

UNIVERSITY OF WISCONSIN-STEVENS POINT
School of Education
COACHING 200 – Scientific Concepts in Sport and Activity
SPRING TERM – 2020 (UPDATED 01/02/2020)

Course Information

COA 200
Tues & Thurs 9:30-10:45AM
Collins 234
3 Credits
Office Hours: M-R 3:00-5:00

Instructor Information

Justin Stoffel
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Required Texts

Hoffman, Jay (2014). Physiological Aspects of Sport Training and Performance. Human Kinetics: Champaign, IL.

Course Description

COA 200 is a three-credit, mid-level course within the coaching certification that studies the scientific concepts of anatomy, biomechanics, and physiology applied to instruction of active populations. Analysis of performance based on anatomical and mechanical principles.

Instructional Methods

Communication and dissemination of course information will be presented via lecture, video, PowerPoint, written schematics, and practical demonstration by both the instructor as well as by students. Each student will be expected to fully participate and engage in the course – if you have a desire to be a coach of any kind, you must be comfortable in articulating knowledge in a public forum. You must also develop an awareness of your own motor skill development, oral communicative patterns, and expressive tendencies.

Course Materials

All course materials, including handouts, study guides and PowerPoint presentations, will be posted via EMAIL for the course. Please check email regularly, as it will allow you receive updated news postings in addition to providing access to PowerPoint slides and other handouts prior to class.

Student Evaluation

Quiz/ch responses (10@10pts)---100 pts
Engaged Learner (30 classes)-----50 pts
Exams (3@66-67 pts)-----200 pts
Sport Portfolio-----50 pts
400 TOTAL

Grading Scale

A = 93.1-98%
A- = 91-93 B+ = 89-90
B = 83-88
B- = 81-83 C+ = 79-80
C = 73-78
C- = 71-73 D+ = 69-70
D = 63-68
F = below 60%

Course Objectives

Upon completion of COACHING 200, the student should be able to...

- 1). Describe the essentials of movement, including muscular and neurological control of movement
- 2). Identify the body's three energy systems and outline the relative contribution of each in specific sport/physical activities in terms of exercise intensity and duration
- 3). Describe the basic physiology of the body's systems (i.e., cardiovascular, respiratory)
- 4). Describe how the body responds to acute bouts of exercise and chronic exercise training
- 5). Design initial training programs for performance applying the principles of training

Course Policies

1. **Attendance-** Students are expected to attend every class on time, with a willingness to be both respectful and influential in the day-to-day discourse and learning environment of the class.
 - a. 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 by **EMAIL**.
 - b. Absences will not be excused if notification is not received or if it is received less than 2 hours prior to class time – unexcused absences result in loss of engaged learner points.
2. **Punctuality & Professional Courtesy-**Please be prompt in getting to class by 9:30AM. Tardiness to class or a lack of courtesy shown while in class (ex: sleeping, texting, social media) will result in a loss of half your daily engaged learner points.
3. **Flexibility Clause-** I reserve the right to make adjustments to dates for exams, quizzes, and assignments – never to be moved up, but at times moved back based on the pace of our coverage.
4. **Plagiarism-** The board of regents, administrators, faculty, academic staff and students of the university of Wisconsin system believe that academic honesty and integrity are fundamental to the mission of higher education and of the university of Wisconsin system. The university has a responsibility to promote academic honesty and integrity and to develop procedures to deal effectively with instances of academic dishonesty. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others' academic endeavors. Students who violate these standards must be confronted and must accept the consequences of their actions.
UWSP 14.03 Academic misconduct subject to disciplinary action. See Students Handbook
5. **Accommodations of Candidates with Disabilities** - UWSP is committed to providing equal educational opportunities for candidates with documented disabilities. The modifications should not affect the substance of educational programs or compromise academic standards; nor should they intrude upon academic freedom. Examinations or other procedures used for evaluating students' academic achievements may be adapted. The results of such evaluation must demonstrate the student's achievement in the academic activity, rather than describe his/her disability. *If modifications are required due to a disability, please inform the instructor and contact Disability & Assistive Tech Center "DATC" (Library 6th floor), and complete an Accommodations Request form. Phone: (715)346-3365*
6. **Examination Policy** - All candidates are required to take exams on site on the assigned dates and times. In the event of professional development conflict accommodations will be considered. Should you require testing accommodations see Accommodations of Candidates with Disabilities section.
7. **Late work-**All work is due by the posting date or the BEGINNING of the class period it is assigned. If it is not received, it is considered late, and will result in a 50% grade reduction for up to 24 hours after the due date. After 24 hours, all work submitted will receive a grade of "0".
8. **Risk Awareness** - Candidates should be aware that physical activity may be required as partial fulfillment of the requirements of this class. This includes participation in practice lessons taught by the instructor and/or peers. Candidates should make the instructor aware of any physical limitations that will limit participation in the class.
9. **From the office of Risk Management-***"In the event of a medical emergency, call 911 or use red emergency phone. Offer assistance if trained and willing to do so. Guide emergency responders to victim. In the event of a tornado warning, proceed to the lowest level interior room without window exposure. See www.uwsp.edu/rmgt/Pages/em/procedures/other/floor-plans for floor plans showing severe weather shelters on campus. Avoid wide-span rooms and buildings. In the event of a fire alarm, evacuate the building in a calm manner. Active Shooter – Run/Escape, Hide, Fight. If trapped hide, lock doors, turn off lights, spread out and remain quiet. Follow instructions of emergency responders. See UW-Stevens Point Emergency Management Plan at www.uwsp.edu/rmgt for details on all emergency response at UW-Stevens Point."*

