competition.

Objectives & Learning Outcomes: To provide a comprehensive understanding of the personal attributes, personality characteristics, administrative detail, and technical knowledge necessary to be a successful coach.

The student will be able to:

- Discuss the similarities in characteristics and skills that contribute to success in leading, coaching, teaching, and parenting.
- Identify the skills necessary for success in a given sport.
- Demonstrate the ability to formulate both a practice plan and game plan based on player personnel and tendencies of both teams.
- Plan a simple strength and conditioning program for their respective sport.
- List the many areas of inspection necessary for a thorough scout of an opponent.
- Plan a skill development program.
- Describe the personal characteristics that will either encourage or inhibit personal success as a coach.
- Demonstrate the ability to formulate a practice plan that emphasizes the skills necessary for success in a given sport.
- Outline the duties that fall outside of the direct coaching of an athlete including budget, staff management, fundraising, film exchange, and contest administration.

Required Materials:

You will need to purchase a Successful Coaching packet from the Parkland College Bookstore; this packet will include:

- Successful Coaching by Rainer Martens and the American Sport Education Program. 4th edition, 2012. Human Kinetics.
- The IHSA exam code
- The ASEP Coaching Principles exam code
- The Coaching Principles workbook/study guide

DO NOT PURCHASE A USED COPY OF THESE MATERIALS. Used copies will not have active test codes and you will not be able to pass the course without buying the materials new from either the Parkland College bookstore or directly from ASEP.

Class Structure:

- 1) Lecture
- 2) Discussion
- 3) Video

Grading:

Attendance / Participation	15%
Homework	20%
Quizzes	20%
Tests	25%
Summary portfolio	20%

Grading Scale:

- A - 90% and higher
- B - 80% to 89%
- C - 70% to 79%
- D – 60% to 69%
- F – 59% and less

Policies and Expectations:

All work is due on time, word-processed, spell checked, grammar checked, and according to the guidelines given. It's a good idea to save a copy of all of your assignments before submitting them. If written work does not meet general criteria for college-level work, I may request that you re-do the assignment and accept the penalty for late work.

Any scheduled tests or due dates are known well in advance. Missed quizzes **may not** be made up. Late assignments are not accepted, but extraordinary circumstances should be discussed with the instructor.

Feel free to contact me by phone or email. I will do my best to reply to your email by the close of the next business day. For example - if you contact me by email on Wednesday at 3 pm, you can expect a reply by 5 pm on Thursday.

Finally, in this course we will explore many issues, some of which you or your fellow classmates may consider sensitive. It is imperative that our classroom is a place where each and every one of us feels safe and comfortable to speak. There will be conflicting viewpoints in the discussions, and we will listen to and regard one another with respect.

Fall 2014 Syllabus Addendum

A note from the Vice President for Academic Services:

Parkland College is committed to your success. To this end, we have adopted policies and created services to assist you on your way. Your responsibility is to become acquainted with these policies and services and employ them. This document provides an incomplete inventory of policies and services with which you should become acquainted. --- Dr. Young

POLICIES

Parkland College Mission

The mission of Parkland College is to engage the community in learning.

A Code of Conduct Reminder from the Parkland College Dean of Students

- All Parkland Students are expected to be responsible for their behavior. This includes monitoring your language and your behavior all around the campus, including in and out of classes. Please, think before you act! You are expected to respect yourself, your fellow students and your instructors. You have joined the Parkland College academic community. Be a good member of the community.

View the Student Policy and Procedures Manual and Conduct Code on line at

www.parkland.edu/studentLife/policies

Questions or concerns – Call the Office of the Dean of Students at 353-2048

Parkland College Core Values

We believe strongly in the Core Values espoused by Parkland College: Honesty and Integrity, Fairness and Just Treatment, Responsibility, Multiculturalism, Education, and Public Trust.

