



IMPERIAL VALLEY COLLEGE

EXERCISE SCIENCE, WELLNESS & SPORTS

COURSE SYLLABUS: PE 221 CRN 10193

Psychology of Coaching

Instructor: Donnye Ross
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CONTACT HOURS: Two hours of instruction per week

COURSE DESCRIPTION: This course will cover the major aspects of the psychology of coaching sports. It will include issues pertaining to coaching duties such as: financial aspects, salaries, public relations, Duties and roles of assistant coaches, ethics and disciplinary techniques in dealing with the modern athlete.

STUDENT LEARNING OUTCOMES: Upon completion students will be able to:

- Analyze and explain the major aspects of the coaching profession.
- Identify resources that can help develop coaching skills.
- Recognize motivational techniques associated with coaching.
- Assess the ethics related to the coaching field.
- Analyze discipline techniques and their appropriate application to student/athletes.
- Developing a coaching philosophy.

EVALUATION PROCEDURES:		TASK	Date Due
Attendance/Participation	20%		
Mid-term	15%		10/23/2013
Coaching paper, notes, daily journals	30%	Write about a coach that interest you	10/30/2013
Individual coaching presentation	15%	Opening coaches introduction	11/25,26/12/2
Final	20%	Written essay	12/04/2013

GRADING SCALE:

Average	Grade
90-100	A
80-89	B
70-79	C
60-69	D
>59	F