

**Lyndsay Kooi—Head Volleyball Coach/Associate Lecturer**

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**Office: MCCH 117A**

**Office hours: M/W 11-1pm, by appointment**

**Text: *The Energy Bus* by Jon Gordon**

### **COURSE DESCRIPTION**

This is a three-credit course that is the final obligatory fulfillment for the Coaching Certificate. The intent of the practicum is to provide each student with experiential learning in the field that allows each the opportunity to apply learned content from the classroom to an actual coaching experience. Each student is required to log a minimum of *30 supervised hours in the field*, whether in practices, competition, or in the office with a supervisor. At the conclusion of their experience, students will be expected to submit a final project that includes a) their supervising coach's written evaluation, and b) a 6-8 page final paper that articulates their present competencies as they relate to [SHAPE America's National Standards for Coaches](#).

**It is required for students to take the NFHS course – is \$35.00 for Wisconsin (or take it for the designated state). Here is the link.**  
**<http://nfhslearn.com/courses/26/first-aid-health-and-safety-for-coaches>.**

### **COURSE OBJECTIVES**

Upon the termination of COA 398, each student will...

1. Have obtained a quality professional field experience in coaching that allows them to apply content knowledge and integrate the science and art of teaching and communicating with athletes
2. Possess a professional statement of philosophy and core ethical standards that can be articulated both via composition as well as verbally in an interview setting.
3. Acquire a well-rounded, holistic, research-to-practice perspective related to their teaching and interpersonal communication and feedback provided in the athletic setting.
4. Understand their primary legal duties as they pertain to coaching youth sport and will be able to effectively assess and manage risk and maintain a safe, healthy environment for their athletes.
5. Effectively assess and evaluate their methods of developing technical and tactical skill as well as the skills and abilities of each athlete. Critical self-evaluation of one's coaching methods will also apply.

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6. Understand maturation differences as they apply to both male and female athletes, particularly related to their physical, mental, social, and emotional development through sport experiences.
7. Be competent and versed in planning, organizing, and administering athletic practice plans, developmental programs, and in managing an athletic program both financially and logistically.

**CLASS ATTENDANCE, PARTICIPATION, AND PROCEDURES**

Class attendance is essential for successful completion of this course. Attendance will be taken at every class period and you are expected to be on time. If you know you are going to be absent for an excusable reason (illness, family issue, conference/workshop), you must contact me ahead of time. Absences will not be excused if notification is not received or if it is received less than two hours prior to class time. *Unexcused absences result in a 1% drop in your grade. Tardiness to class or a lack of courtesy shown while in class (such as sleeping and cell phone usage) will result in a .5% drop in your grade.*

Class sessions may involve any combination of the following: lectures, videos, and group discussions/activities. **Bring assigned readings and your textbook to class.** Some class activities will be practical in nature and require physical participation. You are encouraged to dress appropriately for these activities. I will let you know ahead of time if we will be doing any physical participation.

Everything about my courses is flexible. This includes due dates for practice lessons and for assignments. If you have an emergency, do what you need to do. You can communicate with me via email. But you don't need to wait to hear from me to make choices.

An emergency might include a serious illness. If you're sick, please take care of yourself and try to **avoid spreading an infection** to others. When in doubt, assume that you should miss class rather than drag yourself in. You don't need my permission first.

I'm happy to make accommodations for exceptional circumstances, such as illness or mental illness (e.g., a panic attack). We can manage the impact, such as absences and/or late work. Please email when you're able to do so and we'll figure it out. I can excuse an absence so that you don't lose attendance points. If you submit an assignment late after exceptional circumstances, please make a note reminding me why it's late.

Again, please take care of yourself and avoid spreading germs. School is not more important than your wellness.

FYI, someone close to me has respiratory weakness. I try to make good choices to avoid becoming contagious and putting them at risk.

### **COVID-19**

**Face Coverings:** At all UW-Stevens Point campus locations, the wearing of face coverings is mandatory in all buildings, including classrooms, laboratories, studios, and other instructional spaces. Any student with a condition that impacts their use of a face covering should contact the Disability and Assistive Technology Center to discuss accommodations in classes. Please note that unless everyone is wearing a face covering, in-person classes cannot take place. This is university policy and not up to the discretion of individual instructors. Failure to adhere to this requirement could result in formal withdrawal from the course.

**Other Guidance:** · Please monitor your own health each day using this screening tool. If you are not feeling well or believe you have been exposed to COVID-19, do not come to class; email your instructor and contact Student Health Service (715-346-4646).

- As with any type of absence, students are expected to communicate their need to be absent and complete the course requirements as outlined in the syllabus.

-Maintain a minimum of 6 feet of physical distance from others whenever possible.

-Do not congregate in groups before or after class; stagger your arrival and departure from the classroom, lab, or meeting room.

-Wash your hands or use appropriate hand sanitizer regularly and avoid touching your face.

