

## **Introduction to Coaching**

Winter 2014

with instructor Mark Lund, *M.Sc., M.A.*

Lectures: MWF 12:00 to 12:50 PM  
in rm. 8-218, & other CCSW facilities



*from Microsoft Clipart*

Office: **7-164j City Centre Campus**

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MacEwan Phone: **780.497.5660**

Office Hours: **Monday & Tuesday 10:00 AM to 11:00 AM**

### **Course Description:**

This course examines the principles of coaching as they relate to the development of the athlete, the role of the coach, and the organization of sport in contemporary society. This course presents basic coaching theory that is applicable to a variety of sport settings with the focus on the practice and the season. Upon successful completion of the course, students will complete their Introduction to Competition and Part A & B Multi Sport Theory certification with the National Coaching Certification Program (NCCP). Additional fees for NCCP are required. (This fee is included as part of textbook costs and are administered through the MacEwan Bookstore.)

### **Course Content:**

1. An introduction to the National Coaching Certification Program
2. Ethical decision making process, legal vs. ethical issues
3. Practice planning, Emergency Action Plan
4. Nutrition
5. Teaching and learning
6. Designing a basic sport program
7. Mental training techniques

### **Learning Outcomes:**

Upon completion of this course, the student will be able to...provide a general introduction to the National Coaching Certification Program.

1. describe the steps involved in the Ethical Decision Making Process and apply this process to various scenarios.
2. design a practice plan that promotes learning and reflects seasonal training priorities.
3. design an Emergency Action Plan.
4. provide general nutritional recommendations for training, before competition (tapering), during competition and post-competition.
5. demonstrate and explain age and skill appropriate activities that promote learning in cognitive, affective, and psychomotor areas.

6. develop a basic sport program based on opportunities for training and competition.
7. Apply basic mental skills to various sport performance situations for training and competition.

**Prerequisite / Co-requisite:**

No prerequisite or co-requisite is required.

**Course Requirements:**

|  |      |
|--|------|
| Midterm Examination (Part A) – Feb. 14th   | 25%  |
| Coaching observation – due by Feb. 10th  | 10%  |
| Workbooks Part A and Part B (10% each) (due next class after unit completion) – <i>class attendance is required.</i> | 20%  |
| Peer Lesson – due next class after lesson – scheduled for early March  | 10%  |
| Master Plan/Season Plan with Sample Lesson Plans – due (March 28 <sup>th</sup> )                                     | 10%  |
| Final Examination (Part B) – April 16th  | 25%  |
| total:   | 100% |

**Textbooks:**

Required: *NCCP (Alberta) Intro' to Competition Multi Sport Theory Reference Manuals and Coach Workbooks: Part A & Part B*, and these are available at the Grant MacEwan University Bookstore.

**Assignments:**

1- Coaching Observation: each student is to make arrangements with a coach to observe a practice during the month of January. This is best done as a crew of three. Support material including an assignment evaluation rubric is available on the class Blackboard site.

2- Students are to complete their Coach Workbook during class and these workbooks will be submitted for evaluation after the completion of each of Part A, and Part B. Students who miss an a significant number of classes will not receive credit for one or both parts of this assignment. The NCCP learning model requires student participation in small group discussion, and then immediate reflection, this can only be accomplished if all students attend all classes.

3 – In March each student will present a ‘peer lesson’ on a activity skill of their choosing. Additional support material including the assignment evaluation rubric is available on the class Blackboard site.

4 – Master/Season Plan with Sample Lesson Plans: All class participants are to complete a season or master plan for all of, or a major portion of a season. In addition three sample lesson plans derived from this season plan must be completed: an early season, a mid season and a late season plan. Again considerable support material including the assignment evaluation rubric is available from the class Blackboard site.

