

COACHING THEORY AND TECHNIQUE

01:955:226, Section 01, Index #18542

Semester: Fall 2022

Department of Kinesiology and Health
Rutgers University

Course information

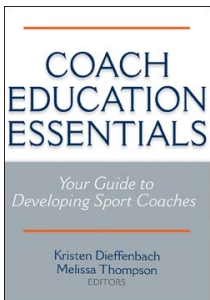
Pre/co-requisites:	None
Online learning site:	Canvas https://canvas.rutgers.edu/
Schedule:	Mondays and Thursdays 12:10 PM – 1:30 PM
Class lectures will be provided using:	Canvas
Technology requirements for this course:	Laptop or desktop computer for full functionality to access course information and high speed internet connection (i.e., > 5mbps). Avoid accessing material on a mobile device such as a phone or tablet as Canvas functionality will be reduced depending on the screen resolution.

Instructor information

Instructor:	Dr. Anthony G. Delli Paoli
Email:	a.dellipaoli@rutgers.edu
In-Person Office hours:	Tuesdays 10:00AM – 12:00 PM Loree room 118
Virtual Office Hours:	Tuesdays 10:00 AM – 12:00 PM
Virtual Office Hours Format:	https://rutgers.zoom.us/my/adelli
Department Website:	http://kines.rutgers.edu/

*Canvas email and announcements will be used for all information/communication related to this course.

Required Course Materials



- Dieffenbach, K., & Thompson, M. (2020). *Coach Education Essentials: Your Guide to Developing Sport Coaches* Human Kinetics Press: Champaign, IL.
ISBN: 9781492521075
 - eBook, loose-leaf, or paperback versions of the textbook are acceptable
- Additional required readings will be posted as PDF files on Canvas under the Readings module

Course Description

The purpose of this course is to provide an overview of the psychological, philosophical, and educational theories and principles of sport coaching. In this course students will establish (1) a strong educational base of coaching knowledge, (2) learn principles of successful coaches, (3) understand coach development, (4) and establish coach evaluation methods for effective coaches. After taking this course, students will be prepared to take the Coaching Individual and Team Sport course.

*This course partially fulfills the Sport Management requirement for Concentration in Coaching or Electives

Course Learning Objectives

By the conclusion of this course, student-learners will:

1. Identify and describe key definitions, distinctions, and proposed models of most major coaching theories.
2. Analyze, distinguish, and apply the theoretical knowledge to respond to challenges commonly encountered in coaching.
3. Engage in discovery and practical problem solving by undertaking a semester-long coaching philosophy project. This will involve using information technology to seek and locate pertinent sources of research information, critically reviewing and evaluating this information, and synthesizing it to incorporate your personal coaching philosophy. This will provide the students with a document they can evolve throughout their coaching careers.
4. Identify and describe key issues related to professional ethics and responsibility of coaching.

Grading Policy

- This class uses a points-based system to calculate grades. The description of each assignment includes how many points it is worth. The total numbers points for this class are **300**. Assignments are due by 11:59 PM on the due dates listed below unless otherwise noted.
- Assignments turned in late will receive 0 points unless the student communicates with the instructor BEFORE the due date and receives written approval of an extension.
- Concerns about a graded assignment must be brought to the instructor within seven days of receiving the grade. Assignment grades are finalized after this seven day period.
- Grades on Canvas will be updated regularly; if you notice any discrepancies or have questions, please do not wait until the end of the semester – let your instructor know right away.

