

Course ID:	Course Title:	Winter 2018
KIN 241	Introduction to Coaching	Prerequisite: Nil
		Credits: 3

Class Information		Instructor Information		Important Dates	
Days:	Tuesday/Thursday	Instructor:	Brad Kilb (MA) Colin Kubinec (MA)	First day of classes:	Thu, Jan 4
Time:	1300-1415	Email:	brad.kilb@ambrose.edu CKubinec@ambrose.edu	Last day to add/drop, or change to audit:	Sun, Jan 14
Room:	A2131	Phone:	Colin 403-410-2000 ext. 2983	Last day to request revised exam:	Mon, Mar 5
Lab/Tutorial:	Nil	Office:	Colin: G1123	Last day to withdraw from course:	Fri, Mar 16
		Office Hours:	By appointment	Last day to apply for coursework extension:	Mon, Mar 26
Final Exam:	No registrar final exam.			Last day of classes:	Tue, Apr 10

Course Description

This course will provide the student with the fundamental principles of creating an effective training environment for the developing athlete. This is an introductory course designed to provide a basic understanding of the foundation of coaching. The course will touch on foundational topics and skills in coaching including, but not exclusive to: personal inventory, coaching philosophy, the coach-athlete relationship, recruitment and team selection, skill acquisition and skill error detection/correction, developing fundamental drills & progressions, practice-planning and drill selection, yearly training plan development, safety, and competition management. This course will also provide practical experience in coaching sessions. This course is based on Student-Student as well as Student-Teacher interaction during lectures.

Notes: This course does not fulfill a Science elective in any program. This course can only apply as Open Elective in any program. This course will fulfill options in the Kinesiology minor.

Textbooks (Optional)

Dweck, Carol S. (2006). *Mindset: The New Psychology of Success*. New York: Random House Publishing.

Expected Learning Outcomes

The student will:

1. Understand how to integrate our Christian faith within our coaching.
2. Gather and organize information (observation report)
3. Develop effective oral and written communication (coaching task, program design)
4. Develop abstract reasoning and understand its principles (program design)
5. Develop logical calculations (program design: yearly training plan, daily practice plan)
6. Develop insight and intuition in generating knowledge (coaching philosophy, program design)
7. Develop interpretative and assessment skills (skill analysis, coaching task)

Course Schedule

2018	TUESDAY	THURSDAY
JAN		4 Introduction & Course Outline
	9 Unit 1: Personal Inventory	11 Unit 1: Personal Inventory
	16 Unit 2: Coach Philosophy	18 Unit 3: Role of the Coach Coaching Philosophy Due
	23 Unit 4: Skill Analysis	25 Unit 4: Skill Analysis
	30 Unit 4: Skill Analysis	1 Unit 4: Skill Analysis
FEB	6 Unit 4: Skill Analysis	8 Unit 4: Coaching Task
	13 Unit 4: Coaching Task	15 Midterm Exam
	20 Reading Week	22 Reading Week
	27 Unit 5: Integration of Faith into Coaching Observation Report Due	1 Unit 5: Integration of Faith into Coaching
MAR	6 Unit 6: Developing Culture	8 Unit 6: Developing Culture
	13 Unit 7: Yearly Training Plan	15 Unit 7: Yearly Training Plan
	20 Exam 2	23 Unit 8: Daily Practice Plan
	27 Unit 8: Daily Practice Plan Life Lesson Message Due	29 Unit 8: Daily Practice Plan
APR	3 Unit 9: Competition Management Yearly Training Plan Due	5 Unit 10: The Development of the Coach
	10 Exam 3 Daily Practice Plan Due	

Requirements & Grading: Evaluation criteria will be posted

- Coaching Philosophy: 1:00 PM, Jan. 18 - 5% (Hard Copy in Class)
- Coaching Task: Feb. 8 & 13 - 10% (Practical Coaching in Gym)
- Midterm Exam: Feb. 15 - 20% (Multiple Choice/Matching)
- Observation Report: Due Feb. 27 - 10% (email or Hard Copy)
- Exam 2: Mar. 20 - 15% (Multiple Choice/Matching)
- Life Lesson Message: Due Mar. 27 – 5% (email or Hard Copy)
- Yearly Training Plan: Due Apr. 3 - 10% (email or Hard Copy)
- Daily Practice Plan: Due Apr. 10 - 15% (email or Hard Copy)
- Exam 3: Apr. 10 - 10% (Multiple Choice/Matching)

