American Public University System

The Ultimate Advantage is an Educated Mind

**Department of Sports and Health Sciences
SPMT 606
Techniques in Coaching Strategy
3 Credit Hours
8 weeks
Prerequisite(s): None**

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Instructor Information

Instructor:
Email:
Phone:
Office Hours:

Course Description

This course is designed to help students understand concepts associated with coaching. Coaching is a profession that requires practice, study, and perhaps most important, a love of sports and working with people. Obviously, this course will only focus on the study of coaching, which includes, but is not limited to, techniques, philosophy, traits, communication, first aid, teaching, and leadership in coaching. The actual practice of coaching is the responsibility of the student. It is the hope of the Academy that each

student has a positive, rewarding coaching experience. If you are in the profession or are working toward being in the profession, the love of sports and working with people is probably already firmly established.

Course Scope

This course is designed for coaches at all levels. For coaches just beginning in the profession or looking to begin in the future, this course will discuss a number of basic areas that are key to being successful such as coaching philosophy, sport physiology, planning, and sport first aid. For those individuals that have been in coaching for some time, this course will give you a chance to re-evaluate your philosophy, technique, style, and communication ability. In summary, the approach in this course is toward teaching the student the theory, principles, concepts, and practices that can be applied in the dynamic, ever changing, challenging, and rewarding field of coaching.

This course is now part of the Coaching Principles certification program through American Sport Education Program (ASEP). Students will be taking the ASEP Coaching Principles course online in conjunction with fulfilling APUS classroom requirements. All of this will take place through the use of SPMT600 Techniques in Coaching Strategy. Students successfully complete the course and score an 80% or above on the final exam will be eligible for the ASEP Coaching Principles certification.

Course Objectives

After successfully completing this course, students will fulfill the following **Learning Objectives** (L.O.):

1. Develop a written "coaching philosophy" and translate how you plan to implement the philosophy as a coach
2. Define character education and describe how it affects coaching
3. Analyze the Basics of the communication process used in coaching
4. How to improve your communication skills
5. How to motivate athletes by helping them focus not on winning but achieving their own performance
6. How athletes learn technical skills by developing motor programs.
7. Develop a set of principles for conducting better practices
8. Basic physiology of the body's energy system
9. How to asses and monitor energy fitness
10. Design a nutrition plan for athletes
11. Implementing Policy management, information management, personnel management, and logistics management skills

12. Summarize and demonstrate competency in all material covered throughout the text assigned readings and course

Course Delivery Method

This SPMT 606 **Techniques in Coaching Strategies** course delivered via distance learning will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system will be made available to each student. **Online assignments are due by Sunday evening** of the week as noted and include Discussion Board questions (accomplished in groups through a threaded discussion board), examination, and individual assignments submitted for review by the Faculty Member). Assigned faculty will support the students throughout this eight-week course.

Course Materials

Required Course Textbook:

Book Number	Authors	Book Title	Publication Info	ISBN
SPMT 606-0	Martens, Rainer	Successful Coaching	Champaign, IL: Human Kinetics	9780736071772

Textbook in APA format:

Martens, R. (2004). *Successful coaching.* (3rd ed.). Champaign, IL: Human Kinetics.

Required Readings:

See Course Outline

Additional Resources:

In the Course Materials folder there are additional course articles, and up to date APA handouts.

Websites

In addition to the required course texts the following public domain Websites are useful. Please abide by the university's academic honesty policy when using Internet sources as well. Note web site addresses are subject to change.

Site Name	Website URL/Address

The OWL at Purdue	http://owl.english.purdue.edu/
APA Style Homepage	http://www.apastyle.org/index.aspx
North American Society of Sports Management	http://www.nassm.org/

Evaluation Procedures

Graded Assignment	Percent of Final Grade
Week 1 – Introduction Forum	1
- Forum 1	3
- Assignment: Refining Your Coaching Philosophy	5
Week 2 – Forum 2	3
-Assignment: Character Education	5
Week 3 – Forum 3	3
Week 4 – Forum 4	3
- Assignment: Technical Skill Practice	5
Week 5 – Forum 5	3
Week 6 – Forum 6 -	3
-Assignment: Nutritional Plan	5

Week 7 – Forum 7	3
- Coaching Handbook Final Project	55
Week 8 – Forum 8	3
- Final Exam in ASEP for Certification	0

Total	100

Course Outline

Week	Topic(s)	Learning Objective(s)	Reading(s)	
1	Principals Of Coaching	1	Chapter 1: Martens Chapter 2: Martens Chapter 3: Martens	1) Introduction Forum 2) Units 1-3, ASEP onli 3) Assignment: Refinin 4) Forum 1 (Complete
2	Principles of Coaching	2	Chapter 4: Martens Chapter 5: Martens	1) Units 4-5, ASEP onli 2) Forum 2 3) Assignment: Charac
3	Principles of Communication	3, 4, 5	Chapter 6: Martens Chapter 7: Martens Chapter 8: Martens	1) Units 6-8, ASEP onli 2) Forum 3
4	Principles of Teaching	6, 7	Chapter 9: Martens Chapter 10: Martens Chapter 11: Martens Chapter 12: Martens	1)Units 9-12, ASEP onl 2)Forum 4 3)Assignment: Technic
5	Principles of Physical Training	8, 9	Chapter 13: Martens Chapter 14: Martens Chapter 15: Martens	1)Units 13-15, ASEP or 2)Forum 5
6	Principles of Physical Training	10	Chapter 16: Martens Chapter 17: Martens	1)Units 16-17, ASEP or 2)Forum 6