Letter Grade	GPA scale	Points Needed	Percent (%)
A	4.0	270-300	90-100
B+	3.5	255-269	85-89.9
B	3.0	240-254	80-84.9
C+	2.5	225-239	75-79.9
C	2.0	210-224	70-74.9
D	1.0	180-209	60-69.9
F	0	0-179	0-59.9

Assignments

1. **Exams:** Students will take two exams based on assigned readings and in-class discussions. Exam format will be a combination of true or false, multiple choice, matching questions, and open ended. All Exams will be open-book and timed via Canvas Quizzes.
2. **In-Class Activities:** The design of in-class activities gives more in-depth experience on select topics and occur throughout the semester. In-class activities will occur within on a Page within a selected module, typically in the form of a Quiz or Assignment within the lecture module.
3. **Online Reading Quizzes:** Online quizzes will be given during the semester via Canvas. They cover material from upcoming readings for the assigned week. Online quizzes shall be completed by 11:55 PM at the end of each week. Each quiz's appears in the course schedule or on the Quizzes page on Canvas.
4. **Coaching Philosophy Paper:** This assignment contains three parts. You will write a coaching philosophy paper (one page single spaced) that describes your own informed and educated approach to the profession of coaching. A coaching philosophy is a statement of what you value and how you will approach your coaching role. It covers your purpose as a coach and how you will approach player development, achievement, and success on and off the playing field. Your coaching philosophy consists of your major objectives and the beliefs and principles that you adhere to in order to achieve your objectives (Mitchell, 2013).
 - **Coach Philosophy Part A - Initial Views and Sources:** Submit through Canvas Assignments a one paragraph description of one to three coaching frameworks/theories/models that you can use to structure your coaching philosophy. This assignment requires you use at least one frameworks/theories/models of coaching from a scholarly source. The assignment requires a justification on the importance of the frameworks/theories/models chosen and statement of why it is useful for coaching. All submissions must use the template word document provided on Canvas.
 - **Coach Philosophy Part B – Coaching Philosophy Outline:** Submit through Canvas Assignments a typed outline of your coaching philosophy. This assignment requires you think about how to best structure your coaching philosophy building upon Part A. All submissions must use the template word document provided on Canvas.
 - **Coach Philosophy Part C – Final Coaching Philosophy:** The goal of the paper is to effectively communicate in writing what you value and how you will approach your coaching role using a well-established scholarly framework. Adhere to the Coaching Philosophy Paper template to help you with your formatting.

Final Exam Period: December 16th – December 23rd

There is no final exam in this course. Students are expected to turn in the Coaching Philosophy Part C prior to the start of the Final Exam Period.

Summary of Assignments with Due Dates

Assignment	Due Date	Points	Percent of Grade
In-Class Assignments	Varied	25	8.3%
Online Reading Quizzes	Varied	25	8.3%
Coaching Philosophy Part A	10/6	25	8.3%
Exam 1	10/27	50	16.7%
Coaching Philosophy Part B	11/14	50	16.7%
Coaching Philosophy Part C	12/12	75	25%
Exam 2	12/08	50	16.7%
Total		300	100.00%

Course Policies and Procedures

Academic Integrity

Students are responsible for becoming familiar with the definitions, procedures and sanctions outlined in Rutgers University Academic Integrity Policy before submitting any assignment or exam. The policy can be found at: <http://nbacademicintegrity.rutgers.edu/>

All students should conduct themselves with the highest standards of academic honesty. Examples of academic dishonesty include: copying others' written work, not citing sources, and submitting the same assignments/papers multiple times in different courses. All incidences of questionable academic integrity are a serious matter and may result in a no grade (0.0) for the assignment or course. Academic dishonesty will not be tolerated and will be treated in accordance with Rutgers University Academic Integrity Policy.

Expectations

- Engage with all class material
 - Spending **9-10 hours per week** on class material (~about 1.5 hours per day). This including reading the textbook, attending and participating in lecture, studying notes, and working on assignments.
- Complete all assigned readings and assignments on time
- Actively participate in all class activities, including online discussions.
- Follow the honor code when completing all quizzes, and exams
- Ask questions to enhance understanding of the material
- Communicate with the instructor if you have questions pertaining to the material or the course
- Check your email and Canvas announcements regularly to stay informed about class updates

Email Etiquette

When emailing your instructor, please use your Rutgers e-mail address and identify yourself by full name and course number. Students are expected to place the course number, followed by the subject, in the subject line, use appropriate e-mail etiquette, and maintain reasonable expectations for instructor responses. The instructor will respond to student emails within 1-2 business days.

