

**George Mason University**  
**College of Education and Human Development**  
**School of Recreation, Health, and Tourism**

SPMT 210 – Foundations of Coaching  
3 Credits, Fall 2017  
Mondays/Wednesdays 12:00 – 1:15pm, Aquia Bldg 213 - Fairfax

**Faculty**

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**Prerequisites/Corequisites**

None

**University Catalog Course Description**

Introduction to the scientific bases for coaching sports and the process of coaching athletes. It includes the development of an individual coaching philosophy and the application of scientific training in the psychological, physiological, pedagogical, and managerial bases of sport coaching.

**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.

**Course Delivery Method**

This course will be delivered using a face-face, lecture format.

## **Learner Outcomes or Objectives**

This course is designed to enable students to do the following:

1. Identify coaching strategies based upon fundamental principles of training and conditioning.
2. Explain the application of sport psychology concepts in coaching.
3. Describe sound pedagogical practices that enhance athlete learning and performance capabilities.
4. Identify effective leadership and managerial principles employed in the coaching process.
5. Identify examples of effective coaching.
6. Develop an individual philosophy of sport and coaching.
7. Demonstrate an understanding of professional integrity and ethical behavior in coaching.

## **Professional Standards**

Not applicable

## **Required Texts**

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

Other required readings may be distributed in class or on Blackboard.

## **Course Performance Evaluation**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and/or Examinations**

*Coaching Portfolio* – Students will create a coaching portfolio that will help prepare for a career in coaching. The portfolio will contain several materials created throughout the course, beginning with a coaching philosophy. This philosophy will be revised throughout the semester as students gain knowledge in the discipline of coaching. Other coaching portfolio components include: an orientation handout (to parents or to athletes, depending on age level); a seasonal instructional plan; a sample practice plan. This is worth 100 points.

*Article Review/Analysis* – Students will research a current topic in coaching literature, review a peer-reviewed article on that subject, discuss the findings and the relevance to current issues/trends. This is worth 30 points.

*Article Review/Analysis Presentation* – Students will present to the class the results of their article review/analysis. This is worth 20 points.

*Midterm and Final Exam* – The exams will consist of matching, multiple-choice, true-false, and/or essay questions. The exams will be based on any material assigned or discussed in

class, including readings, quizzes, discussion, guest speakers, etc. The midterm exam will be worth 80 points and the final exam will be worth 100 points.

- **Other Requirements**

*Participation* – Students must attend class in order to participate in the discussions generated by the readings. Contribution will be evaluated based on number and quality of questions asked or answered and opinion provided when asked. If you miss class points will be deducted. Attendance, participation and other in-class activities will be worth 70 points.

- **Grading**

The final grade in percentage terms will be converted to a letter grade per the following scale:

A = 94% and above	B+ =88-89%	C+ =78-79%	D+ =60-69%
A- = 90-93%	B =84-87%	C =74-77%	
	B- =80-83%	C- =70-73%	F = <60%

### **Professional Dispositions**

See <https://cehd.gmu.edu/students/polices-procedures/>

All students are expected to exhibit professional behaviors and dispositions at all times.

### **Class Policies & Expectations:**

1. You are expected to attend class. Any work missed due to an absence **MAY NOT BE MADE UP**. The only exception to this policy is written documentation of a situation that absolutely prohibits you from attending class. **All late assignments result in a 10%/day (not class day, every day) penalty.**
2. **You should be on time**, stay for the whole class, listen attentively while you are here, and show through your behavior that you respect the fact that others in the class are here to learn. Arriving late is unacceptable. **If you arrive late or leave early, you will be assessed a tardy**. With the accumulation of 3 tardies, you will be assessed a penalty equal to one full absence. Your presence is indicative of your professional attitude and is necessary to derive maximal benefit from the class. The intent of this class is to offer you a means for professional development and to assist you in obtaining your career objectives.
3. YOU ARE EXPECTED TO BE **FULLY PREPARED FOR CLASS AND FULLY ENGAGED WHILE IN CLASS**. I expect you to have read all assigned readings, taken notes as applicable, and to be prepared and willing to discuss all readings in detail and take part in group work to the fullest extent. **Turn cell phones (and any other sound making device) off and if you bring a computer, it must be used for class purposes only.** Any other use is a distraction and you risk not being allowed to use your computer in class at all.

4. Please don't hesitate to ask me for additional help if you need it. I am more than willing to provide such assistance. Remember, **you earn grades, I do not give them.**

## Class Schedule

DATE	TOPICS	STUDENT RESPONSIBILITIES/ ASSIGNMENT DUE
Monday, Aug. 28	Course overview, syllabus; the vocation of coaching	Ch. 1
Wednesday, Aug. 30	Developing your coaching philosophy	Ch. 1
Wednesday, Sept. 6	Coaching objectives	Ch. 2
Monday, Sept. 11	Coaching objectives	Ch. 2
Wednesday, Sept. 13	Coaching style	Ch. 3
Monday, Sept. 18	Coaching style	Ch. 3
Wednesday, Sept. 20	Coaching for character	Ch. 4
Monday, Sept. 25	Coaching diverse athletes	Ch. 5
Wednesday, Sept. 27	Communication	Ch. 6
Monday, Oct. 2	Communication	Ch. 6
Wednesday, Oct. 4	Motivation	Ch. 7
Tuesday Oct. 10	Managing behavior	Ch. 8
Wednesday, Oct. 11	The games approach	Ch. 9
Monday, Oct. 16	<b>Midterm exam</b>	
Wednesday, Oct. 18	Teaching technical skills	Ch. 10
Monday, Oct. 23	Teaching tactical skills	Ch. 11
Wednesday, Oct. 25	Planning for teaching	Ch. 12
Monday, Oct. 30	Planning for teaching	Ch. 12
Wednesday, Nov. 1	<b>Article analysis presentations</b>	<b>Article analysis due</b>
Monday, Nov. 6	<b>Article analysis presentations</b>	
Wednesday, Nov. 8	Training basics	Ch. 13

<b>DATE</b>	<b>TOPICS</b>	<b>STUDENT RESPONSIBILITIES/ ASSIGNMENT DUE</b>
Monday, Nov. 13	Training for energy fitness	Ch. 14
Wednesday, Nov. 15	Training for muscular fitness	Ch. 15
Monday, Nov. 20	Nutrition	Ch. 16
Monday, Nov. 27	Drug use	Ch. 17
Wednesday, Nov. 29	Managing your team	Ch. 18 <b>Final Coaching Portfolio due</b>
Monday, Dec. 4	Managing relationships	Ch. 19
Wednesday, Dec. 6	Risk management/sport law	Ch. 20
Monday, Dec. 18	<b>Final exam 10:30am-1:15pm</b>	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

### **Core Values Commitment**

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

### **GMU Policies and Resources for Students**

#### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).

**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.

- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.**