## Tentative Course Schedule:

| <b>Week<br/>Monday<br/>date</b> | <b>Monday</b>                             | <b>Wednesday</b>             | <b>Friday</b>   |
|---------------------------------|---|------------------------------|---|
| 1<br>6 Jan                      | Course Intro and Course<br>Outline Review | Intro' to NCCP Program       | Intro' to NCCP Program                                  |
| 2<br>13 Jan                     | Ethical Decisions                         | Ethical Decisions            | Ethical Decisions                                       |
| 3<br>20 Jan                     | Ethical Decisions                         | Ethical Decisions            | Planning a Practice                                     |
| 4<br>27 Jan                     | Planning a Practice                       | Planning a Practice          | Planning a Practice                                     |
| 5<br>3 Feb                      | Planning a Practice                       | Nutrition                    | Nutrition   |
| 6<br>10 Feb                     | Nutrition (Coaching<br>Observation due)   | Nutrition                    | Part A Exam   |
| 7<br>17 Feb                     | Family Day Holiday<br>No classes          | Reading Week<br>NO Classes   |   |
| -<br>24 Feb                     | Teaching & Learning                       | Teaching & Learning          | Teaching & Learning                                     |
| 8<br>27 Feb                     | Teaching & Learning                       | Teaching & Learning          | Teaching & Learning                                     |
| 9<br>3 Mar                      | Peer Lessons                              | Peer Lessons                 | Peer Lessons<br><i>Pool booked for aquatic lessons</i>  |
| 10<br>10 Mar                    | Design a Basic Sport<br>Program           | Peer Lessons                 | Peer Lessons  |
| 11<br>17 Mar                    | Design a Basic Sport<br>Program           | Design a Basic Sport Program | Design a Basic Sport Program                            |
| 12<br>24 Mar                    | Basic Mental Skills                       | Basic Mental Skills          | Basic Mental Skills<br>(Master Plan & Lesson Plans due) |
| 13<br>31 Mar                    | Basic Mental Skills                       | Basic Mental Skills          | Basic Mental Skills                                     |

|              |  |                        |
|--------------|--|------------------------|
| 14<br>7 Apr  | Warp-up and Review   | Final Exam Week begins |
| 15<br>14 Apr | Final Exam Week -<br>Tentatively scheduled for Wednesday, April 16 <sup>th</sup> at 1:00 PM in TBA |                        |



# Bachelor of Physical Education Program

at Grant MacEwan University

## *Evaluation, Grading, Exams, Policies and Students with Special Needs*

*for Core Courses and Activity Courses  
including HEED, PERL, PEDS, PACT & RCLS courses.*

| <i>Term Summary*</i> | <i>Grade</i> | <i>Grade Point</i> | <i>Descriptor</i>                                |
|----------------------|--------------|--------------------|--|
| 95-100               | A+           | 4.0                |  |
| 90 - 94              | A            | 4.0                | Excellent  |
| 85 - 89              | A-           | 3.7                |  |
| 80 - 84              | B+           | 3.3                |  |
| 75 - 79              | B            | 3.0                | Good   |
| 70 - 74              | B-           | 2.7                |  |
| 65 - 69              | C+           | 2.3                |  |
| 60 - 64              | C            | 2.0                | Satisfactory                                     |
| 55 - 59              | C-           | 1.7                | minimal required for University transfer credit  |
| 50 - 54              | D+           | 1.3                |  |
| 45 - 49              | D            | 1.0                | Minimal Pass                                     |
| <45                  | F            | 0.0                | Failure  |
| Withdrawal Failure   | WF           | 0.0                | *  |
| Incomplete           | In           |                    | (must be requested and a contract negotiated)    |
| Supplemental         | S            |                    | (unavailable)                                    |
| Deferred             | Def          |                    | (must be requested in advance of the final exam) |

- Official final grades can be accessed through the MacEwan website *My Student System*. Grant MacEwan University adheres to the Alberta Common Grading Scheme, which is a letter grade system. While instructors may use percentages to aid in their grade development, only the letter grade will appear on transcripts.
- WF - to avoid a WF grade one must withdraw from the course by the withdrawal deadline. This deadline is normally the Friday of the 8th week in an 11 week course, the 11th week of a 15 week course and the 20th week of a 30 week (6 credit / 2 term) course. Students are responsible for knowing the appropriate withdrawal deadline for each of their courses.
- Term Summary *maybe* adjusted.
- Changes in the exam schedules will be announced in class.
- Marked assignments and lab reports will normally be returned within three weeks of submission.
- Photo I.D. should be available for inspection at any term or final exam.
- Students may not enter an exam room after any other student has completed the exam.
- On any final exam students may not leave the room until 60 minutes have passed.
- Policy C1035 provides for the regulation that no student may register in a credit course after they have already received two grades in the course.