Plagiarism

By enrolling in this course, you are indicating implicitly that you have read, understood, and accepted Rutgers University's policies and procedures regarding academic integrity and dishonesty. Plagiarism and cheating will not be tolerated and all University policies apply. Specifically, if plagiarism or cheating is suspected, the student(s) will be asked to meet with the instructor. If the instructor concludes that an instance of plagiarism or cheating has occurred, the student(s) will be subject to an appropriate sanction or penalty outlined in Rutgers University Academic Integrity Policy.

Please note that plagiarism is using the ideas or writings of another as one's own. It varies in degree and severity.

The most severe is the use of another's entire paper word-for-word. Less severe is the use of another's sentence, paragraph, or ideas without giving credit to that individual (i.e., without providing a reference).

Make-up Policy

No make-ups or extensions will be offered for missed assignments except in one of the following situations, provided that the instructor is notified in advance:

- Athletic or other Rutgers sponsored trips: Travel dates and times accompanied by a signed memo from the group's advisor/coach must be presented to the instructor prior to travel dates.
- Religious observances.
- Extenuating circumstances: This includes (but is not limited to) family emergencies, severe illnesses, accidents, etc. It will be up to the prerogative of the instructor whether or not the student will be allowed to take the make-up or receive an extension.

Behavior

- Behavior should facilitate and enhance the learning process. Any behavior that disrupts the learning process of yourself or other students will not be tolerated.
- Important to your educational success is the ability to think and speak freely. As a result, classmate perspectives and opinions should be respected, even if they differ from one's own positions. Disagreements, debates, and other contentious dialogue are welcomed, but must be carried out in a manner that focuses on finding better answers, not making personal attacks.

Laptops, Tablets, Cell Phones, and Other Electronic Technologies

- Access to Canvas should be on a laptop or desktop computer for full functionality.
- All timed quizzes and exams should be completed on reliable equipment such as a desktop computer or a laptop that is plugged in.
- Avoid accessing material on a mobile device such as a phone or tablet as Canvas functionality will be reduced depending on the screen resolution.
- Please visit the Rutgers Student Tech Guide page for resources available to all students. If you do not have the appropriate technology for financial reasons, please email Dean of Students deanofstudents@echo.rutgers.edu or complete the contact form for assistance. If you are facing other financial hardships, please visit the Office of Financial Aid at <https://financialaid.rutgers.edu/>.

Assignment Submissions

- Let's face it technology breaks at the most inconvenient times. Servers go down, computers get viruses, transfers time out, printers don't work, and files become corrupt. The list goes on and on. These are not considered emergencies. They are part of the normal production process. An issue you may have with technology is no excuse for late work. You need to protect yourself by managing your time and backing up your work.
- Students agree that by taking this course all required papers may be subject to submission for textual similarity review to Turnitin.com (directly or via learning management system, i.e. Canvas) for the detection of plagiarism. All submitted papers will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site. Students who do not agree should contact the course instructor immediately.

Diversity & Inclusion

The Department of Kinesiology and Health supports an inclusive learning environment wherein diversity and authenticity are valued. We are committed to creating a culture of equality that respects the diverse voices of our students, faculty and staff. We will continuously strive to create a curriculum and academic environment to reflect the community we serve, and drive innovation, social responsibility and excellence. Our diversity in thought, skill, and academic discipline is a resource and strength, which stands to benefit the whole and positively contribute to University and global reach.