Parkland College Civility Statement

Our College Core Values of fair and just treatment and responsibility serve as guide posts for civility. Parkland College is committed to campus wide civility by cultivating a community where the faculty, staff, and students:

- Respect people and property
 - Show empathy and tolerance
 - Demonstrate concern for and fairness towards others
 - Employ critical thinking and patience
 - Accept accountability for their actions.
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Academic Honesty

Parkland College's values include honesty, integrity, and responsibility. Students, faculty, and staff are all expected to maintain academic integrity in their work and take collective responsibility for preventing violations of intellectual ownership. Academic dishonesty is unacceptable, and the institution is committed to helping students learn these values through development and growth. Personal commitment, honest work, and honest achievement are necessary characteristics for an educated person. The process of determining the consequences of academic dishonesty begins with the faculty member and may proceed to include the department chair and/or the Office of the Vice President for Academic Services. All Incidents of academic dishonesty, including developmental or punitive action, should be referred in writing to the Office of the Vice President for Academic Services.

1. Academic Honesty can be broadly defined as performing academic work without cheating, fabrication, or plagiarism:

a. **Cheating:** Using or attempting to use unauthorized materials, information, or study aids in any academic activity. Submitting as one's own work term papers, homework, and examinations that are not one's own work or for which a student received unauthorized help. Copying the work of another, or allowing another to copy one's own work, without proper acknowledgment.

b. **Fabrication:** Falsifying or inventing any information or citation in an academic activity.

c. **Plagiarism:** External information borrowed and directly quoted must be indicated by use of quotation marks, and any changes, omissions, or addition to the direct quotation must be shown in bracket, and the source documented. All cited external information that has been paraphrased and summarized must also be documented.

d. **Collaboration:** Students at Parkland College are encouraged to work together on group projects, study, and other activities. However, work submitted to fulfill an assignment not specifically identified as a group activity must be substantially the work of the author. Instructors should provide guidelines to students to maintain the academic integrity of these collaborative activities. Collaboration beyond this constitutes academic misconduct.

For a full explanation of the consequences of academic dishonesty, please visit <http://www.parkland.edu/Media/Website%20Resources/PDF/StudentPolicy/Student%20Policies%20and%20Procedures.pdf#page=5&zoom=100,0,300>

Academic Honesty Policy

Academic Honesty Affirmation

The statement:

“I honor Parkland’s core values by affirming that I have followed all academic integrity guidelines for this work.”

is the sanctioned affirmation of academic honesty in works submitted by students.

Instructor Withdrawal from a Class Section

At the census date for each section, faculty are required to assess your attendance. If you have not attended up to that point, you will be withdrawn with no refund of tuition and fees and a grade of “W” will be recorded on your academic transcript. After this census date, if you cease to attend, the faculty member has the right to withdraw you at or before midterm. However, if you decide not to complete the class, you should not depend on an instructor withdrawal. You are ultimately responsible for your own withdrawal by the withdrawal deadline. Non-withdrawn classes where the student has stopped attending will be graded.

Please be aware of the census date and midterm date for each class you are taking. Ask your instructor if you are uncertain.

General Education Objectives

The College catalog states “...all of Parkland’s academic offerings will help [students] grow by improving their individual skills and competencies and by providing experiences in areas they have not yet explored” (p.11, 2014-15). You are encouraged to review the Course Information Form (CIF) for your course. There, you will find the general education objectives addressed in your course. Your instructor may list the particular objectives in your syllabus. You are not only learning content specific information, but Parkland is assisting you in realizing your “potential as learners, workers and valuable participants in a global society” (p.11, 2014-15).

SERVICES

Extended absence from classes

If you are absent for more than one day due to an emergency, an accident, illness or being hospitalized, you or your family need to contact the Office of the Dean of Students at (217) 353-2048, so that notification can be sent to your instructors.

Please note that your instructors have their own attendance policies and you are responsible for reading each course syllabus to know these policies. Only your instructors can decide whether an absence is excused. Your instructors decide if you can turn in late work or make up missed quizzes and/or exams.

