



## **Coaching is More Than Xs and Os**

### **EDUO 9703**

#### ***3 Extension Semester Credits***

A well thought out philosophy will help the coach communicate and motivate using effective skills to prepare the young athlete for a successful life beyond the playing field.

#### **Resources needed:**

Reading assignments will be from given website resources.

You will need to be able to view one movie from the list linked below.

Open and read the Syllabus which includes Objectives and a Grading Rubric. You may want to print it. It is available in both Word and PDF form. You may also simply scroll down the page to view all course assignments. For each Session 1, 2 and 3 and the Final Assignment read and complete assignments. You will type your responses offline in your own Word document that you will later upload for grading.

When you have completed your assignments, post all coursework at one time in the Completed Coursework DropBox at the top of the course.

#### **Objectives:**

1. Motivate the athlete to develop personal goals that will have carryover value from today's competition into developing a mentally and physically healthy adult life style.
2. Instill into the athletic the importance of positive communication (both verbal and nonverbal) in team competition as well as in all aspects of life.
3. Direct the athletic coach in the development of a philosophy of coaching that will help his/her athletes compete for a successful life.



**Standards:**

- Promoting self-directed, reflective learning for all students
- Drawing on and valuing students' backgrounds, interests and developmental learning needs
- Engaging students in problem solving, critical thinking and other activities that make subject matter meaningful
- Promoting social development and group responsibility
- Establishing and articulating goals for student learning

**Grading Rubric:**

Exemplary A+-A-	Acceptable B+- B-	Unacceptable
All assignments are complete and accurate.	All assignments are complete and accurate.	Assignments are incomplete and/or contain inaccurate or inappropriate responses.
All assignments are reflective, thoughtful, clearly identifiable and relevant.	All assignments are complete, identifiable and relevant.	Assignments are not thoughtful or irrelevant.
Overall appearance is very well organized and free of spelling and grammatical errors	Overall appearance is generally organized with limited spelling and grammatical errors.	Overall appearance shows little organization and has spelling and grammatical errors.



### READING ASSIGNMENTS:

There will be a number of given website readings to study and analyze.

### WRITTEN ASSIGNMENTS:

- Session One-Motivation
- Session Two-Communication
- Session Three - Philosophy
- Class Culminating Assignment

### Instructions for coursework submission:

When you have completed your assignments, post all coursework at one time in the Completed Coursework DropBox at the top of the course page. You are allowed 9 months to complete the course. If you have questions about the course, you can reach your graders by email or phone.

**Dick Bach:** [dbach@dominicancaonline.com](mailto:dbach@dominicancaonline.com) / (916) 962-3329

**Ernie Shaffer:** [eshaffer@dominicancaonline.com](mailto:eshaffer@dominicancaonline.com) / (916) 387-1311

For questions involving your registration, contact us at [info@dominicanCAonline.com](mailto:info@dominicanCAonline.com) or see <http://dominicancaonline.com/fag.htm> for more information.

**This course is one of five Athletic Coaching courses developed by George Pickett for Dominican University of California.**

- **Coaching is More Than Xs and Os - EDUO 9703**
- **Athletics - A Positive Path Through the Journey of Life - EDUO 9704**
- **Let's Look At This Another Way - EDUO 9705**
- **Creating a Healthy Lifestyle - EDUO 9706**
- **Look Before you Leap - EDUO 9707**