## Student Responsibilities:

Students are expected to be aware of their academic responsibilities as outlined in the Students' Rights and Responsibilities section in the University Calendar.

1. **ACADEMIC INTEGRITY:** All forms of student dishonesty are considered unacceptable. MacEwan's Academic Integrity policy (C1000) promotes honesty, fairness, respect, trust, and responsibility in all academic work. According to the policy, "Academic dishonesty involves participating in acts by which a person fraudulently gains or intentionally attempts to gain an unfair academic advantage thereby compromising the integrity of the academic process". All incidents of academic dishonesty are reported and recorded by the Office of Academic Integrity. The penalties and sanctions for academic dishonesty can include the following: a mark reduction up to zero on a piece of academic work, a grade reduction up to an F in the course, and suspension or expulsion (with transcript notation) from the University. Please see the available support at <https://facultycommons.macewan.ca/services/academic-integrity/resources-for-students> for more details. You are responsible for understanding what constitutes academic dishonesty.
2. **REGISTRATION STATUS:** You are responsible for your registration status at the University. Program Advisors may assist you with the process of registration, including adding or dropping of courses, but it is your responsibility to verify that these changes have been officially completed. This verification can be done at any time using *My Student System*. You should check your official registration status before the last date to officially withdraw from the course.
3. **WITHDRAWING FROM THE COURSE:** If you stop attending class you must complete a Course Drop Form, have it signed by a Physical Education Program Advisor, and submit it to the Registrar's Office by the last day to withdraw as provided in the Academic Schedule in the University Calendar. Failure to officially withdraw will result in a grade being assigned based on course work completed. Late withdrawals are only allowed for exceptional circumstances.
4. **EXAMS:** Your student photo I.D. is required at exams. It is at the discretion of the instructor whether you will be allowed to write the exam if you arrive over 15 minutes after the exam has begun. You must remain in the exam room for at least 60 minutes from the time it commenced. Electronic equipment (iPods, cell phones, etc.), other than calculators that have been approved by the instructor, are not allowed to be used during exams. Permission to use the washroom during exams is at the discretion of the instructor and may require accompaniment.
5. **MISSED TERM EXAMS:** If you miss a term exam you must provide the instructor with an explanation within 24 hours or a grade of zero may be given. Notification may be provided through email, voice mail, or direct contact with the instructor. Official documentation as to why the exam was missed will be needed to assess whether a make-up exam or pro-rating of the course grade will be allowed. Medical excuses must include the date you were examined, the specific dates for the period of the illness, a clear statement indicating that the severity of the illness prevented you from attending school or work, and the signature of the examining physician (a signature by office staff on behalf of the physician is not acceptable). Medical notes obtained subsequent to the date of the exam are generally not accepted. A grade of zero will be given if the instructor considers the excuse inappropriate or inadequately substantiated.

6. **DEFERRED FINAL EXAMS:** A deferred exam will be granted if you miss the final lecture exam for reasons considered by the Physical Education Program to be unavoidable (deferred exams do not apply to term or lab exams). You must advise your instructor within 24 hours of your absence and intent to apply for a deferred examination. You should advise the instructor prior to the exam if you know beforehand that you will be unable to attend the scheduled exam time. Your application for a deferred exam must be provided to the Physical Education Program within 48 hours from the date of the missed final exam. Application forms are available from the Physical Education Program Office and must be submitted with appropriate documentation. Deferred exams are granted by the Chair in the Physical Education Program, not by the course instructor. If you have any questions about the process please call the Physical Education Program at 780-497-4567.
  
7. **LATE ASSIGNMENTS & REWRITES:** Late assignments are not normally accepted, but maybe accepted for submission with appropriate rationale, and will be penalized for lateness. Extensions for assignment deadlines will only be granted if requested more than 48 hrs prior to the deadline by e-mail.  
  
Major assignments (>16%) maybe resubmitted for reconsideration after a rewrite. Such resubmitted assignments will only be considered for 85% of the weight of the original assignment. Such resubmission must be requested by e-mail within one week of the return of the original assignment, and such e-mail request must include a new proposed resubmission deadline. The new proposed deadline must be no less than one week prior the final written exam in the course. Such resubmission must include: the rewritten assignment, the original evaluation rubric, the original assignment, any other required attachments, and a Summary Page of all changes made within the rewrite.
  
