YORK UNIVERSITY  
Faculty of Health  
SCHOOL of KINESIOLOGY and HEALTH SCIENCE

Course: HH KINE 2475 3.0 A  Coaching: The Art & Science

Course Web Page: moodle.yorku.ca
The following information will be available on this site:
1. the course syllabus
2. class announcements
3. power point lecture notes
4. Practice Observation assignment requirements
5. appropriate reference style
6. typical writing problems to avoid

Prerequisite/Co-requisite: None

Course Instructor: Wally Dyba 416 736-2100 ext 77294
319 Stong College wdyba@yorku.ca

Time and Location:
Section A  Day  Time  Location
Tuesday  2:30 pm – 3:50 pm  CLH J
Thursday 2:30 pm – 3:50 pm  CLH J

Office Hours: Monday and Wednesday 2:30 pm – 3:30 pm
Or by appointment

Expanded Course Description:

The course expands on and enhances the requirements of the National Coaching Certification Program (NCCP) Introduction to Competition context curriculum. Within the curriculum there is an emphasis on the processes that are required to develop successful individuals not only in sport but also in a broader context.

A brief history of the development of coaching education in Canada is presented and then students are guided through their reflections on approaches, roles and profiles of coaches. Issues in the sporting milieu are explored by examining philosophy and values when making ethical decisions while developing a positive sport/coaching environment. A special emphasis is placed on being able to plan and then conduct effective practices focusing on teaching and learning processes. In addition, the course will look at designing a basic sport program within the context of Long Term Athlete Development (LTAD). The course will also provide a background to assist the coach in providing
basic nutritional advice and teaching basic mental skills primarily to athletes in the Fundamentals, Learning to Train and Training to Train stages of the LTAD model.

Course Content and Learning Objective:

In taking this course, students will cover more than just the minimum education and training opportunities for Competition: Introduction Stream sport coaches as offered through the National Coaching Certification Program (NCCP). Upon completion of this course, students should develop abilities to implement outcomes in the following areas:

1. applying the NCCP ethical decision making framework in response to ethical situations
2. organizing activities within a practice plan that are well structured, adapted to the participants’ age and reflect safety considerations
3. creating conditions that promote learning and self-esteem
4. designing a basic sport program that incorporates LTAD principles
5. promoting food choices that are consistent with basic sport nutrition principles
6. guiding athletes to improve basic mental skills

In addition, as students progress through each module of the NCCP Workbook, they will work on developing five plus one core competencies that will help them become a more effective coach and thus have a more meaningful impact on athletes’ experiences. These competencies are problem solving, valuing, critical thinking, leading and interacting. The additional competency is reflection

Course Texts:

NCCP. Bundle Part A – Workbook and Reference Manuals - MED, PaP, NUT
NCCP. Bundle Part B – Workbook and Reference Manuals - DSP, T&L, BMS

NCCP # and “Certification”

Upon enrolling in KINE 2475 3.00, students need to register with the National Coaching Certification Program and obtain an NCCP#. The participation in and completion of each Workbook Module in the Introduction to Competition context will be documented. Upon successful completion of each module students will then be deemed “trained” in each specific module.

To be “certified” students must be evaluated by an external agency. Students will be “certified” for the Making Ethical Decision module, if they successful complete the on-line evaluation. In order to do the on-line evaluation, students must create their NCCP#. This can be done by going to the following website:

http://www.coachesontario.ca/getting-your-nccp/
Course Evaluation:

Numerical scores will be assigned to each item of course work. However, there should be no assumption that a certain total course mark translates to a specific letter grade. Letter grades will be assigned based upon the descriptions found in the York University Undergraduate Calendar.

http://calendars.students.yorku.ca/2016-2017/kinesiology-and-health-science#program

Final grade may be adjusted to conform to Program or Faculty grade distribution profiles.

