

**JAMESTOWN COMMUNITY COLLEGE**  
**State University of New York**

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**INSTITUTIONAL COURSE SYLLABUS**

**Course Title:** Foundations-Coaching&Teaching

**Course Abbreviation and Number:** SPT 1310

**Credit Hours:** 3

**Course Type:** Lecture

**Course Description:** Students will develop an understanding of the various components of the coaching profession with emphasis on coaching philosophy, sport pedagogy, sport psychology, and sport physiology. All students will have an opportunity to become certified in the Coaching Principles portion of the American Sport Education Program (ASEP). Students will also be provided an overview of the philosophical and sociological aspects of coaching, coaching trends, and related issues.

No requisites.

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**Student Learning Outcomes:**

Students who demonstrate understanding can:

1. Demonstrate knowledge of the “athlete first, winning second” philosophy.
2. Articulate a personal philosophy of coaching and identify and discuss significant components of sport pedagogy, sport psychology, and sport physiology as well as risk management and season planning.

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**Topics Covered:**

- Philosophy, objectives, and styles of coaching
- Motivation/Flow & behavior in coaching
- Games Approach to teaching tactical and technical skills
- Tactics/planning for coaching
- Training and energy systems used in coaching
- Muscle development and nutrition
- Drugs and risky behaviors
- Risk management
- Relationship issues
- Practice teaching

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**Information for Students**

- Expectations of Students
  - [Civility Statement](#)
  - [Student Responsibility Statement](#)
  - [Academic Integrity Statement](#)
- [Accessibility Services](#)  
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

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**Effective Date:** Fall 2021