Eastern Washington University
Department of PEHR
PHED 260 – Sports Sciences for Coaching
3 credit
Fall 2008

COURSE INFORMATION:

Instructor:
Scott Melville   Ph.D and ASEP certified instructor
Office:    PEB 251
Office hours:    9-10 MTWTF or by arrangement
Phone:    359 7069
E-Mail:   smelville@ewu.edu
Room:    114
Time:    MWF 1-2

MAJOR TEXTS:

* American Sports Education Program (ASEP) Coaching Principles Course Materials
  * Successful Coaching, Third Edition
  * Coaching Principles: Testing Materials

Book Selected from the Successful Coaching Successfully Series
Coaching Baseball Successfully
Coaching Basketball Successfully
Coaching Cheerleading Successfully
Coaching Cross Country Successfully
Coaching Fastpitch Softball Successfully
Coaching; Football Successfully
Coaching Girls’ Basketball Successfully
Coaching Golf Successfully
Coaching Hockey Successfully
Coaching Soccer Successfully
Coaching Swimming Successfully
Coaching Tennis Successfully
Coaching Track & Field Successfully
Coaching Volleyball Successfully
Coaching Wrestling Successfully
RATIONALE:

School administrators, directors of sport organizations, parents, and athletes all have high expectations of today’s coaches. Moreover, coaches themselves are searching for ways to coach more successfully. Coaches know that a good understanding of Xs and Os is necessary, but not enough, to be an excellent coach. Today’s coach must also have a sound coaching philosophy and be able to motivate athletes through positive reinforcement. Coaches must be able to coach diverse athletes and help all athletes develop character. Coaches must be able to teach the techniques and tactics of their sports effectively, plan for the season and each practice, and manage all of their coaching relationships. Coaches today must send consistent messages preventing athletes’ use of tobacco, alcohol, and other drugs. Finally, coaches are expected to train their athletes properly for the sport, incorporating the latest information on sport science into their training programs.

More and more schools and organizations are seeking and/or requiring their coaches to be certified. The National Federation of State High School Associations (NFSHSA) has selected the American Sport Education Program’s (ASEP) Coaching Principles Course as their nationwide coaching education program. Successful completion of this course will provide the student with beginning certification in this premier coaching education program in the country.

COURSE OBJECTIVES:

The Coaching Principles Course is designed specifically for secondary school and club coaches. It introduces the latest information available about teaching techniques and tactics, training and conditioning, and working with a wide variety of athletes to help them to perform at their very best and develop into athletes of character. Coaches will wrestle with difficult decisions about their philosophy of coaching – do they really put athletes first, and how can they do so in even the toughest of situations.

CLASS SCHEDULE:

The classroom portion of the Coaching Principles Course covers all of the major coaching principles discussed in the course text, Successful Coaching. Information that is best presented in the classroom setting is included for each topic. The following topics are included:

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<th>Unit</th>
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<tr>
<td>1</td>
<td>Introduction to ASEP and the Coaching Principles Course</td>
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<td>Developing Your Coaching Philosophy and Determining Your Coaching Objectives</td>
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<td>3</td>
<td>Selecting Your Coaching Style and Refining Your Coaching Philosophy</td>
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<td>Coaching for character</td>
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Like the topics in the classroom portion, the topics included in the self-study portion mirror the chapters in the text. The self-study units include information not covered in class or information that is best presented in the self-study setting.

**INSTRUCTIONAL METHODS AND MATERIAL:**

Completion of the ASEP Coaching Principles Course involves…

* **First:** 8 class hours of videos, Study Guide activities, and class discussion
* **Second:** approximately 21 hours of self-study of the *Successful Coaching* text and completion of Study Guide activities
* **Third:** approximately 2 hours for completing certification exam (50 multiple choice and 50 true/false questions). The course test is open book.

There are three different paper-pencil test forms and also an online testing procedure. The online testing procedure will be the method followed in this class. If the coach needs to complete a retest, the set of questions on the retest is different form the original online version (ASEPs testing system creates a test by randomly selecting a specified number of multiple-choice and true/false questions from each chapter pool). Procedures for taking the on-line test are explained in the student’s packet of materials.

**GENERAL DESCRIPTION OF EVALUATION PROCEDURES:**

NOTE: COMPLETION OF THE COURSE REQUIRES BOTH A COMPLETED STUDY GUIDE AND PASSING OF THE CERTIFICATION EXAM AT OR ABOVE THE 80% LEVEL. For ASEP Certification the exam may be retaken until the 80% criterion is achieved. It is recommended that students see how many questions they can
answer confidently without referring back to the text. For the multiple-choice items they are uncertain about, they should try to narrow their choices to two before consulting the book. For troublesome true/false questions, they should select the answer they think is correct before checking the book. ASEP charges a $10 processing fee for on-line retakes. Online test results are immediate. For verification, print off the passing score you are given. Due date is December 7, the last class period. It is recommended that you take the test well before this date in case the 80% is not achieved on the first attempt.

GRADE SCALE:

One half of your overall PHED 260 course grade will be based upon your percentage received on the ASEP certification exam.

95%  4.0  
94%  3.9  
93%  3.9  
92%  3.8  
91%  3.8  
90%  3.7  
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85%  3.5  
84%  3.4  
83%  3.4  
82%  3.3  
81%  3.3  
80%  3.2  
79% or below does not meet ASEP or class criterion  
(exam must be retaken)

One half of your overall PHED 260 course grade will be based upon the following:

1. Attendance (30 possible points): Each student will begin with 30 attendance points. Each absence will result in the loss of 2 points. The rationale for the attendance requirement is that class participation is a central aspect of learning throughout the class. It is expected that the students will make every effort to arrive on time so as not to disrupt the presentations of the instructor or students.

   Note: Three class cancellations will be necessary throughout the quarter. (Oct 8 and 10 the instructor will be presenting at the Western States Kinesiology and Wellness Conference in Reno) (Oct 17 the instructor will be presenting at the WAHPERD Conference in Seattle)

2. Book Report (25 points): Each student will be scheduled to present a written (500-800 words) and verbal report (10 min. plus 5 min. questions and discussion) on one of the books from the Successfully Coaching Series. To receive the full 25 points the report must be delivered at the scheduled time and it is expected that it will be well organized and given with enthusiasm.

3. Article-Reports (5 points): For these the student finds three journal/magazine coaching articles that he/she finds especially interesting. They will be shown to the instructor (October 31) who will select one to be presented to the class. These reports will be 5 min. plus possible time for questions and discussion (a written report is not needed unless handouts for the students would be helpful).
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