

Department of Health and Human Performance  
Montana State University – Billings  
College of Allied Health Professions  
Fall 2009

**COURSE RUBRIC AND TITLE:** HHP 249/593 Foundations of Coaching  
**INSTRUCTOR:** Kevin Woodin  
**OFFICE/PHONE:** P.E. Building – Room 151/657-2368  
**EMAIL:** kwoodin@msubillings.edu  
**OFFICE HOURS:** By appointment  
**TEXT:** Successful Coaching (3<sup>rd</sup> edition) by Rainer Martens

**COURSE DESCRIPTION:**  
To develop hands on knowledge of the basics to coach sports. This course acquaints students with necessary skills to effectively coach sports.

**COURSE POLICIES:**

- 1) If you have a documented disability and require accommodations, please make an appointment with the instructor as soon as possible to discuss your needs.
- 2) Students are expected to attend all scheduled classes. If you know you are going to be gone in advance, please notify the instructor. Only university-related absences will have the opportunity to earn their attendance point for a specific date. Students are responsible for all coursework assigned or due during absences. Late work will be penalized.

**GRADING:**

Class Participation/Attendance	20%	(20 points)
Assignments	20%	(20 points)
Coaching or Volunteer-related work/observations & Journal	20%	(20 points)
Organizational Notebook	5%	(5 points)
Coaching Instructional Activity	10%	(10 points)
Midterm Exam	10%	(10 points)
Final Written Exam	15%	(15 points)

Detailed descriptions and specific due dates of the above items will be provided.

**GRADING SCALE:**  
90-100 = A  
80-89 = B  
70-79 = C  
60-69 = D  
0-59 = F

**CLASS MEETING DATES: (9:20am-10:20am, PE 105)**  
9/9, 9/14, 9/16, 9/23, 9/28, 9/30, 10/5, 10/7, 10/12, 10/19, 10/21, 10/26, 10/28, 11/4, 11/9, 11/16, 11/23, 11/30, 12/7, 12/9

Midterm Exam – in class on 10/21  
Journal will be due on multiple occasions (TBA), Notebook will be due on 12/7  
Final Exam – in class on 12/9

Sample topics of the course include developing your coaching philosophy, selecting your coaching style, communicating with your athletes, motivating your athletes, managing your athletes' behavior, teaching skills, practice & game planning, basic principles of physical training, team management, and investigating the parents' role in youth sports

HHP 593 students – please contact instructor (Woodin) regarding your additional course requirement(s)