



**SUL ROSS**  
KINESIOLOGY DEPARTMENT

**KES 2340**  
**Principles of Athletic Coaching**  
**Spring 2022**

**Dr. Billy Jack Ray**  
Assistant Professor - Kinesiology

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**Office Hours:** Monday 1-4, Tuesday 11-4, Wednesday 1-4, Thursday 11-4, and Friday 11-2  
**By appointment (email to set an appointment)**  
**Required Text:** *Successful Coaching* 4<sup>th</sup> Edition, Martens. ISBN-13: 978-1-4504-0051-0  
**Meeting:** MWF 10 – 10:50 am GPC 106 / Zoom Teleconferencing and via BlackBoard

**Program Learning Outcomes**

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits (Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).
3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

**Marketable Skills – The following marketable skills are met in this course:**

- Creativity
- Collaboration –
- **Communication** – students will research a coaching leadership book and orally present this to the class
- **Critical Thinking** – students will critically decipher a multitude of real-world scenarios
- **Career Readiness** – students will learn skills necessary to thrive in their chosen profession

**Standard III**

The physical education teacher uses knowledge of individual and group motivation and behavior to create and manage a safe, productive learning environment and promotes students' self-management, self-motivation and social skills through participation in physical activities.

**Competency 002**

The teacher understands principles and practices developing, combining and integrating motor skills.

### **Competency 004**

The teacher understands and applies knowledge of individual, dual and team sports and activities.

### **Competency 005**

The teacher understands principles, techniques, skills and safety practices for dance, personal performance activities, cooperative and nontraditional games, recreational activities and outdoor pursuits.

### **Course Description**

The course is designed to present foundational knowledge essential for coaching any level athlete in any sport. Emphasis is on a comprehensive approach to the foundations and theories of coaching, motivation and handling of athletes, and administrative duties performed in coaching.

### **Course Purpose**

The course is designed to prepare students for a career in athletic coaching.

Students must provide at least one written analytical reflection in their e-portfolio that answers the following prompts related to the SLOs:

- Demonstrate growth in acquisition, integration, construction, and application of knowledge
- Improve cognitive complexities
- Enhance interpersonal development
- Develop interpersonal competence
- Develop an appreciation of humanitarianism and civic engagement

### **Course Principles**

The following outcomes have been adopted for this course. All outcomes listed below have direct relevance to course material. Upon completion of this course students will develop:

- Personal definition of success
- Quality coaching resume-building skills
- Knowledge of current laws and regulations related to athletics
- Appreciation & recognition of available professional organizations
- Understanding of state & national sports governing body structures
- Knowledge of rules & policy development
- Personal coaching philosophy
- Knowledge to aid in structuring team or departmental mission statements
- Understanding of basic budgeting & fundraising principles
- Knowledge & appreciation of the difference between principles & styles
- Organized practice planning skills
- Understanding & appreciation of varied leadership styles

### **Attendance**

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time, 75% credit for being tardy. **One letter grade will be deducted for every absence after four (4). Students with zero (0) absences (not including athletic related absences) and with no missing assignments will be exempt from the final exam.**

## **GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS**

<b>Grade calculation</b>	<b>% of Grade</b>	<b>Grading Scale</b>
<b>Attendance</b>	<b>10% (100 points)</b>	<b>900 &amp; Above    A</b>
<b>Quizzes</b>	<b>30% (12 @ 25 = 300 points)</b>	<b>800 – 899        B</b>
<b>Coaching Philosophy Paper</b>	<b>5% (50 points)</b>	<b>700 – 799        C</b>
<b>Book Review Paper</b>	<b>10% (100 points)</b>	<b>600 – 699        D</b>
<b>Book Review Presentation</b>	<b>5% (50 points)</b>	<b>599 &amp; Below     F</b>
<b>Unit Test</b>	<b>30% (3 @ 100 = 300 points)</b>	
<b>Final Exam</b>	<b>10% (100 points)</b>	<b>Total Points = 1000</b>

