

**COACHING 398**  
**Mondays 9-10:30am**

**Abbey Sutherland—Head Volleyball Coach/Associate Lecturer**

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**Office:** HEC 117A

**Office hours:** M/W 11-1pm and 2-3pm, 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 50 supervised hours in the field, whether in practices or in competition. At the conclusion of their experience, students will be expected to submit a binder that includes a) their supervising coach's written evaluation, and b) an 8-10 page final paper that articulates their present competencies as they relate to [SHAPE America's National Standards 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.
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.

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**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.

**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	TBD
Reflective Analyses/Exam #2	TBD

**FINAL PROJECT**

- The Energy Bus Action Plan
- Technology in Coaching
- Resume

**EVALUATION CRITERIA**

Supervisor Evaluation and Video Interview	40%
<a href="#">Reflective Analyses</a> /Final Exam	20%
<a href="#">Final Project/Technology/Resume</a>	20%
Exams/Homework/Participation/Attendance	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

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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” (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.

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