

HLTH125C : Coaching Principles I

Focuses on sport philosophy, sport pedagogy, and sport management for success as a coach at any level. Topics include educational techniques, leadership, planning, legal aspects, successful coaching strategies, practice, and event and game management. Students will explore the principles and foundations of coaching required to develop and successfully administer a sport at any level.

Credits 3

Lab/Practicum/Clinical Hours 0

Lecture Hours 3

Learning Outcomes

Upon completion of this course, students will:

1. Describe the role and responsibilities associated with the coaching profession.
2. Create practice schedules, plans, and strategies.
3. Evaluate the principles of building teams and athletics programs.
4. Discuss risk management and sportsmanship issues related to coaching teams at all levels.
5. Identify techniques and strategies needed for successful programs in every phase.