

COACHING (COACHING)

Courses

COACHING 240 INTRODUCTION TO COACHING 2 Units

A course designed to introduce undergraduate students to the profession of coaching. The nature of the profession, qualifications, skills and issues relative to the profession will be explored.

COACHING 250 APPLICATION OF MECHANICAL PRINCIPLES TO COACHING 2 Units

This course is designed as an introductory course to the fundamentals of movement. This course will enable students to apply various mechanical principles to their future professions, primarily coaching.

COACHING 252 SPORTS PEDAGOGY: TEACHING AND COACHING SPORTS SKILLS 3 Units

This course introduces the student to motor learning/motor development, teaching styles, understanding and writing of teaching/coaching objectives, and the planning, teaching and organization of sports skills. It will also involve the student in a teaching practicum.

COACHING 255 BASIC STRENGTH AND CONDITIONING FOR SPORTS 2 Units

This course is designed to provide a comprehensive overview of basic strength and conditioning subjects. Emphasis is placed on providing each student with the opportunity to instruct and coach related material on strength and conditioning for special populations.

COACHING 256 PSYCHO-SOCIAL ASPECTS OF COACHING 2 Units

A study of the social and psychological factors that impact athletic performance. Theoretical and applied perspectives will be explored from a coaching framework.

COACHING 260 HISTORY AND SOCIAL ASPECTS OF ATHLETICS 3 Units

This course is designed to deal with the historical and sociological aspects of athletics as they pertain to every day living. Emphasis will be directed toward the social aspects and historical implications. Areas to be covered include those of socio-economic relationships, building athletics into an American heritage, industrial revolution, athletics and the school, and the future of athletics in our society.

COACHING 265 COACHING OF COMMUNITY SPONSORED SPORTS 3 Units

Designed for men and women who wish to take part in the coaching of community sponsored sports. The role of community sponsored sports in the total picture of a young person's development, the organization and administration, and the actual coaching of community sponsored sports will be covered.

COACHING 341 ADVANCED TOPICS IN STRENGTH AND CONDITIONING 3 Units

The course teaches students how to design strength and conditioning programs for tactical populations, including military, police, fire, and rescue personnel. Additional topics include emerging training theories and modalities. Upon completion, students will be prepared to pursue a credential in tactical strength and conditioning facilitation.

PREREQ: COACHING 255

COACHING 342 PRINCIPLES OF OLYMPIC WEIGHTLIFTING 3 Units

This course is designed to develop a basic understanding of Olympic weightlifting with an emphasis on fundamental principles, techniques, and program design.

COACHING 345 STRENGTH AND CONDITIONING PROGRAM DESIGN 3 Units

This course will teach students how to develop sport-specific strength and conditioning programs, with a specific emphasis on creation of periodized programs. Students will learn how to manipulate training variables across multi-year training cycles, in order to achieve peak performance in strength, speed, and endurance.

PREREQ: COACHING 255

COACHING 350 COACHING OF FOOTBALL 2 Units

An in-depth study of the game of football, and the coaching techniques that lead to a successful program. Special emphasis in the areas of building offenses and defenses, with a good hard look at related areas.

COACHING 351 COACHING OF BASKETBALL 2 Units

This course is designed for those men and women who wish to become basketball coaches. The administration, organization, and management principles, as well as rules, techniques of individual and team play, strategy, psychology, and problems of coaching are pursued through lectures, discussions, practices, and demonstrations.

COACHING 352 COACHING OF BASEBALL 2 Units

Primarily designed for men and women who wish to become baseball/softball coaches. The organization, psychology, coaching techniques, team selection techniques, training program and fundamentals skills will be covered by lecture and demonstrations.

COACHING 353 COACHING OF TRACK AND FIELD/CROSS COUNTRY 2 Units

Primarily designed for students who wish to become track and field / cross country coaches. The organization, motivation, coaching techniques and training programs for each event /sport will be covered by lecture and demonstration.

COACHING 354 COACHING OF SWIMMING 2 Units

To provide candidates with the skills and knowledge necessary to coach a swimming team. All aspects of coaching philosophy, techniques, training, stroke analysis, organization, and management will be covered by lecture, demonstration, observation, and participation. Prereq: Ability to swim at the intermediate level.

PREREQ: ABILITY SWIM AT THE INTERMEDIATE LEVEL

COACHING 356 COACHING OF WRESTLING 2 Units

This course is designed to provide the knowledge and skills essential to the coaching of competitive wrestling.