Specific Assessment

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Weight</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>Mid term examination</td>
<td>30%</td>
<td>Thursday October 20, 2016</td>
</tr>
<tr>
<td>On-line Assessment Submission</td>
<td>5%</td>
<td>by October 16, 2016</td>
</tr>
<tr>
<td>(Making Ethical Decisions Module)</td>
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<tr>
<td>Practice Observation Report</td>
<td>25%</td>
<td>November 17, 2016</td>
</tr>
<tr>
<td>Final Exam</td>
<td>30%</td>
<td>December – during exam period</td>
</tr>
<tr>
<td>Coach Workbook Modules</td>
<td>10%</td>
<td>on completion due dates</td>
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NOTE:

The last day to drop a Fall Term course without receiving a letter grade is

Friday November 11, 2016

Workbook Modules: The appropriate Workbook Module should be brought to class on a daily basis. Specific pages and/or modules will either be assigned as homework or will be completed as a class task. The workbooks will be collected at the end of class, on the specific task/module completion date. Workbooks will be checked and appropriate credit will be given for submission. Completed Workbooks are a partial requirement to be deemed “trained” in the specific module. No submission and no credit will be given! Workbooks must be submitted during class only.

Workbook module completion dates:

<table>
<thead>
<tr>
<th>Module</th>
<th>Credit</th>
<th>Completion Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Introductory Module</td>
<td>1</td>
<td>Thurs September 20, 2016</td>
</tr>
<tr>
<td>2. Making Ethical Decisions</td>
<td>1</td>
<td>Thursday, October 6, 2016</td>
</tr>
<tr>
<td>3. Planning a Practice</td>
<td>2</td>
<td>Tuesday October 25 2016</td>
</tr>
<tr>
<td>4. Nutrition</td>
<td>1</td>
<td>Tuesday October 25 2016</td>
</tr>
</tbody>
</table>
5. Teaching and Learning       1 Thursday November 10, 2016
6. Design a Basic Sport Program      3 Tuesday November 22, 2016
7. Basic Mental Skills        1 Tuesday November 29, 2016

**TurnItIn.com**

In order to continue promoting an environmental culture of academic integrity befitting our community of scholars, students will be asked to directly submit their work in digital form to “*TurnItIn.com*”.

*TurnItIn.com* is an Internet-based service created at the University of California, Berkeley to scan submitted works for similarity to material that may have been copied from public web-sites, academic journals, papers purchased from an essay mill, etc., and essays and assignments concurrently or previously submitted to *TurnItIn*, which are stored in its extensive and growing data-base. Students are asked to do this as “it can help to advance the academic reputation of the course, the program and the university, making the degree potentially more valuable to the student and to employers of our students”. Students should be assured that the results from “*TurnItIn.com*” will not be viewed until after the papers have been graded.

For those students unwilling to submit their work to “*TurnItIn.com*”, which is their prerogative, in order to receive credit for the work, they will need to:
1. submit all rough copies of their work
2. submit an annotated bibliography of reference titles selected
3. make an oral presentation to the course director of their learning outcomes.

Students may take a limited number of courses for degree credit on an ungraded (pass/fail) basis. For full information on this option see Alternative Grading Option in the Faculty of Health section of the Undergraduate Calendar.

**Lateness Penalty:** Assignments received later than the due date will be penalized as indicated – one point for each day late as verified by “*TurnItIn.com*”. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., which is confirmed by supporting documentation may be taken into consideration by the Course Director.

**Missed Examinations:** Students with a valid documented reason for missing a course examination may request accommodation from the Course Director. Prolonged extensions or accommodation will require students to submit a formal petition to the Faculty.
IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information available on the Senate Committee on Curriculum & Academic Standards. This information is found by linking to Faculty Rules from the Kinesiology and Health Science program calendar website:

http://calendars.students.yorku.ca/2016-2017/kinesiology-and-health-science#program

- York’s Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation
Course: HH KINE 2475 3.00  Coaching: The Art & Science

Specific Course Outline:

Lecture 1  September 8, 2016  Course Introduction
Readings
https://www.stephencovey.com/7habits/7habits-habit1.php

Lecture 2  September 13, 2016  Coach Education – An Art and Science
Readings
The NCCP
Coaching Development in Canada
Introductory Module

Lecture 3  September 15, 2016  Reflections on Coaching
Readings
Approaches to Coaching
Why Athletes Participate
Expectations of Coaches and of Sport
Introductory Module
http://www.biathloncanada.ca/dbfiles/516.pdf

