

Course Code: KIN 168**Course Title:** Theories and Principles of Coaching**Department:** Natural Sciences**Effective Date:** Summer 2026**PCS Code:** 1.1 - Baccalaureate/Transfer**CIP Code:** 31.0501**Repeatability:** 0

Credit Hours

Catalog Notation: 3-0-3**Credit Hour Distribution:**

Lecture: 3

Lab: 0

Clinical: 0

Total: 3

General Course Information

Catalog Description

Theories and principles of coaching emphasizing motivation, practice, game preparation, professional certification/development, and administrative duties. Examines philosophies of notable coaches (Lombardi, Wooden, Krzyzewski, Summit). Content applicable to all levels of competition. Eligible for certification via American Sport Education Program.

General Course Objectives

To provide a comprehensive understanding of the personal attributes, personality characteristics, administrative detail, and technical knowledge necessary to be a successful coach.

Minimum Placement Levels

English	Reading	Math
None	Placement out of CCS 098	None

Prerequisites

None

Methods of Evaluation

3-5 Objectives, 1 Written Paper, and 1 Oral Presentation.

Instructional Materials and Additional Supplies

Successful Coaching, by Rainer Martens, 4th edition; Human Kinetics.

Course Content

General Learning Outcomes (GLOs)

- Creativity and Innovative Thinking: Students will design, present, and interpret materials, information, and ideas in innovative ways.
- Global Awareness and Cultural Reasoning: Students will demonstrate their understanding of global issues, gender and sexual orientation, and multicultural perspectives.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
A Leader, a Coach, a Teacher, a Parent	1. Discuss the similarities in characteristics and skills that contribute to success in leading, coaching, teaching, and parenting. 2. Describe successful strategies in business, education, and parenting to succeed in competitive athletics. 3. Discuss the individual characteristics that will either encourage or inhibit personal success as a coach.	4	0	0
The Philosophies of Great Coaches	1. Identify the similarities and differences in motivational tactics, leadership style, and philosophies of the most successful coaches in history.	15	0	0
Professional Preparation, Certification, and Development	1. Identify the national governing bodies for each major sport.	2	0	0
Practice and Game Preparation	1. Identify the skills necessary for success in a given sport. 2. Formulate a practice plan that emphasizes the skills necessary for success in a given sport. 3. Demonstrate the ability to formulate both a practice plan and game plan based on player personnel and tendencies of the home and visiting teams.	8	0	0
Administrative Duties	1. Outline the duties that fall outside of the direct coaching of the athlete in a given sport including budget, staff management, fundraising, film exchange, and contest administration.	2	0	0
Motivational Tactics	1. Recognize popular motivational tactics that are utilized to produce outstanding athletic performance.	2	0	0
Scouting	1. List the many areas of inspection necessary for a thorough scout of the opponent.	3	0	0
Team Assembly/Recruiting	1. Specify and state the positional, emotional, intellectual, and physiological needs of a team.	3	0	0
Strength Training and Conditioning	1. Plan a simple 12-month strength and conditioning program.	3	0	0
Skill Development	1. Plan a simple 12-month skill development program.	3	0	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
45	0	0