



WACO, TEXAS

COURSE SYLLABUS

AND

INSTRUCTOR PLAN

COACHING/SPORTS/ATHLETICS 1

PHED 1321.FX

ROBERT AMMON

NOTE: This is an 8-week course.

COVID 19 Notice:

McLennan Community College is committed to providing you with every resource you need to reach your academic goals including your safety. We will continue to monitor the evolving situation with COVID 19 and adjust our safety guidelines to make sure we offer a safe environment for you and our faculty. Please make sure to consult your faculty and the MCC website on any changes to these guidelines.

Course Description:

This course examines the principles of effective coaching including developing an effective philosophy, understanding leadership theories, understanding coaching ethics, and several social psychological topics that influence group interactions such as persuasion, prejudice, and person perception.

Prerequisites and/or Corequisites:

None

Course Notes and Instructor Recommendations:

None

Instructor Information:

Instructor Name: ROBERT AMMON

MCC E-mail: rammon@mclennan.edu

Office Phone Number: 254-299-8803

Office Location: HPE 110

Office/Teacher Conference Hours: BY APPT

Required Text & Materials:

Title: Successful Coaching

Author: Martens, R. (2012)

Edition: 4th

Publisher: Human Kinetics Champaign, ILL

ISBN: 10: 1-4504-0051

13: 978-1-4504-0051-0

MCC Bookstore Website: <http://www.mclennan.edu/bookstore/>

Methods of Teaching and Learning:

Lecture, discussion, demonstration, critique, handouts & Application.

Course Objectives and/or Competencies:

Expected Learning Outcomes:

Upon completion of the course, students will be able to:

- *Understand the value of and be able to develop a working coaching philosophy.*
- *Demonstrate knowledge and understanding of coaching objectives and ethics as well as the factors involved in selecting a coaching and leadership style(s)*
- *Demonstrate knowledge and understanding of how to coach athletes with different characters and from diverse backgrounds as well as how to communicate with and motivate these athletes.*
- *Understand the value of and be able to employ the games approach for teaching technical and tactical skills.*
- *Demonstrate knowledge and understanding of the role person perception, prejudice, and persuasion play in coaching.*
- *Demonstrate knowledge and understanding of the basics of physical training and how to train athletes for energy and muscular fitness.*

Course Objectives and/or Competencies:

Week	Readings	Topics
Week 1	NONE	Syllabus Discussion – Introductions and Personal Coaching Goal(s)
	Chapter 1 & Brightspace Readings	Developing Your Coaching Philosophy

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PHED 1321.FX

	Chapter 2	Determining Your Coaching Objectives/ Coaching Ethics
	Chapter 20	Coaching Ethics/Managing Risk – Ethics Quiz
	Chapter 3	Selecting Your Coaching Style
Week 2	Brightspace Reading	Leadership Discuss CBAS (Coaching, Behavior, Assessment System) Leadership Quiz
	Chapter 4	Coaching for Character
	Chapter 5	Coaching Diverse Athletes Review for Test 1
	Chapters 6 & 8	Communicating With Your Athletes – Managing Your Athletes’ Behavior
	Chapter 7	Managing Your Athletes’ Behavior (cont.) – Motivating Your Athletes
Week 3	Chapter 9	The Games Approach
	Chapters 10 & 11	Teaching Technical Skills – Teaching Tactical Skills CBAS Due
		Teaching Technical Skills – Teaching Tactical Skills (cont.) Work on Individual/Group Coaching
		Individual/Group Coaching Test 2
Week 4	Chapter 18	Managing Your Team
	Chapter 19	Managing Your Team - Managing Relationships
	Brightspace Readings	Person Perception
	Brightspace Readings	Person Perception (cont.) - Prejudice

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PHED 1321.FX

	Brightspace Readings	Prejudice (cont.) - Persuasion
		Persuasion (cont.) – 4 P’s Quiz
	Chapter 13	Training Basics
	Chapter 14	Training Basics (cont.) – Training for Energy Fitness
Week 5	Chapter 15	Training for Energy Fitness (cont.)
	Chapter 15	Training for Muscular Fitness Discuss Test 3
Week 6		Test 3 /Final

Point Value of Activities

Assignments	Points	Tests/Quizzes	Points
Intro/Coaching Goal	5	Ethics Quiz	15
Coaching Philosophy	10	Leadership Quiz	20
Ethics	10	Test 1	30-50
Leadership	10	Test 2	30-50
CBAS (Coaching Behavior Assessment System)	20	4 P’s Quiz	20
Group Coaching	10	Test 3	30-50
Management	10		
Perception	10		
Prejudice	10		
Persuasion	10		

FOUNDATIONS OF KINESIOLOGY

PHED 1321.FX

Revised Philosophy	10		
In-Class Assignments	25		
Total	140		205

Course Grading Information:

Item	Points	Points earned	Grade
Test 1-3	90-150	337-375 (90-100%)	A
Quizzes	55	299-336 (80-89%)	B
Assignments	130	261-298 (70-79%)	C
Attendance	30	224-260 (60-69%)	D
	Total: 375	223 and below (< 60%)	F

****Note:** The total score of 140 points for the assignments and the 30 points for attendance is subject to adjustment depending upon the number of assignments completed throughout the semester. Thus, the overall score of 375 points for the entire class may also be subject to adjustment.

Late Work, Attendance, and Make Up Work Policies:

All work must be turned in on time. There will be no exceptions for late work, unless it is due to an emergency. The reason must be deemed acceptable by the professor.

Student Behavioral Expectations or Conduct Policy:

Students are expected to follow MCC conduct policy.

