



Look Before You Leap

EDUO 9707

3 Extension Semester Credits

Proper planning creates good management. Good management means developing skills and habits that bring about good teams and reduce the chances of injuries. This course will give you tools and encouragement to become a better planner and manager on the playing field and throughout your life.

Reading assignments will be from given website resources found throughout the course.

Instructions:

Open and read the Syllabus which includes Objectives and a Grading Rubric. You may want to print it.

Read and complete assignments for each Session. Links to Each Session and materials needed to complete the assignments are located under the heading of Course Assignments and Resources. You will type your responses offline in your own document that you will later upload for grading. See the DropBox at the top of the course page.

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. Recognize the significance of the individual within your team planning.
2. Develop long and short term planning that produces a positive, calm, caring, and confident coach.
3. Account for risk management in all phases of planning.
4. Be able to transfer coaching expertise in planning to other important aspects of life.



Standards:

1. Drawing on and valuing students background, interests, and needs
2. Facilitating learning experiences that promote autonomy, interaction and choice
3. Establish a climate that promotes fairness and respect
4. Promoting social development and group responsibility

- **Session One – Warm Up**
- **Session Two -Team Management**
 - **Pre-Season Management**
 - **In-Season Management**
- **Session 3 – Risk Management**
- **Session 4- Sum Up**

Putting It All Together:

You will now have to use all of your coaching tactics learned in this class (managing risk, short & long term program management, sports profiling and being positive, calm, caring & confident).



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 application assignments are reflective, thoughtful, clearly identifiable and relevant.	All application assignments are complete, identifiable and relevant.	Application assignments are incomplete and/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.

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.

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For questions involving your registration, contact us at info@dominicanCAonline.com or see <http://dominicancaonline.com/faq.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**