



# IMPERIAL VALLEY COLLEGE

## EXERCISE SCIENCE, WELLNESS & SPORTS

---

---

### **COURSE SYLLABUS: PE 221** **Psychology of Coaching**

**CONTACT Information:** Jeff Deyo Office: 704 Phone: 760 355-6330  
E-mail: [jdeyo07@yahoo.com](mailto:jdeyo07@yahoo.com)

**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.
- Recognize motivational techniques associated with coaching.
- Assess the ethics related to the coaching field.
- Analyze discipline techniques and their appropriate application to student/athletes.
- Recognize and apply the basic strategies of sports officiating.

**Evaluation Procedures:**

Group project	10%
Attendance/Participation	20%
Notebooks/daily notes, daily journals	50%
Final essay exam	20%

**Grading Scale:**

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