

YORK UNIVERSITY
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE

FACULTY OF HEALTH

KINE 3610 3.0: COACHING: PSYCHOLOGICAL AND SOCIOLOGICAL ASPECTS

COURSE OUTLINE – WINTER 2010

Course Director: Bob Bain, 322 Stong

Phone: 416-736-2100 ext 77317

E-mail: bbain@yorku.ca

Unit I: Introduction

Unit II: The Coach as a Leader

1. Power and Ethics
2. Legal Liability
3. Socialization
4. Leadership Theories and Styles

Unit III: Group Dynamics

1. Group Structure
2. Group Cohesion
3. Team Building
4. Communication

Unit IV: Applied Sport Psychology

1. Motivation
2. Arousal/Anxiety
3. Attention
4. Cognitive Behavioural Intervention

NOTE: Last Day to withdraw from this course without academic penalty is March 8 , 2010.

Text Books:

Weinberg, R.S. and Gould, D. *Foundations of Sport and Exercise Psychology*, 4th edition.

Windsor: Human Kinetics, Canada, 2006.

Course Pre-requisites: AS/SC KINE 2475 3.0
AS/SC PSYC 1010 6.0

Course Requirements		Date
Coaching Observation Report	30%	Feb 2, 2010
Term Examination	30%	Feb 23, 2010
Final Examination	30%	Examination Period , April 7-23, 2010
Classroom Work	10%	

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COACHING LEADERSHIP – OBSERVATION REPORT

DUE: Feb. 2, 2010

VALUE: 30% of Final Grade

TASK: The student must research / investigate and report upon a documented case of a coach's "abuse of power"

REPORT: The report should include a brief summary or review of the case followed by an analysis relative to the nature of the abuse of coaching power. Reference to the "Professional Coaches Association of Canada" Code of Ethics must be made in your report. Ethical and legal ramifications and penalties should also be noted. The source of the coach's power and the Criminal Code of Canada must be discussed if relevant to the case.

An evaluative summary reflecting your thoughts and feelings should end the report.

Length: It is expected that the report will be approximately a maximum of 5 typed pages excluding the appendix.

Style: It is expected that the grammar, spelling and writing style will be of a university calibre. Proper method of acknowledging all reference material is also expected.

Late Papers: Late papers will be accepted with a penalty of ½ grade per day late, up to a maximum of 50% of the grade of the paper. All assignments must be submitted prior to the date of the final exam for a grade to be assigned.

COACHING OBSERVATION RECORD – AS/SC KINE 3610 3.0

STUDENT NAME (& ID NO.) _____

TELEPHONE NUMBER _____

SPORT OBSERVED _____

LEVEL AND/OR CLASSIFICATION _____

DATE OF OBSERVATION _____

PLACE OF OBSERVATION _____

COACH'S NAME _____

COACH'S ADDRESS or PHONE NUMBER _____

COACH'S SIGNATURE _____

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