8. **CELL PHONES:** Cell phones are to be turned off during lectures, labs, seminars, and exams (except under exceptional circumstances in which approval has been given by the instructor).
  
9. **STUDENTS WITH SPECIAL NEEDS:** Students who may have special requirements in this course are advised to discuss their needs with Services to Students with Disabilities located in the Student Resource Centre. You should advise the course instructor(s) of any special needs that are identified. See Policy E3400 Students with Disabilities.
  
10. **STUDENT APPEALS:** The University has a policy regarding Student Appeals (E3103). You should access this policy to become aware of the deadlines and guidelines that need to be followed if you are appealing a grade or other University assessment.

**Email:** All students are given a <name>@mymacewan.ca email address. This email address is available to the course instructor who may distribute relevant course information or announcements via email. The Physical Education Program regularly communicates with students via email. Check your <name>@mymacewan.ca regularly or forward it to an email address that you do check regularly. If you use email to communicate with your instructor you must use your *mymacewan* account. This is to protect your privacy: if a non- *mymacewan.ca* account is used, there is no way for the instructor to verify the identity of the sender.

**Disclaimer:** The information in this Course Outline is subject to change; any changes will be announced and distributed to the class by e-mail or on this posted outline or, if applicable, in the laboratory.

Grant MacEwan University – Physical Education  
**Instructor Schedule & Contact Information**  
 Winter Term – 2014

**Contact Information**

Instructor: **Mark Lund, M.Sc., M.A.**  
 Work Phone: **780.497.5660**  
 E-mail: **lundm@macewan.ca**

Office Location: **7-164j**  
 Home Phone: **780.436.4253**

MacEwan Web Page: [academic.macewan.ca/lundm](http://academic.macewan.ca/lundm)

**Winter Schedule**

| <b>Time</b> | <b>Monday</b>                    | <b>Tuesday</b>                                 | <b>Wednesday</b>                 | <b>Thursday</b>                                   | <b>Friday</b>                    |
|-------------|----------------------------------|--|----------------------------------|---|----------------------------------|
| 8:00        |                                  |  |                                  |   |                                  |
| 8:30        |                                  |  |                                  |   |                                  |
| 9:00        |                                  |  |                                  |   |                                  |
| 9:30        |                                  |  |                                  |   |                                  |
| 10:00       | Office Hr.<br>7-164j             | Office Hr.<br>7-164j                           |                                  |   |                                  |
| 10:30       |                                  |  |                                  |   |                                  |
| 11:00       |                                  |  |                                  |   |                                  |
| 11:30       |                                  |  |                                  |   |                                  |
| Noon        | PEDS 245<br>Coaching<br>rm 8-218 |  | PEDS 245<br>Coaching<br>rm 8-218 |   | PEDS 245<br>Coaching<br>rm 8-218 |
| 12:30       |                                  |  |                                  |   |                                  |
| 1:00        |                                  |  |                                  |   |                                  |
| 1:30        |                                  |  |                                  |   |                                  |
| 2:00        |                                  | PEDS 205<br>Outdoor Ed.<br>lecture<br>rm 8-203 |                                  | PEDS 205<br>Outdoor Ed.<br>lab<br>location varies |                                  |
| 2:30        |                                  |  |                                  |   |                                  |
| 3:00        |                                  |  |                                  |   |                                  |
| 3:30        |                                  |  |                                  |   |                                  |
| 4:00        |                                  |  |                                  |   |                                  |
| 4:30        |                                  |  |                                  |   |                                  |
| 5:00        |                                  |  |                                  |   |                                  |
| 5:30        |                                  |  |                                  |   |                                  |
| 6:00        |                                  |  |                                  |   |                                  |
| 6:30        |                                  |  |                                  |   |                                  |
| 7:00        |                                  |  |                                  |   |                                  |
| 7:30        |                                  |  |                                  |   |                                  |

I am available for appointments at other times, please contact by phone, e-mail or after class. I do generally respond to e-mail queries within a few hours, seven days a week (IF home or in the office) and this is the best way to communicate technical and administrative questions.