



## Sport Coaching for Educators Course at a Glance

### Instructor & Course Information

**Instructor:** Dr. Martin Short  
**Email:** [martin.short@und.edu](mailto:martin.short@und.edu)  
**Length:** 45 hours  
**Number of Credits:** 3

### Course Introduction and Learning Objectives

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This course has no pre-requisites and is a self-paced course designed to give you an introduction and overview of relevant philosophy, sport psychology, sport pedagogy, sport physiology, sport medicine and sport management issues confronting coaches. Coaching is presented with emphasis on effective instructional techniques and coaching principles based upon scientific knowledge.

After successfully completing this course, you should be able to:

- Demonstrate knowledge of the basic principles of athletic administration and organization
- Apply basic coaching principles and plans as well as group and time management strategies to teach sport skills
- Demonstrate an understanding of the training requirements for various sports and different populations
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### Course Overview and Organization

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This course contains four Units comprised of 13 total lessons designed to focus your study of coaching and to assist you in achieving the course learning objectives/outcomes. You will work through a combination of required readings and videos and be tasked with assignments and/or knowledge checks for each lesson. Your final assignment will be creating a coaching plan using the knowledge gained in each of the lessons.

### Lesson Topics

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Unit I: Principles of Coaching  
Lesson 1 Developing Your Coaching Philosophy  
Lesson 2 Determining Your Coaching Objectives  
Lesson 3 Selecting Your Coaching Style  
Lesson 4 Coaching for Character  
Lesson 5 Coaching Diverse Athletes  
Unit II: Principles of Behavior

Lesson 6      Communicating with Your Athletes  
Lesson 7      Motivating Your Athletes  
Lesson 8      Managing Your Athletes' Behavior  
Unit III: Principles of Teaching  
Lesson 9      The Games Approach  
Lesson 10     Teaching Technical Skills  
Lesson 11     Teaching Tactical Skills  
Lesson 12     Planning for Teaching  
Unit IV: Principles of Training  
Lesson 13     Training Basics  
Final Assignment: Season Coaching Plan

Each lesson contains the following structural elements

- Lesson Learning Outcomes/Objectives and To-Do List
- Required Reading
- Video and Supporting Material
- Assessment

### Textbook and Course Materials

Martens, Rainer. (2012) Successful Coaching (4<sup>th</sup> Ed.), ISBN #: 9781450400510

### Assessment and Grading

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This course is made up of a series of assessments which will be graded. You will work on a combination of reflections, knowledge checks, and a final project. The final project will be to design a Season Coaching Plan using all of the information you have learned from the course. This project will be a loosely defined “paper” that covers all of the necessary elements outlined in the assignment.

The following % will be assigned for each assessment:

Reflections (13 total):      40%  
Knowledge Checks (13 total):    25%  
Season Coaching Plan Project:    35%

You have the option of selecting the type of grading for this course – Satisfactory/Unsatisfactory or Letter Grading (A-F). Please be aware that once you've selected the type of grading option, you cannot request a change after the course has begun.

Participants will need to earn 70% to earn a Satisfactory grade.

Letter grades will be assigned as follows:

A            90% to 100%  
B            80% to 89%  
C            70% to 79%  
D            60% to 69%  
F            0% to 59%

## Academic Integrity

Students enrolled in this course are expected to be aware of the seriousness of scholastic dishonesty. Unacceptable behavior such as submitting someone else's work as your own, cheating on exams, or plagiarizing can result in failure of the course or other sanctions. For a more detailed description of these policies, please refer to the UND Code of Student Life; Appendix IIIa-3, at:

<http://und.edu/student-affairs/code-of-student-life/>