

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
SLST 631- Theoretical Models of Sport Coaching
Summer 2012

DAY/TIME: June 4th (11am
to 1:45pm) online

LOCATION: BR Hall 212

PROFESSOR: Craig Esherick, JD

EMAIL ADDRESS: cesheric@gmu.edu

OFFICE LOCATION: Bull Run Hall
210C

PHONE NUMBER: 703-993- 9922

OFFICE HOURS: By appointment

FAX NUMBER: 703-993- 2025

CREDITS: 3 hours

PREREQUISITES: None

COURSE DESCRIPTION

This course is an examination of the scientific bases for coaching athletes. In deconstructing the process of sports coaching, the course emphasizes philosophical underpinnings and theoretical foundations in the psychological, physiological, pedagogical, and managerial bases of sport coaching.

COURSE OBJECTIVES

Students will be able to:

1. Implement coaching strategies based upon the physiological principles guiding the training and conditioning of athletes.
2. Identify and employ sport psychology concepts in the coaching process.
3. Develop sound pedagogical practices that enhance athlete learning and performance capabilities.
4. Recognize the application of leadership and managerial principles in the coaching process.
5. Recognize examples of effective coaching.
6. Develop an individual philosophy of sport, coaching, management and leadership.
7. Develop an appreciation for professional integrity and ethical behavior in coaching.
8. Teach effectively and with recognition of each student's differences.

COURSE OVERVIEW

The learning experiences in this course are afforded through a variety of instructional approaches. This will ensure opportunities to meet the course objectives. Course content includes, but is not limited to, the following: philosophical foundations of coaching, integrity; program mission and priorities; scientific basis of sport; basic conditioning and training principles; basic wellness; psychological foundations of coaching; leadership strategies; communication; team dynamics and cohesion; personality, basic traits and states influencing performance; pedagogical principles of sport; learning motor skills; process of coaching; managerial functions of coaches-planning, controlling, evaluating; event/facility/equipment management; legal duties and risk management; promotions, marketing, fundraising for coaches; multitask management, self-management; intangibles in coaching.

HONOR CODE

George Mason shares in the tradition of an honor system that has existed in Virginia since 1842. The Honor Code is an integral part of university life. On the application for admission, students sign a statement agreeing to conform to and uphold the Honor Code. Students are responsible, therefore, for understanding the code's provisions. In the spirit of the code, a student's word is a declaration of good faith acceptable as truth in all academic matters. Cheating and attempted cheating, plagiarism, lying, and stealing of academic work and related materials constitute Honor Code violations. To maintain an academic community according to these standards, students and faculty must report all alleged violations to the Honor Committee. Any student who has knowledge of, but does not report, a violation may be

accused of lying under the Honor Code. With this in mind, all students in this course are held to the strictest standards of the George Mason University Honor Code.

STUDENT SUPPORT

Any eligible student with an exceptionality documented through George Mason University's Disability Resource Center must notify the instructor so that suitable accommodations can be implemented. The notification should take place during the first week of class-no later than June 10th.

Expectations:

1. All assigned reading for each week should be completed in a timely fashion.
2. All written assignments must be typed (computer word processing is recommended).
3. Regular participation in online discussion threads is required; it is assumed that when you participate online in the discussions, you have read the assigned chapters.
4. Students must abide by the Honor Code, guided by the spirit of academic integrity.

Class Attendance:

It is expected that when we do meet for class, everyone is present. Individual schedules for this summer session will be taken into consideration by the professor. The great majority of this class will be conducted in an online format, so attendance will be evaluated based on your level of participation in the online discussions which will be initiated each week by the professor.

Participation:

Respect the free exchange of thought in an academic environment and the participants therein. You are encouraged to a) feel free to openly and respectfully contribute your thoughts; b) listen actively to the comments of others; c) be punctual; d) ask any and all appropriate questions that you have; and e) maintain civility in your interpersonal communications. Class discussions will be conducted in a civil, informed fashion. Your contributions are not only welcomed, they are essential. Your contributions will be enhanced by reading the material in a timely fashion according to the schedule of work below.

Alternative Work:

There is NO make-up work. Only those excused absences supported by documentation will be addressed at the instructor's discretion on an individual basis (e.g. a physician's note for an illness). Alternative work due to intercollegiate athletic competitions or other legitimate university activity must be arranged PRIOR to due date. A grade of '0' will be assigned to all missed work unless otherwise determined by the instructor.

REQUIRED READINGS

Readings will include current articles and news in addition to the textbook:

Successful Coaching, 4th Edition by Rainer Martens. Champaign, IL: Human Kinetics (2012)
ISBN 978-1-4504-0051-0

EVALUATION

Assessment Activities:

- 1) Final Exam 25%
- 2) Portfolio 50%
- 3) Discussions online-evaluated for content and frequency. A minimum requirement for the start of each different topic is necessary for a passing grade in this category. 25%

Grading Scale	B+ = 88 – 89	C+ = 78 – 79
A = 94 – 100	B = 84 – 87	C = 74 – 77

A- = 90 – 93

B- = 80 – 83

C- = 70 – 73

F = 0 – 69

COURSE SCHEDULE:

DATE		TOPIC	READINGS/ASSIGNMENT DUE
	Week 1	Philosophy, Objectives and Coaching Style	Chapter 1-3
	Week 2	Coaching for Character and dealing with diversity	Chapter 4 and 5
		Communication	Chapter 6
	Week 3	Motivation, managing behavior	Chapter 7 and 8
		How can we play better?	Chapter 9
	Week 4	Coaching is teaching	Chapter 10-12
	Week 5	Physical training	Chapter 13-15
		Science and Philosophy of training	
	Week 6	You are what you eat and drink	Chapter 16 and 17
	Week 7	Management	Chapter 18-20
	Final Exam	July 25	



- ❖ All students are held to the standards of the George Mason University Honor Code
- ❖ Those students that would like to use the services of the GMU Writing Center can contact them in Robinson A114. (703) 993-1200 <http://writingcenter.gmu.edu>
- ❖ Counseling and Psychological Services (CAPS) <http://caps.gmu.edu> (703) 993-2380
- ❖ Students with disabilities who seek accommodations in a course must establish this with the Office of Disability Services. (703) 993-2474 <http://ods.gmu.edu>
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://www.gmu.edu/rht>
- ❖ Other sources for University Policy <http://catalog.gmu.edu> <http://universitypolicy.gmu.edu>