Lecture 4  September 20, 2016  Role of the Coach
Readings
Profile of a Coach
Successful Coaches
Effective Coaches
“Screaming Coaches” - video

Lecture 5  September 22, 2016  Sport Participation
Readings
Women in Sport
Female Coaches

Lecture 6  September 27, 2016  Fair Play Philosophy
Readings
Coaches’ Statement of Values
NCCP Code of Ethics
“A Coach’s Gift”
http://www.coachesofcanada.com/Professionals/
Part A  Make Ethical Decisions  pages 11-12, 17, 20-21

Lecture 7  September 29, 2016  Ethical Decision Making
Readings
The Process
Establish the Facts
Legal or Ethical Issues
Make Ethical Decisions Module  pages 1-6, 22-24

Lecture 8  October 4, 2016  Ethical Decision Making
The Process
Identify Options and Possible Consequences
Evaluate your Options
Choose the best Option
Implement Your Decision
Debrief Competencies and Outcomes

Readings
Make Ethical Decisions pages 7-10, 13-16

Lecture 9
October 6, 2016 Practice Planning
Structure of a Practice
Safety and Liability
Emergency Action Plan

Readings
Part A Planning a Practice pages 2-32, 96-104

Lecture 10
October 11, 2016 Practice Planning
Classifying Sport Skills
Stages of Skill Development
Athletic Abilities

Readings
Part A Planning a Practice pages 34-60, 93-94

Lecture 11
October 13, 2016 Practice Planning
Growth and Development (LTAD)
Specialization
G&D Coaching Principles
Putting it All Together

Readings
Part A Planning a Practice pages 62-79, 82-88, 93-94, 105-107

Lecture 12
October 18, 2016 Basis of Physical Activity
Application of the Energy Concepts
Nutrition
Nutrition and the Coach
Eating on the Road
Hydration

Readings
Part A Nutrition pages 1-25

Lecture 13
October 20, 2016 MID TERM EXAMINATION

Lecture 14
October 25, 2016 Why Athletes Drop Out
Self Esteem – The Spirit of Sport
Involvement in Activities

Readings
Teaching and Learning module pages 12-16

October 27 NO CLASS – Fall Reading Day

Lecture 15
November 1, 2016 Teaching and Learning
Links between Planning and Teaching
Defining Learning
Learning Styles
Analyzing a Coaching Situation – Video

Readings
Teaching and Learning module pages 1, 4-9, 18-24, 56-63

Lecture 16
November 3, 2016 The Teaching Process
Organization and Set Up
Explanations and Demonstrations
<table>
<thead>
<tr>
<th>Lecture</th>
<th>Date</th>
<th>Topic</th>
<th>Readings</th>
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<tbody>
<tr>
<td>19</td>
<td>November 15, 2016</td>
<td>Design a Basic Sport Program, Core Competencies, Definitions and Concepts, Structure of a Sport Program, Knowing Your Athletes and Your Program, Analyzing Your Program, Issues and Solutions</td>
<td>Part B Design a Basic Sport Program pages 2-33</td>
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<tr>
<td>20</td>
<td>November 17, 2016</td>
<td>Design a Basic Sport Program, Prioritizing Abilities and Skills to Training, Objectives, Linking Sport Programs and Training Sessions, Debrief Design a Basic Sport Program</td>
<td>Part B Design a Basic Sport Program pages 40-71</td>
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<tr>
<td>21</td>
<td>November 22, 2016</td>
<td>Basic Mental Skills, Overview, Attentional Control</td>
<td>Part B Basic Mental Skills pages 2-20</td>
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<tr>
<td>22</td>
<td>November 24, 2016</td>
<td>Basic Mental Skills, Emotional Control, Goal Setting, Planning</td>
<td>Part B Basic Mental Skills pages 22-47</td>
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<tr>
<td>23</td>
<td>November 29, 2016</td>
<td>Catch up, Course Material Review, submit Mental Skills module</td>
<td></td>
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<tr>
<td>24</td>
<td>December 2, 2016</td>
<td>Make up classes – if necessary</td>
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