Letter	Percent	Grade Point Value	
A+	≥96.0	4.00	
A	92.0 – 95.9	4.00	Excellent
A-	88.0 – 91.9	3.70	
B+	84.0 – 87.9	3.30	
B	80.0 – 83.9	3.00	Good
B-	76.0 – 79.9	2.70	
C+	72.0 – 75.9	2.30	
C	68.0 – 71.9	2.00	Satisfactory
C-	64.0 – 67.9	1.70	
D+	60.0 – 63.9	1.30	
D	56.0 – 59.9	1.00	Minimal Pass
F	<56.0	0	Failure

Ambrose University Academic Policies:

Communication

All students have received an Ambrose e-mail account upon registration. It is the student's responsibility to check this account regularly as the Ambrose email system will be the professor's instrument for notifying students of important matters (cancelled class sessions, extensions, requested appointments, etc.) between class sessions. If students do not wish to use their Ambrose accounts, they will need to forward all messages from the Ambrose account to another personal account.

Registration

During the **Registration Revision Period** students may enter a course without permission, change the designation of any class from credit to audit and /or voluntary withdraw from a course without financial or academic penalty or record. Courses should be added or dropped on the student portal by the deadline date; please consult the List of Important Dates. After that date, the original status remains and the student is responsible for related fees.

Students intending to withdraw from a course after the Registration Revision Period must apply to the Office of the Registrar by submitting a "Request to Withdraw from a Course" form or by sending an email to the Registrar's Office by the **Withdrawal Deadline**; please consult the List of Important Dates on the my.ambrose.edu website. Students will not receive a tuition refund for courses from which they withdraw after the Registration Revision period. A grade of "W" will appear on their transcript.

Students wishing to withdraw from a course, but who fail to do so by the applicable date, will receive the grade earned in accordance with the course syllabus. A student obliged to withdraw from a course after the Withdrawal Deadline because of health or other reasons may apply to the Registrar for special consideration.

Exam Scheduling

Students, who find a conflict in their exam schedule must submit a Revised Examination Request form to the Registrar's Office by the deadline date; please consult the List of Important Dates. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; 2) the student has three final exams within three consecutive exam time blocks; 3) the scheduled final exam slot conflicts with an exam at another institution; 4) extenuating circumstances. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

Electronic Etiquette

Students are expected to treat their instructor, guest speakers, and fellow students with respect. It is disruptive to the learning goals of a course or seminar and disrespectful to fellow students and the instructor to use electronics for purposes unrelated to the course during a class session. Turn off all cell phones and other electronic devices during class. Laptops should be used for class-related purposes only. Do not use iPods, MP3 players, or headphones. Do not text, read, or send personal emails, go on Facebook or other social networks, search the internet, or play computer games during class. Some professors will not allow the use of any electronic devices in class. The professor has the right to disallow the student to use a

laptop in future lectures and/or to ask a student to withdraw from the session if s/he does not comply with this policy. Repeat offenders will be directed to the Dean. If you are expecting communication due to an emergency, please speak with the professor before the class begins.

Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. Personal information (information about an individual that may be used to identify that individual) may be required as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Extensions

Although extensions to coursework in the semester are at the discretion of the instructor, students may not turn in coursework for evaluation after the last day of the scheduled final examination period unless they have received permission for a course Extension from the Registrar's Office. Requests for course extensions or alternative examination time must be submitted to the Registrar's Office by the deadline date; please consult the List of Important Dates. Course extensions are only granted for serious issues that arise "due to circumstances beyond the student's control."

Appeal of Grade

An appeal for change of grade on any course work must be made to the course instructor within one week of receiving notification of the grade. An appeal for change of final grade must be submitted to the Registrar's Office in writing and providing the basis for appeal within 30 days of receiving notification of the final grade, providing the basis for appeal. A review fee of \$50.00 must accompany the appeal. If the appeal is sustained, the fee will be refunded.

Academic Integrity

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to acknowledge to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university college. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

Note: Students are strongly advised to retain this syllabus for their records.