

# Northern Marianas College

## CURRICULUM ACTION REQUEST

Course: PE229 Introduction to Sports Coaching

**Effective Semester / Session:** Spring 2024

**Type of Action:**

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

**Course Alpha and Number:** PE229

**Course Title:** Introduction to Sports Coaching

**Reason for initiating, revising, or canceling:**


This course is being revised as part of periodic revisions, including adding a requirement to complete the American Sports Education Program (ASEP) coaching certification test, increasing course credits, requiring HE150 as a concurrent course, and a math placement of MA091. Finally, the course name change reflects the evolution of coaching and what this course specifically targets.

Denise J. Myers 

Nov 17, 2023

**Proposer**

Date

  
Velma C. Deleon Guerrero (Nov 17, 2023 08:08 GMT+10)

Velma C. Deleon Guerreo

Nov 17, 2023

**Academic Unit Head**


Date

  
Adam Walsh

11.16.23

**Language & Format Review Specialist**

Date

  
Velma C. Deleon Guerrero (Nov 17, 2023 08:08 GMT+10)

Velma C. Deleon Guerreo

Nov 17, 2023

**Academic Council Chair**

Date

Lorraine C. Maui   
Lorraine Maui (Nov 17, 2023 09:00 GMT+10)

Nov 17, 2023

**Interim Dean of Academic Programs & Services**

Date

# Northern Marianas College

## Course Guide

Page: 2

Course: PE229 Introduction to Sports Coaching

### 1. Department

Science, Mathematics, Health & Athletics

### 2. Purpose

PE 229 is required for the Liberal Arts Health & PE emphasis degree and may also act as an elective PE course for other NMC degrees. PE 229 is designed to provide a comprehensive introduction to the coaching profession via enhancing students' knowledge and understanding of concepts/techniques involved in coaching along with time spent in the community observing these actions put into practice.

### 3. Description

#### A. Required/Recommended Textbook(s) and Related Materials

Required:

Martens, R. (2012). *Successful Coaching*. Champaign, IL: Human Kinetics.

ASEP test package

Recommended: N/A

#### B. Contact Hours

1. **Lecture:** 22.5 hours per semester

2. **Lab:** N/A

3. **Other:** Shadowing and online component 22.5 per semester

#### C. Credits

1. **Number:** 3

2. **Type:** Regular degree credits

#### D. Catalogue Course Description

This course provides a comprehensive introduction to the coaching profession. The course will develop and enhance knowledge and understanding of concepts and techniques of coaching. This course combines sport science theory and research with hands-on experience in the community observing these actions put into practice. Students will explore methods in the five essential categories of coaching: principles of coaching, behavior, teaching, physical training, and management. Prerequisites: HE150, English Placement Level: EN095, Math Placement Level: MA091. (Offered Fall)

#### E. Degree or Certificate Requirements Met by Course

This is a required course for a degree in Liberal Arts Health & PE and can serve as an elective.

Course: PE229 Introduction to Sports Coaching

**F. Course Activities and Design**

This course is taught using a hybrid format (part face-to-face, part online, and part shadowing coaching professionals). Students will be required to attend class and participate in discussions and demonstrations. The course will utilize video/ media to look at skills, techniques, and strategies. The course will also utilize the knowledge of current coaches to help understand the day-to-day duties of coaching that exceed theoretical ideas and planning that cannot be taught within the classroom. There will be an online component where students analyze the strategies and techniques of what they see during observations. Students will be required to complete the ASEP coaching exam and—upon passing—be included in a national registry.

**4. Course Prerequisite(s); Concurrent Course Enrollment**

Prerequisites: MA089

Concurrent Course Enrollment: HE150

**Required English/Mathematics Proficiency Level(s)**

English Placement Level: EN095

Mathematics Placement Level: MA091

**5. Estimated Cost of Course; Instructional Resources Needed**

Cost to the Student: Tuition for a 3-credit course, cost of textbook/ASEP test.

Cost to the College: Salary of instructor

Instructional resources needed for this course include: library books, projector, white board and markers, and coaching equipment—stopwatches, whistles, clipboards and other various sporting materials (i.e. cones, balls, etc.)

**6. Method of Evaluation**

Students will be evaluated on the basis of: assignments, tests, coach shadowing, and final ASEP exam. NMC's grading and attendance policies will be followed.

