

**Instructor:** Brad Kilb  
**Guest Lecturer:** Bill Richardson  
**Phone:** 403 220-7350  
**Email:** [kilb@ucalgary.ca](mailto:kilb@ucalgary.ca)  
**Office:** KNB 270

**Room:** KNA 160  
**Days:** Mondays, Tuesdays,  
 Wednesdays, & Thursdays  
**Time:** 8:00-10:50

**Course Website:** Blackboard

**Office Hours:** Office hours or by appointment

**Course Description:**

The fundamental principles of creating an effective training environment for the developing athlete.

**Course Objectives:**

This is an introductory course designed to provide a basic understanding of the foundation of coaching. Topics include: the coach-athlete relationship, planning a daily lesson & yearly plan in consideration with growth & developmental factors, & the analysis of skills, error detection & correction, physical & mental preparation, developing fundamental drills & progressions, nutrition for athletes, & risk management are additional topics addressed in the course. This course is based on Student-Student as well as Student-Teacher interaction during lectures. For the purpose of various assignments, students will:

- Gather and organize information (observation plan)
- Develop effective oral and written communication (observation/report/program design)
- Develop abstract reasoning and understand its principles (problem solving/ program design)
- Develop logical calculations (program design/& software use for year plan)
- Develop insight and intuition in generating knowledge (report/program design)

**Resources:**

Develop interpretative and assessment skills (observation/report/program design)  
 Schloder, M. E., & McGuire, R. T. (1998). Coaching Athletes: A Foundation for Success. Los Angeles, CA: Amateur Athletic Foundation of Los Angeles. Available via  
[http://aafla.org/3ce/manuals\\_frmst.htm](http://aafla.org/3ce/manuals_frmst.htm)  
 Coaching Association of Canada: [www.coach.ca](http://www.coach.ca)  
 Coaching Association of Canada: [www.coach.ca](http://www.coach.ca)  
 Alberta NCCP Office: [www.gov.ab.ca/mcd](http://www.gov.ab.ca/mcd)

**Contacting the Instructor:**

Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment.

Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.

**Grading Scale:**

Grade	Percent	Grade Point Value	Description
A+	96.0-100.0	4.00	Outstanding
A	92.0-95.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	88.0-91.9	3.70	
B+	84.0-87.9	3.30	
B	80.0-83.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	76.0-79.9	2.70	
C+	72.0-75.9	2.30	
C	68.0-71.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	64.0-67.9	1.70	<b>Minimum grade for required prerequisite course.</b>
D+	60.0-63.9	1.30	
D	56.0-59.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	Below 56.0	0	Fail – unsatisfactory performance or failure to meet course requirements.

**Evaluation of Course Content:**

Evaluation criteria will be discussed in class and posted on Blackboard

Exam 1 (May 22): 30%

Observation Report (due May 24): 10%

Skill Acquisition Assignment (due May 29): 10%

Exam 2 (May 31): 20%

Yearly Training Plan (due May 31): 15%

Daily Practice Plan (due May 31): 15%

**Late Policy:**

Any assignment, which fails to meet the respective due date during class time is penalized by 2% per day and not accepted after 2 days past the due date.

**Final Examination:**

There will be no Final Exam scheduled by the registrar.

**Course Content:**

The course content will be primarily covered in the class lectures & labs, with additional information gained through readings, videos and discussions with the instructor.

- Reflect upon the professional role, obligations and code of ethics of a sport coach in modern society in order to establish a working philosophy for personal practical application in the future.
- Observe one sport-coaching scenario of choice in order to analyze, critique and reflect on current coaching pedagogical principles.
- Develop & design a framework for a seasonal coaching plan for a selected sport and age level associated with pre-season, competitive and championships aspects of training and competing.
- Identify & develop appropriate educational, scientific & leadership skills associated with becoming a proficient sport coach related to the following areas:

- Role of the Sport Coach
  - Ethical Decision-making
  - Developing a Coaching Philosophy
  - Skill Acquisition: Technical and Tactical
  - Performance Analysis and Feedback
  - Physical Preparation
  - Planning Process: Daily lesson Plan. Yearly Training Plan.
  - Sport Safety, Risk Management & Legal Implications
  - Coaching Administration and Management
- Develop communication skills inherent in the coaching domain through small and large group interaction in the classroom setting.
  - Utilize critical thinking skills to analyze current issues and techniques within the coaching paradigm, reflecting upon these through small and large group discussions.

## Supplementary Course Information

*In accordance with the University of Calgary Calendar*

<b>Academic Accommodation Awareness Information:</b>	It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre <u>are not</u> eligible for formal academic accommodation.
<b>Plagiarism/Cheating/ Other Academic Misconduct: (see Calendar)</b>	A <u>single</u> offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.
<b>Midterm Exam Policy:</b>	The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in <b>exceptional circumstances only</b> which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification <b>prior</b> to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are <b>not</b> valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.
<b>FOIP Policy:</b>	Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: <a href="http://www.ucalgary.ca/secretariat/privacy">http://www.ucalgary.ca/secretariat/privacy</a>
<b>Internet and Electronic Communication</b>	Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly

**Device Information:**

prohibited. Please turn OFF your phone before the beginning of each lecture.

Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.

**Emergency  
Evacuation/Assembly  
Points:**

For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby

**Safewalk Information:**

Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).

**Student's Union:**

The Kinesiology Representative is Calindy Ramsden - E-mail: [kinesrep@su.ucalgary.ca](mailto:kinesrep@su.ucalgary.ca).