EDUCATIONAL DEVELOPMENT AND SERVICES
in partnership with
DOMINICAN UNIVERSITY of CALIFORNIA
School of Liberal Arts and Education

COACHING STUDENT ATHLETES SERIES

Discover Your Coaching Style

EDUO 9723 One Semester Credit/Unit

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Syllabus

Course Description

Coaches need to understand the reasons "why they coach" as well as the attributes of a "good coach". You will be required to compare and contrast a wide variety of coaching styles in developing your own coaching philosophy.

Required Text: Successful Coaching-4th Edition by Rainer Martens, Human Kinetics; 4 edition (Feb 17, 2012)

Instructions:

Read this Syllabus which includes Objectives, a Grading Rubric and all course assignments. You may want to print it.

Place ALL your completed assignments in one document. When you have completed all assignments, upload your single document to the DropBox for Completed Assignments.

Course Objectives

By the end of the course, the participants will have had the opportunity to:

- examine and develop his/her own philosophy of coaching.
- understand his/her personal reasons for coaching.
- understand the importance of the "Bill of Rights for Young Athletes."
- examine and understand the co-operative style of coaching.
- understand the importance of the three main attributes of successful coaches.

Grading Rubric

Grading Criteria	Exemplary A+, A, A-	Acceptable B+, B, B-	Unacceptable
Assignment Requirements	All assignments are complete, accurate and easy to follow	Most assignments are complete, accurate and easy to follow	Assignments are incomplete, inaccurate or irrelevant, and/or difficult to follow
Content Depth	All assignments are thoughtful, insightful, reflective and relevant	Most assignments are thoughtful, insightful, reflective, and relevant	Assignments are incomplete, not thoughtful or irrelevant
Organization, Style and Mechanics	All assignments are organized, clear and free of writing errors	Most assignments are organized, clear and free of writing errors	Assignments show little organization and/or have significant writing errors

Assignments

1. **Objectives**

1a. Rank in order of importance to you the three major objectives listed on page 16 of the text.
1, 2, & 3

1b. What does the above ranking tell you about your coaching philosophy?

2. **Personal reasons**

2a Rank in order of importance to you the personal reasons for coaching that are listed in the text on page 24.
1, 2, 3, 4…….12

2b. List other reasons you may have for being an athletic coach.

2c. What does your rankings in 2a and 2b tell you about your coaching philosophy?

3. **Athlete First**

3a. Do you have any problems with the philosophical foundation "athletes first, winning second"? Explain.

3b Rank in the order of importance to you the ten statements in the "Bill of Rights for Young Athletes" (Page 21).
1, 2, 3, 4……10

3c. Can you think of any additional rights of young athletes? How would you rank them?

3d. How will you resolve (if any) conflicts between what is best for you and what is best for your athletes?

3e.What do your responses to the above questions tell you about your personal coaching philosophy?

4. Coaching Styles

4a. The author favors the cooperative style of coaching. Do you have any problems with this? Explain.

4b. In your opinion, describe the coaching style that would be the best in helping your athletes become "complete citizens" while still fulfilling the goals of the school's athletic program.

4c. What does your response to the above tell you about your coaching philosophy?

5. Successful Coaches

5a. Rank, in order of importance, the three attributes of successful coaches listed on pages 38-41 of the text. 1, 2, & 3.

5b. Can you think of any other attributes of successful coaches? How would you rank them compared to the three above?

5c. What do your responses to the above tell you about your coaching philosophy?

6. Web Research

Read and study the following three web resources before completing assignment 6 below.

- http://www.usyouthsoccer.org/your_responsible_coaching_philosophy/
- http://www.humankinetics.com/excerpts/excerpts/8-core-principles-in-developing-a-coaching-philosophy
- https://positivepsychology.com/coaching-philosophy/

Use what you have written in response to the last question in each of Assignments 1-5 as a guide in developing a well thought out written philosophy that reflects what you truly believe would be the best direction for you to take in helping your athletes be successful in sports and in life. Put time, thought and effort into writing this document.

Instructions for coursework submission:

Place ALL your completed assignments in one document. When you have completed all assignments, upload your single document to the DropBox for Completed Assignments.

You are allowed 9 months to complete the course. If you have questions about the course, you can reach your Instructor by email.

Tony Battilega: tbattilega@dominicancaonline.com

For questions involving your registration or other non-course related questions, contact us at support@dominicanCAonline.com or see http://dominicancaonline.com/faq.htm for more information.

COACHING STUDENT ATHLETES SERIES 1 unit/credit each

EDUO 9720	Dealing with the Problem of Athletic Drug use
EDUO 9721	Developing a Code of Conduct Handbook
EDUO 9722	Developing Successful Life Skills through Athletics
EDUO 9723	Discovering your Coaching Style
EDUO 9724	Effective Communications
EDUO 9725	Good Teams and Character go Hand in Hand
EDUO 9726	Keeping it in Perspective - Make Every Kid Count
EDUO 9727	Managing your Athletic Program
EDUO 9728	Proper Nutrition & Athletic Performance
EDUO 9729	Team Bonding
EDUO 9730	The Legal Liabilities of Teaching/Coaching
EDUO 9731	Training to Acquire Specific Skills
EDUO 9732	Welcoming Diversity into Your Program

ATHLETIC COACHING SERIES 3 units/credits each

EDUO 9703	Coaching is More than Xs and Os
EDUO 9704	Athletics-A Positive Path Through the Journey of Life
EDUO 9706	Creating a Healthy Lifestyle
EDUO 9707	Look Before you Leap
EDUO 9705	Let's Look at this Another Way
EDUO 9781	Athletic Concussion: A Coach's Headache (*1 unit/credit course)