Course: PE229 Introduction to Sports Coaching

**7. Course Outline**

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Principles of Coaching

- 1.1 Coaching philosophy
- 1.2 Coaching style
- 1.3 Sportsmanship

2.0 Principles of Behavior

- 2.1 Development of a coach
- 2.2 Motivation of athletes
- 2.3 Managing behavioral issues/problems

3.0 Principles of Teaching

- 3.1 Teaching technical skills
- 3.2 Teaching tactical skills
- 3.3 Development of practice plans
- 3.4 Development of game plans

4.0 Principles of Physical Training

- 4.1 Developing training programs for athletes
- 4.2 Principles of good nutrition for health and performance
- 4.3 Drug use and athletes

5.0 Principles of Management

- 5.1 Team management

Course: PE229 Introduction to Sports Coaching

**8. Instructional Goals**

The course will introduce students to:

- 1.0 Coaching philosophies;
- 2.0 Coaching styles;
- 3.0 Communication in sport settings;
- 4.0 Teaching technical skills;
- 5.0 Teaching tactical skills and game strategies;
- 6.0 General principles of training;
- 7.0 Planning practice/training sessions;
- 8.0 Nutrition and performance; and
- 9.0 Team management.

Course: PE229 Introduction to Sports Coaching

**9. Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1.0 Describe one's own coaching philosophy;
- 2.0 Differentiate between coaching styles;
- 3.0 Discuss the importance of communication in sport settings;
- 4.0 Describe how to teach technical skills;
- 5.0 Describe how to teach tactical skill (game strategies);
- 6.0 Identify general training principles;
- 7.0 Develop instructional plans for practice/training sessions;
- 8.0 Discuss nutrition's effect on performance; and
- 9.0 Identify ways to effectively manage a team.

**10. Assessment Measures of Student Learning Outcomes**

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Assignments;
- 2.0 Tests;
- 3.0 Shadowing; and
- 4.0 ASEP Exam.











# PE229.2

Final Audit Report

2023-11-16


Created:	2023-11-16
By:	Rita Duan (lili.duan@marianas.edu)
Status:	Signed
Transaction ID:	CBJCHBCAABAALhmf90D0KgDsnv08o0gANmdg7Da28J_

## "PE229.2" History

-  Document created by Rita Duan (lili.duan@marianas.edu)  
2023-11-16 - 4:39:41 AM GMT
-  Document emailed to denise.myer@marianas.edu for signature  
2023-11-16 - 4:40:58 AM GMT
-  Email sent to denise.myer@marianas.edu bounced and could not be delivered  
2023-11-16 - 4:41:02 AM GMT
-  Rita Duan (lili.duan@marianas.edu) replaced signer denise.myer@marianas.edu with denise.myers@marianas.edu (denise.myers@marianas.edu)  
2023-11-16 - 4:42:13 AM GMT
-  Document emailed to denise.myers@marianas.edu (denise.myer@marianas.edu) for signature  
2023-11-16 - 4:42:13 AM GMT
-  Email sent to denise.myer@marianas.edu bounced and could not be delivered  
2023-11-16 - 4:42:22 AM GMT
-  Email sent to denise.myers@marianas.edu (denise.myer@marianas.edu) bounced and could not be delivered  
2023-11-16 - 4:42:27 AM GMT
-  Rita Duan (lili.duan@marianas.edu) replaced signer denise.myer@marianas.edu with denise.myers@marianas.edu (denise.myers@marianas.edu)  
2023-11-16 - 4:42:49 AM GMT
-  Document emailed to denise.myers@marianas.edu (denise.myers@marianas.edu) for signature  
2023-11-16 - 4:42:49 AM GMT
-  Email sent to denise.myers@marianas.edu (denise.myer@marianas.edu) bounced and could not be delivered  
2023-11-16 - 4:42:57 AM GMT

 Email viewed by denise.myers@marianas.edu (denise.myers@marianas.edu)


2023-11-16 - 3:12:24 PM GMT

 Signer denise.myers@marianas.edu (denise.myers@marianas.edu) entered name at signing as denise.myers@marianas.edu

2023-11-16 - 3:13:18 PM GMT

 Document e-signed by denise.myers@marianas.edu (denise.myers@marianas.edu)


Signature Date: 2023-11-16 - 3:13:21 PM GMT - Time Source: server

 Document emailed to Velma C. Deleon Guerrero (velma.deleon.guerrero@marianas.edu) for signature


2023-11-16 - 3:13:22 PM GMT

 Email viewed by Velma C. Deleon Guerrero (velma.deleon.guerrero@marianas.edu)

2023-11-16 - 10:08:27 PM GMT

 Document e-signed by Velma C. Deleon Guerrero (velma.deleon.guerrero@marianas.edu)

Signature Date: 2023-11-16 - 10:08:40 PM GMT - Time Source: server

 Document emailed to Lorraine Maui (lorraine.maui@marianas.edu) for signature

2023-11-16 - 10:08:42 PM GMT

 Email viewed by Lorraine Maui (lorraine.maui@marianas.edu)

2023-11-16 - 11:00:24 PM GMT

 Document e-signed by Lorraine Maui (lorraine.maui@marianas.edu)

Signature Date: 2023-11-16 - 11:00:45 PM GMT - Time Source: server

 Agreement completed.

2023-11-16 - 11:00:45 PM GMT