-Please maintain these same healthy practices outside the classroom

Lecture materials and recordings for [insert class name] are protected intellectual property at UW-Stevens Point. Students in this course may use the materials and recordings for their personal use related to participation in this class. Students may also take notes solely for their personal use. If a lecture is not already recorded, you are not authorized to record my lectures without my permission unless you are considered by the university to be a qualified student with a disability requiring accommodation. [Regent Policy Document 4-1] Students may not copy or share lecture materials and recordings outside of class, including posting on internet sites or selling to commercial entities. Students are also prohibited from providing or selling their personal notes to anyone else or being paid for taking notes by any person or commercial firm without the instructor's express written permission. Unauthorized use of these copyrighted lecture

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materials and recordings constitutes copyright infringement and may be addressed under the university's policies, UWS Chapters 14 and 17, governing student academic and non-academic misconduct.

**EXAMS**

This class will have two exams. The final exam is cumulative. The instructor also reserves the right to give periodic pop quizzes.

Exam #1	See Canvas
Reflective Analyses	See Canvas

**FINAL PROJECT**

- The Energy Bus Action Plan
- Reflection--Technology in Coaching
- Practice Plan
- Resume
- Supervisor Evaluation, Supervisor Interview, Practicum log hours and notes

**EVALUATION CRITERIA**

30 hours/Supervisor Evaluation/Video Interview	40%
<a href="#">Reflective Analyses</a> /Final Exam	20%
<a href="#">Final Project/Technology/Resume</a>	20%
Exam #1/Homework/Participation	15%
Book Review	5%

A	100-92
A-	92-90
B+	90-89
B	89-82
B-	82-80
C+	80-79
C	79-72
C-	72-70
D+	70-69
D	69-60
F	60 and below

**HEALTH INSURANCE RECOMMENDATION**

Participation in this course may lead to accidents. All students are strongly encouraged to have health insurance coverage.

**ACADEMIC HONESTY**

Plagiarism is cheating and is defined as “to steal and pass off as one’s own; to present as one’s own as an idea or product derived from an existing source”

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(Websters 7<sup>th</sup> New Collegiate Dictionary, p. 646). Use your own words to compose your assignments and cite your sources properly. Failure to do so will result in academic penalty (failing the course) and possible academic suspension.

**CLASS CLIMATE & HONORING DIFFERENCE**

The School of Education strives to honor the uniqueness of all learners. I'm dedicated to creating safe, inclusive, welcoming experiences in which all students can succeed. I mindfully plan and teach this course in ways that promote pluralism: celebrating the coexistence of multiple identities, cultures, and belief systems.

This course is a Safe Zone for LGBTQ issues and more. I won't condone disrespectful or discriminatory language or behavior. I extend an open door invitation to all my students. If you feel unwelcome or unsafe in this course, or you have any concerns about your ability to succeed, please let me know. We can address the issue together, confidentially.

As a teacher, I align my policies and choices with my university's guidance, including the [UWSP Community Bill of Rights and Responsibilities](#) .

**LATE WORK POLICY**

I expect you to complete all assignments on time. An assignment completed on time can receive 100% of the points possible. An assignment completed no more than 48 hours late can receive no more than 80% of the points possible. An assignment completed no more than 1 week late can receive no more than 60% of the points possible. After 1 week, I usually refuse to accept a late assignment. I won't accept late work after **Thursday, December 17, 2020, 11:59 pm.**

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**SYLLABUS IS SUBJECT TO CHANGE AS CIRCUMSTANCES WARRANT.**

**Rough Schedule of Class**

UNIT 1: Coaching for Character

UNIT 2: Growth Mindset

UNIT 3: Practice Planning

UNIT 4: Using Technology in Coaching

UNIT 5: Energy Bus and Resume

Monday, September 14, 2020 - Go over Syllabus, expectations, Energy Bus, Practicum, Get to Know You/ Homework Goal Contract is Due Sunday, Sept 20 11:59pm. Discussion Get to Know You Due Sept 20 11:59pm

Monday, Sept 21, 2020 What Drives Winning / Homework Read Ch 2&3 What Drives Winning due Mon. 9/28

Monday, Sept 28, 2020 Coaching for Character/ Homework Fill out Book Selection for Book Review Form due Oct 4 11:59pm

Homework Watch The Power of Vulnerability-Brene Brown Due Mon. 10/5

Monday, Oct 5, 2020 Coaching for Character / Homework watch What Drives Winning Designed to Go Far video Due Mon. 10/12, Read Book

Monday, Oct 12, 2020 Resilience and Grit / Read Book

Monday, Oct 19, 2020 Growth Mindset/ Homework Read Chapter 4 Mindset Due Mon 10/26, Read Book

Monday, Oct 26, 2020 Growth Mindset / Read Book

Monday, Nov 2, 2020 Practice Planning / Mid-Term Due Nov 8 Read Book

Monday, Nov 9, 2020 Technology / Book Review Due Sun, Nov 15 11:59pm

Monday, Nov 16, 2020 Technology / Prepare for App Presentation

Monday, Nov 23, 2020 Technology / Prepare for App Presentation

Monday, Nov 30, 2020 Technology / NFHS Course due 12/4, Read Energy Bus due 12/7

Monday, Dec 7, 2020 Energy Bus. Resumes / Final Project Due 12/13  
Final Exam Due 12/17

**Assignments to stay up to date with:**

Read The Energy Bus - due 12/7

Final Project due 12/13

- Technology Reflection
- Resume
- Practice Plan
- Energy Bus Action Plan

Logging hours and notes- 12/17---- waiting to hear about hours with COVID \*

- Supervisor evaluation
- Supervisor interview