				3)Assignment: Nutriti
7	Principles of Management	11	Chapter 18: Martens Chapter 19: Martens Chapter 20: Martens	1)Units 18-20, ASEP or 2)Forum 7 3)Coaching Handbook
8	Final Exam	12	No Required Readings	1)Final Exam (ungrade certification) 2)Forum 8

Policies

Please see the Student Handbook to reference all University policies. Quick links to frequently asked question about policies are listed below.

Drop/Withdrawal Policy
Plagiarism Policy
Extension Process and Policy
Disability Accommodations

WRITING EXPECTATIONS
All written submissions should be submitted in a font and page set-up that is readable and neat. It is recommended that students try to adhere to a consistent format, which is described below.
- Typewritten in double-spaced format with a readable style and font and submitted inside the electronic classroom (unless classroom access is not possible and other arrangements have been approved by the professor).
- Arial 11 or 12-point font or Times New Roman styles.
- Page margins Top, Bottom, Left Side and Right Side = 1 inch, with reasonable accommodation made for special situations and online submission variances.

CITATION AND REFERENCE STYLE
Attention Please: Students will follow the APA Style Manual, 6th Edition as the sole citation and reference style used in written work submitted as part of coursework to the University. Assignments completed in a narrative essay or composition format must follow the citation used in the APA Style Manual, 6th Edition.

LATE ASSIGNMENTS
Students are expected to submit classroom assignments by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals I understand you must manage competing demands on your time. Should you need additional time to complete an assignment please contact me before the due date so we can discuss the situation and determine an acceptable resolution. Routine submission of late assignments is unacceptable and may result in points deducted from your final course grade.

NETIQUETTE
Online universities promote the advance of knowledge through positive and constructive debate--both inside and outside the classroom. Discussions on the Internet, however, can occasionally degenerate into needless insults and "flaming." Such activity and the loss of good manners are not acceptable in a university setting--basic academic rules of good behavior and proper "Netiquette" must persist. Remember that you are in a place for the fun and excitement of learning that does not include descent to personal attacks, or student attempts to stifle the discussion of others.

- **Technology Limitations:** While you should feel free to explore the full-range of creative composition in your formal papers, keep e-mail layouts simple. The Educator classroom may not fully support MIME or HTML encoded messages, which means that bold face, italics, underlining, and a variety of color-coding or other visual effects will not translate in your e-mail messages.
- **Humor Note:** Despite the best of intentions, jokes and--especially--satire can easily get lost or taken seriously. If you feel the need for humor, you may wish to add "emoticons" to help alert your readers: ;-), :), ☺

DISCLAIMER STATEMENT

Course content may vary from the outline to meet the needs of this particular group.

Academic Services

The Online Library is available to enrolled students and faculty from inside the electronic campus. This is your starting point for access to online books, subscription periodicals, and Web resources that are designed to support your classes and generally not available through search engines on the open Web. In addition, the Online Library provides access to special learning resources, which the University has contracted to assist with your studies. Questions can be directed to **librarian@apus.edu**.

- *Charles Town Library and Inter Library Loan:* The University maintains a special library with a limited number of supporting volumes, collection of our professors' publication, and services to search and borrow research books and articles from other libraries.
- *Electronic Books:* You can use the online library to uncover and download over 50,000 titles, which have been scanned and made available in electronic format.
- *Electronic Journals:* The University provides access to over 12,000 journals, which are available in electronic form and only through limited subscription services.
- *Turnitin.com:* Turnitin.com is a tool to improve student research skills that also detect plagiarism. Turnitin.com provides resources on developing topics and assignments that encourage and guide students in producing papers that are intellectually honest, original in thought, and clear in expression. This tool helps ensure a culture of adherence to the University's standards for intellectual honesty. Turnitin.com also reviews students' papers for matches with Internet materials and with thousands of student papers in its database, and returns an Originality Report to instructors and/or students.
- *Smarthinking:* Students have access to 10 free hours of tutoring service per year through Smarthinking. Tutoring is available in the following subjects: math (basic math through advanced calculus), science (biology, chemistry, and physics), accounting, statistics, economics, Spanish, writing, grammar, and more. Additional information is located in the Online Research Center. From the ORC home page, click on either the "Writing Center" or "Tutoring Center" and then click "Smarthinking." All login information is available.

Request a Library Guide for your course (http://apus.libguides.com/index.php)

The AMU/APU Library Guides provide access to collections of trusted sites on the Open Web and licensed resources on the Deep Web. These are specially tailored for academic research at APUS:

- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g., SOCI111) or class name.

If a guide you need isn't available yet, let us know by emailing the APUS Library: librarian@apus.edu