Tentative SPRING 2020 Schedule for Scientific Principles of Sport and Activity

<u>Tues, Jan 21</u>	<u>Syllabus + Intro+ Skeletal Tissue</u>	
<u>Thurs, Jan 23</u>	<u>Skeletal Tissue Cont + Axial Skeleton</u>	
<u>Tues, Jan 28</u>	<u>Axial Skeleton /Appendicular Skeleton</u>	
<u>Thurs, Jan 30</u>	<u>Joints</u>	
<u>Tues, Feb 4</u>	<u>Muscles that move head/neck, vert column, thorax</u>	
<u>Thurs, Feb 6</u>	<u>Muscles that move humerus/shoulder, scap, forearm/elbow</u>	
<u>Tues, Feb 11</u>	<u>Muscles that move femur/hip, leg, foot/ankle</u>	
<u>Thurs, Feb 13</u>	<u>Muscles that move femur/hip, leg, foot/ankle</u>	
<u>Tues, Feb 18</u>	<u>EXAM #1</u>	
<u>Thurs, Feb 20</u>	<u>Neuromuscular System</u>	<u>CH 1</u>
<u>Tues, Feb 25</u>	<u>Neuromuscular System</u>	<u>CH 1</u>
<u>Thurs, Feb 27</u>	<u>ENERGY Systems</u>	<u>CH 3</u>
<u>Tues, Mar 3</u>	<u>Energy Systems Cont/</u>	<u>CH3</u>
<u>Thurs, Mar 5</u>	<u>Cardiovascular System & Exercise</u>	<u>CH 4</u>
<u>Tues, Mar 10</u>	<u>Cardiovascular System & Exercise</u>	<u>CH 4</u>
<u>Thurs, Mar 12</u>	<u>EXAM #2 Chapters 1,3 &4</u>	
<u>Tues, Mar 17</u>	<u>SPRING BREAK</u>	
<u>Thurs, Mar 19</u>	<u>SPRING BREAK</u>	
<u>Tues, Mar 24</u>	<u>Principles of Training</u>	<u>CH 6</u>
<u>Thurs, Mar 26</u>	<u>Warm-up, flex and balance training</u>	<u>CH 7</u>
<u>Tues, March 31</u>	<u>Resistance Training</u>	<u>CH 8</u>
<u>Thurs, April 2</u>	<u>Resistance/ Power Training</u>	<u>Ch 8/9</u>
<u>Tues, April 7</u>	<u>Power Training/Anaerobic Conditioning</u>	<u>Ch9/10</u>
<u>Thurs, April 9</u>	<u>Anaerobic Conditioning</u>	<u>CH 10</u>
<u>Tues, April 14</u>	<u>Speed & Agility Development</u>	<u>CH 11</u>
<u>Thurs, April 16</u>	<u>TBD...</u>	
<u>Tues, April 21</u>	<u>Endurance Training</u>	<u>CH 12</u>
<u>Thurs, April 23</u>	<u>Endurance Training</u>	<u>CH 12</u>
<u>Tues, April 28</u>	<u>Concurrent Training & Periodization</u>	<u>13/14</u>
<u>Thurs, April 30</u>	<u>Concurrent Training & Periodization</u>	<u>13/14</u>
<u>Tues, May 5</u>	<u>Program Development & Implementation</u>	<u>CH 15</u>
<u>Thurs, May 7</u>	<u>Sport Portfolio DUE</u>	
<u>Wednesday, May 13, 2020</u>	<u>12:30-2:30PM FINAL EXAM</u>	

**** Please note that this is a guideline. The guideline is subject to change. Additional readings will be either handed out in class or emailed**