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

COACHING STUDENT ATHLETES SERIES

Effective Communications

EDUO 9724 One Semester Credit/Unit

Instructor – Tony Battilega
tbattilega@dominicancaonline.com

Syllabus

Course Description

This class will explore all kinds of communications - effective and ineffective, positive, negative, verbal and non-verbal with the goal of helping the teacher/coach be an effective communicator. Good listening skills will be a main concern.

Required Text: Successful Coaching-4th Edition by Rainer Martens, Human Kinetics; 4 edition (February 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 understand:

- Six Reasons for Ineffective Communication.
- Eight Reasons for Negative Communication Techniques.
- How to Build Credibility with his/her Athletes.
- The Importance of Good Listening Skills.
- Concepts and Skills Involved in Non-Verbal Communication.
- Eleven Principles of Effective Reinforcement.

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. **Ineffective Communications**

   Read and study **pages 84-103** in your text.

   1a. On **pages 84-91** there are six reasons listed for ineffective communication. Relate to these ineffective communication techniques by writing a story about when you or others used some of them as a coach, teacher, parent, employer etc.

   1b. How did these communication techniques in your story in **1a** affect the outcome?
   1c. In your opinion, how can each of the ineffective examples on **page 86** be altered to become effective communications?
   1d. After studying the eight negative communication techniques on **pages 85-92** specify what you could do to improve your own communication skills by not becoming seduced by any of the negative eight

2. **Credibility**

Having credibility with your athletes is essential for effective communications. How are you going to prepare yourself in the following areas to be a credible communicator?

1a. Specific instruction versus judging
1b. Praise versus punishment
1c. Consistent messages versus inconsistent ones
1d. Realistic expectations versus unrealistic ones

3. Listening Skills

Read & Study pages 91-101 in the text

Good listening skills are important for a coach in developing effective communication skills. The most effective listening skill is called active listening. Study pages 98-100 in the text.

3a. Show that you understand that active listening is listening for the student/ athlete's feelings (not necessarily the words they say) by listing made up examples of what a kid might say and then giving feedback to the feelings and not the words.
3b. Give at least one example in your life when someone important to you did not actively listen to you.
3c. What was the outcome?
3d. How can you prepare yourself to be a good communicator with effective listening skills?

4. Non-verbal Communication

Read and study pages 100-101 in the text

4a. List the ways that humans communicate non-verbally.
4b. Take that list and practice in front of a mirror to be sure that your non-verbal communications have a positive effect rather than a negative one. Practice these skills repeatedly so they become a habit. Describe how you felt as you were practicing the positive non-verbal skills in the above assignment.
4c. How will this activity help you communicate more effectively with your athletes?

5. Effective Reinforcement

The text states that effective reinforcement is a valuable communication skill. When the consequence of doing something results in a tendency to repeat the behavior, reinforcement is involved. When it results in a tendency not to repeat the behavior, the consequence can be seen as punishment. Indicate how your program will use these eleven principles to effectively communicate with your young athletes.

Eleven Principles for Effective Communication

1. Reward the performance, not the outcome.
2. Reward athletes more for their effort than for their actual success.
3. Reward little things on the way toward reaching larger goals.
4. Reward the learning and performance of emotional and social skills as well as sport skills.
5. Reward frequently when youngsters are first learning new skills. Reward occasionally once skills are well learned.

6. Reward as soon as possible after the correct behavior or its approximation occurs.

7. Give rewards only when athletes have earned them.

8. Use a variety of extrinsic rewards, being careful not to deny athletes the opportunity to experience the intrinsic rewards of playing.

9. Teach athletes that intrinsic rewards are of greater value than extrinsic ones.

10. Ignoring athletes' misbehavior when they are seeking attention (extinction) teaches them that unacceptable behavior is worthless.

11. You must learn to use punishment effectively because it is impossible to guide young athletes using positive reinforcement and extinction alone.

6. VIDEO analysis

View **one** of the movies listed below. In each of these movies a coach plays a major role. Point out and comment upon communication techniques (effective or ineffective) that you recognize in the film.

Coach Carter (Basketball)

Blind Side (Football)

Bad News Bears (Baseball)

Prefontain (Track)

Go Figure (Ice Skating

Pride (Swimming)

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 Concussions – A Coach's Headache (*1 unit/credit course)