

Intro to Coaching

Carone Learning Category: Career

Subject: Elective/CTE

Recommended Grade Level: 10-12

Course Credit: One semester, 0.5 credits (5 units in CA)

Recommended Pre-Requisites: None

Course Description

This course focuses on the various responsibilities of a coach and the skills needed to successfully fill this important position. Throughout the course, students will explore various coaching models and leadership styles, sports nutrition and sports psychology, as well as safety, conditioning, and cross-training. Students will learn effective communication, problem-solving, and decision making skills. The course will also introduce students to game strategy, tactical strategy, skills-based training, and coaching ethics.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: The Role of a Coach**
 - 1.1 Sports Careers & Venues
 - 1.2 What is a Coach?
 - 1.3 Coaching Philosophy
- **Unit 2: Building a Team**
 - 2.1 Organization
 - 2.2 Leadership
 - 2.3 Communication
- **Unit 3: Team Safety**
 - 3.1 Sports Safety
 - 3.2 Health-Related Fitness
 - 3.3 Understanding Movement
- **Unit 4: Training Athletes**
 - 4.1 Sports Conditioning
 - 4.2 Game Play & Strategy
 - 4.3 Sport-Specific Training
- **Unit 5: Beyond the Playing Field**
 - 5.1 Sports Nutrition
 - 5.2 Individualized Coaching
 - 5.3 Life Coaching

Within each section students will find the following tasks to view or complete:

1. **Section Checklist**—an outline of tasks for each section
2. **Lesson**—multimedia lessons about the section topic
3. **Field Trip**—links to online sites and articles with additional information

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4. **Reflection***—a journal reflecting on material learned
5. **Discussion***—asynchronous class discussion about an assigned topic
6. **Assignment***—section assignment
7. **Vocab Check**—flash-card activity to aid with vocabulary comprehension
8. **Quiz***—assessment of lesson comprehension

The items noted with an asterisk above are those that must be submitted for a grade. A unit exam will be found at the end of every unit, as well as a comprehensive final exam at the end of the course.

Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

Parent & Teacher Guides

Parent and teacher guides available.

Materials

There are no required materials for this course.

Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.

Additional Information

This course is based on the National Association of Sports and Physical Education (NASPE) standards for coaching.