**No Late Assignments Will Be Accepted. Also, No Credit Will Be Given For Any Late Assignments**

# Course Schedule

		<b><u>Blackboard</u></b> <b><u>Assignment</u></b>
<b><u>Week 1</u></b>	Syllabus/Introduction/ Blackboard Chapter 1 – Developing Your Coaching Philosophy Philosophy Paper Discussion	
<b><u>Week 2</u></b>	<b>MLK Day – No Class</b> Chapter 1 – Developing Your Coaching Philosophy Chapter 2 – Determining Your Coaching Objective	<b>Quiz 1</b> <b>01-23-2022</b>
<b><u>Week 3</u></b>	Chapter 3 – Selecting Your Coaching Style Chapter 3 – Selecting Your Coaching Style Guest Lecture	<b>Quiz 2</b> <b>01-30-2022</b>
<b><u>Week 4</u></b>	Chapter 4 – Coaching for Character Chapter 5 – Coaching Diverse Athletes Guest Lecture	<b>Quiz 3</b> <b>02-06-2022</b>
<b><u>Week 5</u></b>	<b>Book Review Discussion</b> Chapter 6 – Communicating with Your Athletes Chapter 6 – Communicating with Your Athletes	<b>Quiz 4/ Test 1</b> <b>02-13-2022</b>
<b><u>Week 6</u></b>	Chapter 7 – Motivating Your Athletes Chapter 8 – Managing Your Athletes Behavior Guest Lecture	<b>Quiz 5 / Book Review</b> <b>Selection Form</b> <b>02-20-2022</b>
<b><u>Week 7</u></b>	Chapter 9 – The Games Approach Chapter 10 – Teaching Technical Skills Guest Lecture	<b>Quiz 6 / Philosophy</b> <b>Paper</b> <b>02-27-2022</b>
<b><u>Week 8</u></b>	Chapter 11 – Teaching Tactical Skills Chapter 12 – Planning for Teaching Chapter 12 – Planning for Teaching	<b>Quiz 7</b> <b>03-06-2022</b>
<b><u>Week 9</u></b>	Chapter 13 – Training Basics Chapter 14 – Training for Energy Fitness Guest Lecture	<b>Quiz 8 / Test 2</b> <b>03-20-2022</b>
<b><u>Week 10</u></b>	Chapter 15 – Training for Muscular Fitness Chapter 16 – Fueling for Athletes Chapter 16 – Fueling for Athletes	<b>Quiz 9</b> <b>03-27-2022</b>
<b><u>Week 11</u></b>	Chapter 17 – Battling Drugs Chapter 18 – Managing Your Team Chapter 18 – Managing Your Team	<b>Quiz 10</b> <b>04-03-2022</b>
<b><u>Week 12</u></b>	Chapter 19 – Managing Relationships Chapter 19 – Managing Relationships Guest Lecture	<b>Quiz 11 / Book Review</b> <b>Paper &amp; PowerPoint</b> <b>04-10-2022</b>
<b><u>Week 13</u></b>	Chapter 20 – Managing Risk <b>Book Review PowerPoint Presentation</b>	<b>Quiz 12 / Test 3</b> <b>04-17-2022</b>

<b><u>Week 14</u></b>	<b>Book Review PowerPoint Presentation</b>	
<b><u>Week 15</u></b>	<b>Book Review PowerPoint Presentation</b>	
<b><u>Week 16</u></b>	<b>Final Exam Week No Class</b>	<b>Final Exam</b> Friday, 04-29-2022 10am – 12pm

### **BOOK REVIEW GUIDELINES & GRADING RUBRIC**

Choose & read a book written by an athletic coach that you are interested in, related to coaching the sport he/she coaches.

Write a review of the book based on:

- Description of the coach (sport coached, level, experience, success, etc.)
- Central/key points (at least 2) that stand out related to this coach’s philosophy/style
- At least 3 “pearls of wisdom” you took from the book (quotes or lists) –use page numbers (p.32) to show where these were found in your book
- How you will apply what you learned to your own coaching

Review *must* be:

- Typed
- Double-spaced
- 3-5 pages in length (not including title page)
- ...and include a *Title Page* with your name, date, book title (ex. *Uncommon* by Tony Dungy) centered on front page of your report

#### **Rubric:**

Book selection form (turned in on time)	___ (5%)
Spelling/Grammar/Followed Instruction	___ (20%)
Pearls of Wisdom (quotes or lists)	___ (20%)
Application to your coaching	___ (25%)
Central points of philosophy/style	___ (30%)
<b>Total:</b>	<b><u>100</u> (100%)</b>

### **Distance Education Statement**

Students enrolled in distance education courses have equal access to the university’s academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students’ identities and to protect students’ information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

### **Accidents & Injuries**

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student’s responsibility.

## **Academic Integrity Statement**

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden. The Student Handbook can be found at: <https://www.sulross.edu/catalog/undergraduate-academic-regulations-2/#1605412215143-c8b265dc-3e01> In addition, please note that plagiarism detection software will be used in this class for written assignments.

## **Academic Civility Statement**

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

## **Academic Affairs Service Statement**

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

## **Libraries**

The Bryan Wildenthal Memorial Library in Alpine.

Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, [library.sulross.edu](http://library.sulross.edu). Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email ([srsulibrary@sulross.edu](mailto:srsulibrary@sulross.edu)), or phone (432-837-8123).

## **Academic Excellence Statement**

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

## **ADA Statement**

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Students seeking accessibility/accommodations services must contact Rebecca Greathouse Wren, LPC-S, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email [rebecca.wren@sulross.edu](mailto:rebecca.wren@sulross.edu). Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.

# **Book Review Selection Form**

**Due 10-01-2021**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Title of Book:** \_\_\_\_\_

**Author (Coach):** \_\_\_\_\_

**Sport:** \_\_\_\_\_