**KINE-3820-D01: Principles of Sport Coaching**

**Instructor:** Anthony W. Fava

**Office:** KINE 035

**Office hours:** By appointment

**E-mail address:** awf0016@auburn.edu

**Class meeting days and times:** Distance - Online

Class is available via All Access:

**Required textbook:** Martens, Rainer. 2012. *Successful coaching.* 5th ed. Champaign, IL: Human Kinetics. (4th ed. could work but no digital option - use chapter titles).

Access code via redshelf to be used on publisher’s site: <https://hkpropel.humankinetics.com/> (Register and copy access code)

**Class is available via All Access:**

**What is All Access?**

All Access is Auburn’s program of delivering course materials to you digitally. Sometimes this will be a textbook, sometimes an access code. Your instructor has coordinated with the Bookstore to deliver this content for the course and help make sure you have what you need. All Access makes sure you are ready the first day of class, and the material is so much cheaper with this delivery that it’s the best way we can help you succeed in your courses at Auburn... financially and academically.

**What content am I getting?**

For this course, KINE 3820, you’re getting access for the semester to *Successful Coaching* by Martens which is required content for the course.

**How do I find it?**

Totally easy to find...look on the left-hand side of the course page in Canvas and you’ll find the content under the RedShelf link. If you have any trouble, check out this link: <https://solve.redshelf.com/hc/en-us/articles/360007684453-How-to-Access>

**What does it cost?**

For the first week of class, everyone gets this content for free. All students in this course

start as opted-in to pay for the content for the course. The discounted price you’ll be billed is ~$59.95 - $62.75.

• If you want to opt-out and not be charged, all you have to do is follow the instructions (see <https://www.aubookstore.com/t-txt_allaccessoptout1.aspx> ). You’ll lose access at the end of the first week of class unless you’ve purchased it on your own.

**How do I pay?**  
If you’re still opted in on Jan 13th, then we’ll send the charge to your next ebill. This will be  
labeled as the course on your ebill so you’ll know. You’ll get a reminder to remind you  
about the deadline.

**What if I’m on scholarship?**  
We can charge All Access content to any scholarship that we charge at the Bookstore. Those will be done automatically when we bill. If you are a scholarship student and would prefer  
print, please email [MNH0016@auburn.edu](mailto:MNH0016@auburn.edu) and we can order print copies for you. These are done as requested, and take three to five business days to arrive, and we will ship them to you. Most scholarships will not pay for All Access and a print copy of the book.

**What is the refund policy?**  
After the opt-out deadline, we can only offer refunds to students who have dropped the  
course or withdrawn from the university. That’s why the opt-out deadline will be crucial for you to decide if you want to be charged or not/

**What if I need help?**  
RedShelf customer service is always an option at <http://solve.redshelf.com> For most digital  
content in All Access, Google Chrome works best as a browser and you’ll want to make sure  
it’s up to date. Help is always available or if you have questions about All Access or something doesn’t look right you can contact **Russell Weldon** [books@auburn.edu](mailto:books@auburn.edu) or 844-1352 Also, <http://aub.ie/allaccess> has more info as well.

**Learning Outcomes**

At the conclusion of this course, students are expected to be able to do the following:

1. Understand the value of and be able to develop a personalized coaching philosophy.
2. Understand the three major objectives of coaching and factors that are involved in selecting a coaching style.
3. Be familiar with principles for coaching with character, for developing good character and sportsmanship in athletes, and for coaching athletes who have diverse backgrounds, characteristics, and abilities.
4. Understand psychological principles and applications for effectively communicating with and listening to athletes, optimally motivating athletes, and managing behavior problems positively and effectively.
5. Recognize and be able to apply information and methods in the game's approach. Adequately teach technical and tactical skills.
6. Be qualified to develop instructional plans for team practices and plans for an entire sport season.
7. Be knowledgeable about physiological principles and applications for physical training in sports, including training for energy fitness and training for muscular fitness.
8. Understand the principles of good nutrition for health and performance and how to address the problem of drug abuse by athletes.
9. Understand the principles and issues related to planning, organizing, staffing, and directing functions that are commonly considered a coach’s responsibilities.
10. Have the ability to apply methods for effective team management, for managing interpersonal relationships in coaching, and for protecting athletes from risk and coaches from liability problems

**Course Requirements:** The class will be made up of reading quizzes, assignments, final exam, and comprehensive paper. If a computer problem occurs with the Canvas system you must notify the instructor immediately. Reading quizzes and assignments will cover material that has been presented in the provided materials and readings. It is the student’s responsibility to stay up to date with assignments and due dates.  **NOTE; it is vital to keep up with the information throughout the semester**. **There will be no make-ups** without a valid university approved excuse.

All assignments, quizzes, and exams are to be completed ALONE. Students are NOT permitted to obtain help from any other person including but not limited to peers, academic advisors, parents, friends, coaches, and other instructors. However, students are permitted to use notes and textbooks to complete assignments, quizzes, and exams.