Center for Academic Success

If you find yourself needing assistance of any kind to complete assignments, stay on top of readings, study for tests, or just to stay in school, please contact the Center for Academic Success in D120 at 353-2005 or 351-2441. You may also email the CAS at CenterForAcademicSuccess@parkland.edu.

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Disability Services

The Office of Disability Services facilitates equal access for students with disabilities by coordinating accommodations and support services, cultivating a campus culture that is sensitive and responsive to the needs of students.

Students seeking reasonable accommodations or support services from Disability Services (DS) are required to register with the office. Services received in high school, at other universities, or through a recent diagnosis do not automatically transfer to Parkland College. Call us at 353-2338 to register for services and receive a Disability Services ID card.

Students with approved accommodations through the Office of Disability Services are expected to meet privately with instructors each semester to discuss accommodations listed on their Disability Services (DS) ID card. (e.g. extended time on exams, notes, etc.) Instructors should be allowed to view your DS ID card and note approved accommodations.

Extended Time Testing Accommodations are not accessible in the classroom. Students should schedule tests/quizzes by calling Disability Services at 353-2338 or visit us in Room

U 260. **Do you have questions about your accommodations?** Contact Cathy Robinson, Director of Disability Services at disabilityservices@parkland.edu or 353-2338.

Parkland College Library

www.parkland.edu/library Information Desk 217/373-3839

Located on two floors in the College Center, you'll find a comfy place to study, research, browse, and meet up with friends. Librarians are available to assist and guide you, and full-text databases are available online 24/7. Access these databases from off-campus using your Parkland student email login. Bring your laptop and smart devices to access the Wi-Fi network.

Printing and photocopying available in black and white (10 cents/page) and color (50 cents/page).

Your Parkland ID is your Library card. Renew library materials online through *My Account* in the Library catalog or call 217/353-2223. Fines and/or fees are charged for overdue, lost or damaged materials.

Laptops, Kindles, calculators and headphones can be checked out at the Service Desk.

Get help! Use the Ask-A-Librarian service for chat/text/email/phone assistance. For more information, see www.parkland.edu/library/pro.html or call the Information Desk.

Public Safety

The Parkland College Police Department is a full service police agency covering the campus 24 hours a day, including holidays. The officers are trained as EMTs/First Responders to provide emergency medical care. The Police Department offers many services which include escorts, lost and found, and vehicle assists. The college hours are 7 a.m. to 10 p.m. Monday through Friday and 7 a.m. to 4 p.m. on Saturdays. The campus is closed on Sundays and holidays. Sign up for the Immediate Response Information System (IRIS), which provides free emergency notifications, at www.parkland.edu/publicsafety.

The department can be reached by:

- Visiting the main office at X109
 - Calling (217) 351-2369
 - Dialing 911 from campus phone
 - Emergency call boxes conveniently located on campus
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The Parkland Speech Lab

The Parkland Speech Lab in C 240 provides assistance with developing, organizing and practicing individual or group presentations – including outline development as well as coping with speaking anxiety. The Lab is available to all students on a drop-in basis or by appointment during the regular semester.

For additional information go to <http://faa.parkland.edu/communication/lab.html> or email speechlab@parkland.edu. You can also contact Speech Lab Coordinator Jody Littleton at 351-2532.

STAR (Student Technical Assistance & Resources)

Contact the **STAR (Student Technical Assistance & Resources)** desk for assistance with technical questions and issues regarding Parkland's student e-mail, Cobra Learning System, Wi-Fi access, or my.parkland. STAR is now located in the Parkland Library or you may email star@parkland.edu or call the STAR Hotline at **217.353.3333**. Assistance available: Monday – Thursday, 9:00 a.m. – 6:00 p.m., and Friday, 9:00 a.m. – 2:00 p.m.

