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## SECTION HEADING

### PHED 1180: Principles of Coaching

#### Description

Principles of Coaching introduces students to the basic principles, philosophies, and theories associated with effective coaching. This course emphasizes sport pedagogy, enhanced communication and motivational skills, and coaching philosophies to become more effective teachers/coaches. Principles of Coaching will provide knowledge that should improve team relationships, risks, and self-management skills.

#### Credits

3

#### Prerequisite

None

#### Corequisite

None

#### Topics to be Covered

1. Coaching ethics.
2. Strategies and terminologies as it relates to sports teams.
3. S.W.O.T (Strength, Weakness, Opportunity, Threats) analysis as it relates to sports programs.
4. Legal responsibilities of a coach and staff.
5. Public relations in regard to sporting teams
6. Budgeting, coaching philosophies, coaching objectives, and goal setting.
7. Motivational skills and how to connect with an athlete or athletic team.
8. Coaching ethics.
9. Researching transformational vs transactional coaching styles.
10. Diversity in sport.
11. Sport pedagogy.

#### Learning Outcomes

1. Evaluate and research strategies as they relate to sports.
2. Demonstrate appropriate communication skills.
3. Define and demonstrate S.W.O.T (Strength, Weakness, Opportunity, Threats) analysis and explain knowledge of the four areas.
4. Define and describe the sport pedagogy as it relates to coaching.
5. Discuss and define the legal aspects of coaching.
6. Understand and demonstrate motivational skills and identify different athlete personalities.
7. Demonstrate knowledge of budgeting, goal setting, and public relations
8. Describe how diversity in age, race, gender, orientation, and culture is related to athletics.
9. Understand and describe transformational and transactional coaching styles.

#### Credit Details

Lecture: 3

Lab: 0

OJT: 0

MnTC Goal Area(s): None