**The due date and time for all quizzes and assignments will be clearly listed on Canvas. It is the students’ responsibility to adhere to these requirements!**

**NO MAKE UPS!! NO EXCEPTIONS!**

**GRADING SCALE:**

A = 90 – 100%

B = 80 – 89.9%

C = 70 – 79.9%

D = 60 – 69.9%

F = Under 59.9%

**Graded material:**

|  |  |
| --- | --- |
| Introduction | 10% |
| Reading Quizzes | 20% |
| Section Completion Assignments | 30% |
| Comprehensive Paper | 20% |
| Final exam | 20% |
| Total | 100% |

**Course Schedule**

The course will be divided into sections according to the textbook. Students are responsible for completing the assignments and readings in each module. The dates and times will be listed on each module and assignment every week. Modules within each section will open at the same time but due dates for each assignment/quiz need to be adhered to. Each section that the course is split into (which contains modules from certain chapters) will open sequentially. Again, no late assignments will be accepted. The modules will follow the following schedule:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Topic** | **Reading** | **Quiz/Assignment Due Dates** |
| Introduction | Course Intro | Intro – Syll Quiz | 1/15 (Wed) |
| Section 1  Principles of Coaching | Developing Your Coaching Philosophy | Chapter 1 | 1/16 (Thu) |
| Determining Your Coaching Objectives | Chapter 2 | 1/21 (Tue) |
| Providing Effective Leadership (Coaching Styles) | Chapter 3 | 1/23 (Thu) |
| Coaching Diverse Athletes | Chapter 4 | 1/28 (Tue) |
| Section Completion Assignment 1 | | 1/30 (Thu) |
| Section 2  Principles of Behavior | Communicating with Your Athletes | Chapter 5 | 2/04 (Tue) |
| Motivating Your Athletes | Chapter 6 | 2/06 (Thu) |
| Managing Your Athlete’s Behavior (Discipline /Rewards) | Chapter 7 | 2/11 (Tue) |
| Coaching for Character | Chapter 8 | 2/13 (Thu) |
| Section Completion Assignment 2 | | 2/15 **(Sat)\*** |
| Section 3  Principles of Teaching | The Games Approach | Chapter 9 | 2/18 (Tue) |
| Teaching the Technical Skills | Chapter 10 | 2/20 (Thu) |
| Teaching the Tactical Skills | Chapter 11 | 2/25 (Tue) |
| Planning for Teaching | Chapter 12 | 2/27 (Thu) |
| Section Completion Assignment 3 | | 3/02 **(Sun)\*** |
| Section 4  Principles of Physical Training | Training Basics | Chapter 13 | 3/04 (Tue) |
| Training for Energy Fitness | Chapter 14 | 3/06 (Thu) |
| \*Spring Break\* (3/10 - 3/14)\* | | |
| Training for Muscular Fitness | Chapter 15 | 3/18 (Tue) |
| Fueling Your Athletes | Chapter 16 | 3/20 (Thu) |
| Battling Drugs | Chapter 17 | 3/25 (Tue) |
| Section Completion Assignment 4 | | 4/01 (Tue) |
| Section 5  Principles of Management | Managing Your Team | Chapter 18 | 4/03 (Thu) |
| Managing Relationships | Chapter 19 | 4/08 (Tue) |
| Managing Risk | Chapter 20 | 4/10 (Thu) |
| Section Completion Assignment 5 | | 4/15 (Tue) |
| **Comprehensive Paper** | | | 4/22 (Tue) |
| **Final Exam** | | | 4/29 (Tue) |
|  |  |  |  | |

**Student Evaluation**

Your grade for this course will be determined by your performance in the following:

**Exams**

There will be one exam in the course. A cumulative Final exam will be given during exam week at the end of the semester.

**Comprehensive Paper**

Students will be asked to write a paper exhibiting their knowledge learned throughout the course. A prompt and rubric will be provided to the student.

**Reading Quizzes**

There will be quizzes for each textbook reading assignment. The questions will reflect the content in the respective chapters.

**Section Completion Assignments**

After the completion of each section, there will be an assignment designed to test the students’ knowledge of the material in the section. These assignments will be reflective and comprehensive. Each section assignment will be different.

**Late Policy**

No late assignments will be accepted without a university-approved excuse as outlined in the Student Policy eHandbook ([www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies)).

**Attendance/ Absences**

It is **the STUDENT’S** responsibility to listen to and understand each online module. Arrangements to take the make-up exam must be made in advance and the exam taken within 5 days of the missed exam with a valid a university-approved excuse. Students who miss an exam because of illness should inform the instructor prior to the missed class if possible. A doctor’s statement for verification of sickness is required and should clear the absence with the instructor the day they return to class. Other unavoidable absences from campus must be documented and cleared with the instructor in advance**.** Please carefully adhere to established assignment deadlines. In such a case the instructor will have the discretion of lowering the assignment a percentage of the overall grade for each day that it is late.

**Honesty Code**

The University Academic Honesty Code and Regulations pertaining to cheating will apply to this class. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee. For detailed information please refer to the University Policies site for Auburn University.

**Distance Learning Statement**

This course will take place primarily online. The instructor will be available by way of email and appointment for any questions, concerns, explanations, or discussions. All course assignments and expectations are included in the syllabus as well as online. If clarification is needed for any assignment, students can discuss with the instructor by email or by appointment.

**Questions/ Help**

Students are encouraged to ask questions and seek extra help on a regular basis. Please do not wait until the day before an exam or assignment is due.

**Students Accommodations**

Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. To set up an in-person or Zoom meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

**Professionalism**

As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:

* + Behave and communicate professionally on-line and in any postings. Unprofessional postings will result in the removal of this privilege and the inability to gain points. Additionally, you may be removed from this course for unprofessional conduct.
  + Remember that postings may be misinterpreted, and do not post responses when you are angry. **\*This goes for e-mail correspondence with classmates and the instructor.**
  + Remember all of your discussions are public; it’s easy to forget this in chat rooms or on the discussion board.
  + **If you find a posting that you find offensive or inappropriate, please notify the instructor immediately.**
  + Please include a salutation and sign all e-mails, just as you would a letter.
  + Do not use texting abbreviations in postings or e-mails.
  + Engage in responsible and ethical professional practices
  + Contribute to collaborative learning communities
  + Demonstrate a commitment to diversity
  + Model and nurture intellectual vitality

**The above content, schedule and procedures in this course are subject to amendments at the discretion of the instructor.**