I. Descriptive Information

Course Title-Number  Coaching Methods and Principles   PET 4763

Course Description  To stimulate philosophic thinking and foster a spirit of confidence in developing researched based methods of sport coaching.

Course Credit  3 credit hours

Intended Audience  This course is designed for students in the Sports and Exercise Science under-graduate degree with specificity in sport coaching or “coaching minors” at the University of Central Florida.

Instructor  Dr. Jeff Duke  
Office Phone #: 352.536.2180  
Office (South Lake Campus): #317  
E-mail: jeff.duke@ucf.edu

II. Statement of Course Goals and Objectives

Goals

This course has been specifically designed to provide direction for athletic coaches, administrators, athletes, and the public regarding the philosophical design that coaches should demonstrate in their methodology. The overriding premise in the development of this course is for the contents to be used to ensure the enjoyment, safety, and positive skill development of America’s athletes.

Objectives  Students will be able to:

1. To develop the skills needed to generate a professional philosophy as an athletic coach. (NSSC #1, #2, #3, #4, #16)
2. To examine various philosophic thoughts. (NSSC #1, #2, #3, #4, #17, #18, #19, #21, #22, #23, #24, #25, #26)
3. To illustrate coaching skills, tactics and strategies. (NSSC #1, #2, #3, #4, #16, #17, #18, #19, #21, #22, #23, #24, #25, #26, #27, #28)
4. To demonstrate organizational administrative efficiency in implementing a personal coaching philosophy. (NSSC #1, #2, #3, #4, #17, #18, #22, #23, #24, #25, #26)

III. General Course Policies

1. Attendance is mandatory and is an integral part of the final grade.
2. Be on time for class.
3. This is an “interactive” class with weekly “outside” class lab assignments. Instructor has discretion as to what constitutes an “excused” absence.
IV. Required Text


V. Academic Course Requirements

1. **FINAL EXAM (Part 1) Coaching Methods & Philosophy Presentation (10 points)**
   A professional individual presentation (power point) on your personal coaching philosophy and methodology will be given in front of your peers. Format, length & content will be developed throughout semester. (*NSCC #1, #2, #3, #4, #17, #18, #22, #23, #24, #26*)

2. **FINAL EXAM (Part 2) Individual Coaching Methods & Philosophy Interview (10 points)**
   Following the instructor’s review on Part 1 of the Final exam, an individual question and answer session with Dr. Duke will be scheduled. This time will allow the student to verbalize their individual philosophy and methodology as related to case scenario(s). (*NSCC #1, #2, #3, #4, #17, #18, #22, #23, #24, #26*)

3. **Development of Coaching Methods Assignments (80 points)**
   During the course of the term, each student will complete a series of eight (8) assignments (outside of class) based on class lecture to help stimulate philosophical and methodology development. Each assignment is worth ten (10) points. **Completed assignments are due at the beginning of the next scheduled class.** (*NSCC #1, #2, #3, #4, #16, #17, #18, #19, #21, #22, #23, #24, #25, #26*)

VI. Evaluation

**Evaluation**

Completed assignments are due at the beginning of the next scheduled class.

Coaching Methods Development Assignments (8 @ 10 points each) 80
Final Exam Part 1: Individual Methods/Philosophy Presentation (10 points) 10
Final Exam Part 2: Individual Methods/Philosophy Interview (10 points) 10

**TOTAL** 100

VII. Grading Scale

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<thead>
<tr>
<th>Score</th>
<th>Grade</th>
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<tbody>
<tr>
<td>94 - 100 = A</td>
<td>74 - 76 = C</td>
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<tr>
<td>90 - 93 = A-</td>
<td>70 - 73 = C-</td>
</tr>
<tr>
<td>87 - 89 = B+</td>
<td>67 - 69 = D+</td>
</tr>
<tr>
<td>84 - 86 = B</td>
<td>64 - 66 = D</td>
</tr>
<tr>
<td>80 - 83 = B-</td>
<td>60 - 63 = D-</td>
</tr>
<tr>
<td>77 - 79 = C+</td>
<td>59 &amp; below = F</td>
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