**UNIVERSITY OF WISCONSIN-STEVENS POINT**

**COACHING 372 – Psychology of Sport & Activity**

**Course Information Instructor Information**

COA 372 Chris Brooks

TR 9 am-10:15 am 118 C HEC

3 Credits cbrooks@uwsp.edu

CCC 214

Office Hours- By Appointment

**Required Texts**

Vealey, R.S. (2005). *Coaching for the Inner Edge (1st Ed)*. Morgantown, WV: Fitness Information Technology.

**Course Description**

COA 372 is a three-credit course within the coaching certification program that is designed to examine and analyze both psychological as well as social factors that influence coaching effectiveness. While motivation is a key variable in determining effectiveness, it will be one of many that will be analyzed throughout the course. Other factors include, but are not limited to leadership, confidence, team cohesion. In addition, we will discuss the importance of listening and how to manage conflict in coaching roles.

**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. Effective coaching comprises both science and art – the course will utilize key theories and contemporary research to educate each student on the best methods of exacting influence and of ways to implement functional and sustainable changes in behavior, attitude, and performance among athletes.

**Desire 2 Learn**

All course materials, including handouts, study guides and other learning materials will be posted on the D2L site for the course. Please check the site 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 Grading Scale**

Quizzes (5) -----------------–---25% A = 94-98%

Assignments (2) ------------–-15% A- = 91-93 B+ = 89-90

Midterm Exam -------------–--15% B = 84-88

Class Presentation------------10% B- = 81-83 C+ = 79-80

Class Project --------------------15% C = 74-78

Final Exam ----------------------15% C- = 71-73 D+ = 69-70

Att/Part---------------------------5% D = 66-68

100% F = below 66%

**Course Objectives**

Upon termination of COA 372, the student should…

1. Be capable of articulating the theory and research behind the noted psychosocial factors that have been shown to have the greatest influence on coaching effectiveness.
2. Develop a strong awareness of one’s own coaching philosophies and core beliefs as they relate to human behavior, attitudes, and communication. Demonstration of competence will be examined through both the class presentation as well as the main project for the class.
3. Enhance his/her self-awareness with regard to one’s verbal and non-verbal communication, as well as entrenched stereotypes, beliefs, and knowledge systems that could stifle the progression of not only his/her development as a coach, but also the development of those with whom one works.
4. Develop a historical base of knowledge relative to the initiation, growth, and expansion of the coaching domain in modern sport. It is vital that all knowledge acquisition includes historical underpinnings so that students may progressively improve the science of coaching effectiveness.
5. Possess a complex comprehension of the following variables as they relate to coaching athletics: communication, goal setting, energy management, leadership, group dynamics, and motivation.
6. Learn to incorporate proper assessment and evaluative tools within one’s sport program, and become aware of how such tools can affect personnel selection, retention, and turnover.
7. Develop professional competencies within the realm of philosophical and structural development, oral communication, and advanced composition. It is the goal of this class to ensure that all students are appropriately challenged to move forward as future professionals in their chosen field.
8. Fully understand the degree to which group dynamics, individual and demographic differences, and social/situational factors influence our day-to-day and moment-to-moment preparations and communication. These factors, when taken in combination, make coaching one of the most challenging but potentially one of the most rewarding of all the human services professions.

**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.
   1. 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.
   2. 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 a 5% drop in your A/P grade.
2. *Punctuality & Professional Courtesy.* Please be prompt in getting to class by 9 am. Tardiness to class or a lack of courtesy shown while in class (ex: sleeping) will result in a 3% drop in your A/P grade.
   1. Any cell phone use – including texting and use of Twitter or Facebook – is prohibited during class and will result in a 3% drop in your attendance/participation grade for each offense.
   2. NOTE – the impact of 3-5% is SIGNIFICANT – it can turn an A into a B+ – or a C into a D
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.* This should go without saying, but it is imperative that all assignments be composed of your own ideas and words. While use of quotes and referenced paraphrasing will be necessary for your course project, you must properly acknowledge the sources of your information or risk a failing grade and possible academic suspension for taking ownership of words that are not your own.

**Guideline for the Semester**

**September 6, 2016**- Syllabus and Major Project Introduction

**September 8, 2016**- Understanding Sport Psychology- Chapter 1

**September 13, 2016-** Developing and Living a Practical Coaching Philosophy- Chapter 2/ Assignment 1 will be assigned. UWSP Women’s Basketball Coach, Shirley Egner will speak at 9:45 am.

**September 15, 2016**- Motivation and Athletes- Chapter 3

**September 20 and 22, 2016**- No class. Time to work on Assignment 1. Due September 29.

**September 27, 2016-**  Communication within Teams- Chapter 4

**September 29, 2016-** Communication within Teams- Chapter 4, Study Guide will be handed out on September 29 in class for Midterm.

**October 4, 2016**- Communication- Chapter 4- UWSP Women’s Volleyball Coach, Abby Sutherland will speak at 9:45 am.

**October 6, 2016-** Open Communication Class

**October 11, 2016**- Midterm Exam

**October 13, 2016-** Leadership- Chapter 5

**October 18, 2016**- Leadership- Chapter 5/ Assignment 2 will be assigned on October 18.

**October 20, 2016-** Leadership- Chapter 5

**October 25 and 27, 2016-** No Class. Time to work on Assignment 2. Due November 3.

**November 1, 2016**- Team Cohesion- Chapter 6

**November 3, 2016-** Team Cohesion- Chapter 6

**November 8, 2016**- Listening- Supplementary Reading will be provided. UWSP Women’s Assistant Volleyball Coach, Lindsey Kooi will speak at 9:45 am.

**November 10, 2016-** Listening- Supplementary Reading will be provided. UWSP Men’s Swimming and Diving Head Coach, Al Boelk will speak at 9:45 am.

**November 15, 2016-** Managing Conflict- Supplementary Reading will be provided.

**November 17, 2016-** Managing Conflict- Supplementary Reading will be provided.

**November 22, 2016-** Open Communication Class

**November 24, 2016-** No Class- Thanksgiving Break

**November 29, December 1, December 6 and December 8, 2016-** Final Group Presentation/ Study Guide will be handed out on December 1 in class for the Final.

**December 15, 2016-** Final Exam in class

**\*\* Please note that this is a guideline. The guideline is subject to change. Additional readings will be either handed out in class or posted on D2L.**