

# Psychology of Coaching

**Semester:** Spring 2019  
**Course:** PE 221  
**CRN:** 21378  
**Room:** 709

**Instructor:** Jeff Deyo  
**Email:** [jeff.deyo@imperial.edu](mailto:jeff.deyo@imperial.edu)  
**Office:** 704B  
**Office Hrs:** MW 10:45 – 11:15 am  
T 5:25 – 6:25 pm  
T/R 12:45 – 1:45 pm  
**Office Phone:** 760-355-6330  
**Contact Opt:** Dept. Secretary 760-355-6325

**Days:** TR  
**Time:** 9:40-10:45 am  
**Units:** 2

**Course Description:** A course covering all the aspects of the psychology of coaching sports. Includes certain guides to show how teaching and learning may be applied to the coaching of sports, and to bring out the relationship of meaningful learning to successful athletic coaching.

**Student Learning Outcomes:** Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Analyze the role that competition plays in our continuing development as individuals.
2. Explain psychological principles used by successful coaches in various sports.
3. Identify the problems in sports as they relate to mental vs. physical performance.

## Course Objectives:

1. Identify aspects of the coaching profession.
2. Analyze the roles and duties of a head coach.
3. Analyze the roles and duties of the assistant coach.
4. Recognize motivational techniques associated with coaching.
5. Assess the ethics relating to the coaching field.
6. Analyze disciplinary techniques and how to apply discipline to student/athletes, dealing with such issues as drugs, alcohol, winning, and relationships with parents.
7. Analyze the ethics involved in coaching and teaching of student athletes.

**Textbook:** Williams, J. (2010). *Applied Sport Psychology: Personal Growth to Peak Performance* (6th/e). Mayfield Publishing Company. ISBN: 978007337653

## Assignments:

**Out-of-class:** Student will attend a local sporting event and observe the role pressure plays in the performance of the athletes. Observations will be listed in a brief one page report.

**Reading and Writing:** Referencing sports psychology journals, the student will research 'fear of failure'. They will type a two page paper sharing their own experiences with this reality.

**Grading:** Attendance/Participation 20%, Group Project 10%, Notebooks (daily notes, written assignments, & journals) 50%, Final Essay Exam 20%

## Attendance:

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.

- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.
- Workout clothing must be worn for lab classes. If you do not dress out, you will not be permitted to attend lab classes. You must bring a towel to class.
- Lockers are available in the locker rooms. We do not assign them or provide locks. Larger lockers are for class time only.

### **Classroom Etiquette:**

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class unless otherwise directed by the instructor.
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed.
- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.
- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

### **Academic Honesty:**

- Plagiarism is to take and present as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to correctly 'cite a source', you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment or using or attempting to use materials, or assisting others in using materials, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to the following: (a) plagiarism, (b) copying or attempting to copy from others during an examination or on an assignment, (c) communicating test information with another person during an examination, (d) allowing others to do an assignment or portion of an assignment, (e) use of a commercial term paper service.

### **Additional Help:**

- Blackboard support center: <http://bbcrm.edusupportcenter.com/ics/support/default.asp?deptID=8543>
- Learning Labs: There are several 'labs' on campus to assist you through the use of computers, tutors, or a combination. Please consult your college map for the Math Lab, Reading & Writing Lab, and Learning Services (library). Please speak to the instructor about labs unique to your specific program
- Library Services: There is more to our library than just books. You have access to tutors in the learning center, study rooms for small groups, and online access to a wealth of resources.

### **Disabled Student Programs and Services (DSPS):**

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible. If you feel you need to be evaluated for educational accommodations, the DSP&S office is located in Building 2100, telephone 760-355-6313.

### **Student Counseling and Health Services:**

Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

**Student Rights and Responsibilities:**

Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at

[http://www.imperial.edu/index.php?option=com\\_docman&task=doc\\_download&gid=4516&Itemid=762](http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762)

**Information Literacy:**

Imperial Valley College is dedicated to help students skillfully discover, evaluate, and use information from all sources.

Students can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>

**Class Schedule:**

<b>Date &amp; Week</b>	<b>Topic and/or Assignment</b>	<b>Activity</b>
Week 1 February 11 - 13	Syllabus & Introduction Emotional Health, Intelligence, & Control	Lecture Lecture
Week 2 February 18 - 20	Review Syllabus Emotional Health, Intelligence, & Control Level One – Emotional Control Pers. App.	Lecture Assignment
Week 3 February 25 - 27	Written Assignment – 5 Day Log Emotional Health, Intelligence, & Control Level Two	Assignment Lecture
Week 4 March 4 - 6	Progression Thoughts - Emotions Social Psychology Level Three	Assignment Lecture
Week 5 March 11 - 13	The Role of Social Media Peer Pressure in this Generation	Lecture Assignment
Week 6 March 18 - 20	Goal Setting Dream Board (with visuals)/Roadmap Written Detailed Plan	Lecture Assignment
Week 7 March 25 - 27	Psychological Skills Training Elite Athletes 4 Day Log – Personal Application	Lecture Assignment
Week 8 April 1 - 3	Attention & Concentration in Sport Selective Attention/In the Zone Written Critique	Lecture Assignment
Week 9 April 8 – 10	Leadership & Communication in Sport Predicting Coaching Outcomes W. A. – Efficacy & Competence	Lecture Assignment
Week 10 April 15 – 17	Psychobiology of Sport The Immune System, Body Image W.A. - Exercise and Cognitive Function	Lecture Assignment
Week 11 April 29 – May 1	Confidence & Motivation John Wooden’s Pyramid of Success W. A. – Apply the Pyramid	Lecture Assignment
Week 12 May 6 - 8	Characteristics of Team Cohesion Determinants of Team Cohesion W. A. – Personal Experience	Lecture Assignment
Week 13 May 13 – 15	Negative Aspects of Sport Drug Abuse in Sport, Burnout W. A. - Critique	Lecture Assignment
Week 14 May 20 - 22	World Class Sports Systems -Soccer, Basketball, Football, MMA, Volleyball W. A. – Common Characteristics	Lecture Assignment
Week 15 May 27 - 28	Review for Final	Lecture
Week 16 June 3 - 5	Final – 1 <sup>st</sup> Part Final – Written 2 <sup>nd</sup> Part	Test Test