UNIVERSITY SERVICES

Service	Description	Contact Information
Student Accommodations	If you are a student in need of accommodations, please register with the Office of Disability Services in order to initiate the accommodations process. Please present your letter of accommodation to your instructor during the first week of the semester. Please note that accommodations are not retroactive.	(848) 445-6800 Lucy Stone Hall, Suite A 145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 https://ods.rutgers.edu/
Just In Case Web App	Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.	http://codu.co/cee05e
Counseling, ADAP & Psychiatric Services (CAPS)	CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.	(848) 932-7884 17 Senior Street, New Brunswick, NJ 08901 www.rhscaps.rutgers.edu/ Medical Services: http://health.rutgers.edu/medical-counseling-services/medical/ Counseling Services: http://health.rutgers.edu/medical-counseling-services/counseling/
Violence Prevention & Victim Assistance (VPVA)	The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.	(848) 932-1181 3 Bartlett Street New Brunswick, NJ 08901 www.vpva.rutgers.edu/
Academic Support	School of Arts and Sciences Academic Advising for personal, career, and educational goals. Department of Kinesiology & Health Academic Advising for questions about Exercise Science or Sport Management major/minor requirements.	SAS: https://sasundergrad.rutgers.edu/ Dept. of Kinesiology & Health: Daria Gonzalez Loree Gym, Room 110 Email: Daria.Gonzalez@rutgers.edu https://kines.rutgers.edu/academics/academic-advising

COURSE OVERVIEW

Week	Day	Date	Topic	Reading	Assignment Due
1	Tues	Sep-05	No class		
	Thur	Sep-08	Course Introduction	Syllabus	
2	Mon	Sep-12	Frameworks for Coach Education & Development	Chapter 1	
	Thur	Sep-15	Frameworks for Coach Education & Development	Chapter 1	
3	Mon	Sep-19	Ethical and Philosophical Ground of Coaches	Chapter 2	
	Thur	Sep-22	Holistic, Athlete-Centered Coaching Orientation	Chapter 3	Reading Quiz 1 (Chapters 3 & 4)
4	Mon	Sep-26	Athlete Development Process and Coaching	Chapter 4	
	Thur	Sep-29	Coaching Philosophy Statements	Assigned Reading 1	
5	Mon	Oct-03	Coach Instruction for Effective Athlete Instruction	Chapter 5	Reading Quiz 2 (Chapters 5 & 6)
	Thur	Oct-06	Educating Youth Sports Coaches: An Empirically Supported Training	Chapter 6	Coaching Philosophy Part A
6	Mon	Oct-10	Coaching Club and Scholastic Sports	Chapter 7	Reading Quiz 3 (Chapters 7, 8, & 9)
	Thur	Oct-13	College and High-Level Amateur Sports	Chapter 8	
7	Mon	Oct-17	Coach Education of Professional- and Olympic-Level Coaches	Chapter 9	
	Thur	Oct-20	Paralympic Sport Coaching	Chapter 10	
8	Mon	Oct-24	Exam 1 Review	Chapters 1-10	
	Thur	Oct-27	Exam 1		Exam 1
9	Mon	Oct-31	Current Models of Coach Education, Training, and Certification	Chapter 11	
	Thur	Nov-03	Current Models of Coach Education, Training, and Certification	Chapter 11	
10	Mon	Nov-07	International Coach Education and Development: A Case Study	Chapter 12	Reading Quiz 4 (Chapters 12 & 13)
	Thur	Nov-10	International Coach Education and Development: A Case Study	Chapter 12	
11	Mon	Nov-14	Professional Development Opportunities for Coaches	Chapter 13	Coaching Philosophy Part B
	Thur	Nov-17	Career Guidance and Mentorships for Coaches	Chapter 14	
12	Mon	Nov-21	Long-Term Coach Development Process	Chapter 15	Reading Quiz 5 (Chapters 16 & 17)
	Tues	Nov-22	Reflection on Accreditation and Endorsement of Coach Education & Development Programs	Chapter 16	
13	Mon	Nov-28	Standards for Coaching Effectiveness	Chapter 17	
	Thur	Dec-01	Coach Behavior and Performance Analysis	Chapter 18	
14	Mon	Dec-05	Exam 2 Review	Chapters 11-8	
	Thur	Dec-08	Exam 2		Exam 2
15	Mon	Dec-12	Bonus Lecture: Contemporary Issues in Youth Sport Coaching	Assigned Reading 2	Coaching Philosophy Part C
	Thurs	Dec-15	Reading Day		