COACHING 359 COACHING OF VOLLEYBALL 2 Units

Primarily designed for men and women who seek advanced volleyball knowledge or wish to coach volleyball. Includes skill analysis, offensive and defensive strategy, plays, sociology and psychology of sport, organization, training, scouting and rules.

COACHING 360 COACHING OF SOCCER 2 Units

This course is designed to provide the knowledge and skills essential to the coaching of competitive soccer.

COACHING 361 COACHING OF SOFTBALL 2 Units

This course will focus on building an understanding of the components necessary for successful coaching in the game of softball. Included will be the administration, development, implementation and evaluation of a softball program. Priority will be placed on actual coaching techniques and strategies. The course will examine the relationship of the coach to the athlete, the team and the community emphasizing the potential benefits to all those involved.

COACHING 460 ORGANIZATION AND ADMINISTRATION OF INTERSCHOLASTIC ATHLETICS 2 Units

Students in this course will learn about the day to day operations of an intercollegiate athletic department. There will be leadership lessons and activities as well as problem solving cases that will allow the student to prepare them to be an athletic administrator. The class will also discuss the different governing bodies, history of intercollegiate athletics, and both external and internal operations.

PREREQ: COMPLETE ONE OF THE FOLLOWING COURSES (COACHING 350 OR COACHING 351 OR COACHING 352 OR COACHING 353 OR COACHING 354 OR COACHING 356 OR COACHING 359 OR COACHING 360 OR COACHING 361 OR RECREATN 233)

COACHING 461 PREVENTION AND CARE OF ATHLETIC INJURIES 3 Units

This class covers the methods and techniques for the treatment and prevention of injuries related to participation in physical activities. Emphasis is placed on the etiology of movement injuries, injury management procedures, and preventive conditioning techniques.

PREREQ: MINIMUM JUNIOR STANDING

COACHING 463 CHILDREN AND SPORTS 3 Units

Explore the historical perspective and the present controversy surrounding the involvement of children in competitive sport. Future directions for competitive sport for children will be a major focus.

COACHING 470 PRACTICUM IN ATHLETIC TRAINING 1-12 Units

This independent study is designed to give a prospective student the opportunity to gain experience in the field of athletic training. While under supervision, students will have the ability to evaluate, manage, and rehabilitate injuries. Additionally, students will be able to use injury prevention methods such as taping and bracing.

PREREQ: COACHING 461

COACHING 480 LEGAL ASPECTS OF SPORT AND RECREATION ACTIVITIES 3 Units

This course will examine the complexities of sport and recreation litigation, primarily focused on educational institutions. Students will use this knowledge to aid their professional growth in the fields of sport and recreation activity. Topics such as risk management, contracts, liability, and policy development will provide a better understanding of the law with respect to challenges encountered by sport and recreation professionals.

PREREQ: MINIMUM JUNIOR STANDING OR INSTRUCTOR CONSENT

COACHING 485 CAPSTONE IN STRENGTH AND CONDITIONING 3 Units

The final course in the Strength and Conditioning minor sequence. Summarizes and reviews material from previous courses with additional discussion of administrative aspects of strength and conditioning, including: facility design and personnel management. Intended to help prepare students for the National Strength and Conditioning Association's (NSCA) Certified Strength and Conditioning Specialist (CSCS) exam.

PREREQ: PEPROF 471

COACHING 490 WORKSHOP IN INTERCOLLEGIATE OR INTERSCHOLASTIC ATHLETICS *Repeatable* 1-6 Units

Variable topics. Group activity oriented presentations emphasizing "hands on" and participatory instructional techniques. Repeatable for a maximum of 6 credits in major.

COACHING 492 FIELD STUDY IN COACHING 2-3 Units

Field study in coaching provides undergraduate students with a supervised capstone experience in coaching. Students will be placed with department approved university/public/private/community teams/ programs to obtain practical experience in the sport(s) of their choice. The site selection will be consistent with the professional objectives selected by the student.

COACHING 496 SPECIAL STUDIES *Repeatable* 1-4 Units

Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings.

COACHING 497 EXCHANGE STUDY *Repeatable* 1-12 Units

Variable topics.

COACHING 498 INDEPENDENT STUDY *Repeatable* 1-4 Units

Study of a selected topic or topics under the direction of a faculty member. Repeatable for a maximum of 4 credits in major.