*** [Click Here for the MCC Academic Integrity Statement](#)**

(www.mclennan.edu/academic-integrity)

The link above will provide you with information about academic integrity, dishonesty, and cheating.

*** [Click Here for the MCC Attendance/Absences Policy](#)**

(<https://www.mclennan.edu/highlander-guide/policies.html>)

Click on the link above for the college policies on attendance and absences. Your instructor may have additional guidelines specific to this course.

*** You will need to access each link separately through your Web browser (for example: Mozilla Firefox, Chrome, Microsoft Edge or Safari) to print each link's information.**

McLennan

C O M M U N I T Y

COLLEGE

ACADEMIC RESOURCES/POLICIES

Student Support/Resources:

MCC provides a variety of services to support student success in the classroom and in your academic pursuits to include counseling, tutors, technology help desk, advising, financial aid, etc. A listing of these and the many other services available to our students is available at <http://www.mclennan.edu/campus-resource-guide/>

College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources or want to explore strategies for balancing life and school, we encourage you to contact a Success Coach by calling (254) 299-8226 or emailing SuccessCoach@mclennan.edu. Students may visit the Completion Center Monday-Friday from 8 a.m.-5 p.m. to schedule a meeting with a Success Coach and receive additional resources and support to help reach academic and personal goals. Paulanne's Pantry (MCC's food pantry) provides free food by appointment to students, faculty and staff based on household size. Text (254) 870-7573 to schedule a pantry appointment. The Completion Center and pantry are located on the Second Floor of the Student Services Center (SSC).

MCC Foundation Emergency Grant Fund:

Unanticipated expenses, such as car repairs, medical bills, housing, or job loss can affect us all. Should an unexpected expense arise, the MCC Foundation has an emergency grant fund that may be able to assist you. Please go to <https://www.mclennan.edu/foundation/scholarships-and-resources/emergencygrant.html> to find out more about the emergency grant. The application can be found at https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf.

Minimum Technical Skills:

Students should have basic computer skills, knowledge of word processing software, and a basic understanding of how to use search engines and common web browsers.

Backup Plan for Technology:

In the event MCC's technology systems are down, you will be notified via your MCC student email address. Please note that all assignments and activities will be due on the date specified in the Instructor Plan, unless otherwise noted by the instructor.

Minimum System Requirements to Utilize MCC's D2L|Brightspace:

Go to <https://www.mclennan.edu/center-for-teaching-and-learning/Faculty%20and%20Staff%20Commons/requirements.html> for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

Email Policy:

McLennan Community College would like to remind you of the policy (<http://www.mclennan.edu/employees/policy-manual/docs/E-XXXI-B.pdf>) regarding college email. All students, faculty, and staff are encouraged to use their McLennan email addresses when conducting college business.

A student's McLennan email address is the preferred email address that college employees should use for official college information or business. Students are expected to read and, if needed, respond in a timely manner to college emails.

Instructional Uses of Email:

Faculty members can determine classroom use of email or electronic communications. Faculty should expect and encourage students to check the college email on a regular basis. Faculty should inform students in the course syllabus if another communication method is to be used and of any special or unusual expectations for electronic communications.

If a faculty member prefers not to communicate by email with their students, it should be reflected in the course syllabus and information should be provided for the preferred form of communication.

Email on Mobile Devices:

The College recommends that you set up your mobile device to receive McLennan emails. If you need assistance with set-up, you may email Helpdesk@mclennan.edu for help.

Forwarding Emails:

You may forward emails that come to your McLennan address to alternate email addresses; however, the College will not be held responsible for emails forwarded to an alternate address that may be lost or placed in junk or spam filters.

MCC Academic Integrity Statement:

Go to www.mclennan.edu/academic-integrity for information about academic integrity, dishonesty, and cheating.

Accommodations/ADA Statement:

Any student who is a qualified individual with a disability may request reasonable accommodations to assist with providing equal access to educational opportunities. Students should contact the Accommodations Coordinator as soon as possible to provide documentation and make necessary arrangements. Once that process is completed, appropriate verification will be provided to the student and instructor. Please note that instructors are not required to provide classroom accommodations to students until appropriate verification has been provided by the Accommodations Coordinator. For additional information, please visit www.mclennan.edu/disability.

Students with questions or who require assistance with disabilities involving physical, classroom, or testing accommodations should contact:

disabilities@mclennan.edu

254-299-8122

Room 319, Student Services Center

Title IX:

We care about your safety, and value an environment where students and instructors can successfully teach and learn together. If you or someone you know experiences unwelcomed behavior, we are here to help. Individuals who would like to report an incident of sexual misconduct are encouraged to immediately contact the Title IX Coordinator at titleix@mclennan.edu or by calling Dr. Drew Canham (Chief of Staff for Diversity, Equity & Inclusion/Title IX) at (254) 299-8645. Individuals also may contact the MCC Police Department at 299-8911 or the MCC Student Counseling Center at MCC at (254) 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting <http://www.lighthouse-services.com/mclennan/>.

Go to McLennan's Title IX webpage at www.mclennan.edu/titleix/. It contains more information about definitions, reporting, confidentiality, resources, and what to do if you or someone you know is a victim of sexual misconduct, gender-based violence or the crimes of rape, acquaintance rape, sexual assault, sexual harassment, stalking, dating violence, or domestic violence.

Disclaimer:

The resources and policies listed above are merely for informational purposes and are subject to change without notice or obligation. The College reserves the right to change policies and other requirements in compliance with State and Federal laws. The provisions of this document do not constitute a contract.