STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK

MASTER SYLLABUS

COURSE NUMBER – COURSE NAME
SPMT 245 - Theories & Techniques of Coaching

CIP Code:
For assistance determining CIP Code, please refer to this webpage
or reach out to Sarah Todd at todds@canton.edu

Created by: D.PARA

Updated by: School of Science, Health, and Criminal Justice

Department: SPORTS MANAGEMENT

Semester/Year: FALL 2024
A. **TITLE:** Theories and Techniques of Coaching

B. **COURSE NUMBER:** SPMT 245

C. **CREDIT HOURS:** (Hours of Lecture, Laboratory, Recitation, Tutorial, Activity)

   - # Credit Hours: 3
   - # Lecture Hours: 3 per week
   - # Lab Hours: per week
   - Other: per week

   **Course Length:** 15 Weeks
   **Note:** this course is typically run as a 7 week course

D. **WRITING INTENSIVE COURSE:** Yes ☐ No ☒

E. **GER CATEGORY:** None: ☒ Yes: GER
   **If course satisfies more than one:** GER

F. **SEMESTER(S) OFFERED:** Fall ☒ Spring ☐ Fall & Spring ☐

G. **COURSE DESCRIPTION:**
   This seven-week course is part of the Interscholastic Coaching Micro-Credential and part of the NYSED required course for Interscholastic Coaching Certification. The course will provide an overview of leadership theories and approaches as they apply to sport coaching. The goal of the course is to provide potential coaches with a better understanding of best coaching practices and methods utilizing leadership principles to be effective coaches/leaders and create an environment for players and parents that is developmentally, physically, and psychologically nurturing. NYSPHSAA coaching standards along with NASPE coaching standards will be reviewed.

   **Note:** For NYSED certification, students must also complete a sport specific course through NFSH (National Federation of State High School Associations) for the sport they wish to be certified in. Students will be responsible for the course fee assigned to the specific course they enroll in. Enrollment and completion can be at the convenience of the student once they have successfully completed the course above. Course fee may range from 35.00-50.00 depending on the sport.

   **Note:** SUNY Canton Sports Management students will fulfill this micro credential requirement after successful completion of SPMT 203 which is required for their program. Students in the program do not need to take this course for certification. However, SUNY Canton sports management would still need to complete the sport specific course explained above and will be responsible for the course fee.
H. **PRE-REQUISITES:** None ☐ Yes ☑ If yes, list below:

Pre-requisites: SPMT 244 Philosophy, Principles, and Organization of Athletics in Education

**CO-REQUISITES:** None ☐ Yes ☑ If yes, list below:

I. **STUDENT LEARNING OUTCOMES:** (see key below)

By the end of this course, the student will be able to:

<table>
<thead>
<tr>
<th>Course Student Learning Outcome [SLO]</th>
<th>Program Student Learning Outcome [PSLO]</th>
<th>ISLO &amp; SUBSETS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understand the role of coach as leader and the integration of effective leadership principles and practices to sport coaching.</td>
<td>3. Critical Thinking</td>
<td>2. Critical Thinking</td>
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<tr>
<td>Construct a coaching/leadership philosophy and apply theories, principles, and techniques learned from class.</td>
<td>2. Application of knowledge and skills 4. Communication Skills 5. Leadership Applications</td>
<td>5. Industry, Professional, Discipline-Specific Knowledge and Skills</td>
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<table>
<thead>
<tr>
<th>KEY</th>
<th>Institutional Student Learning Outcomes [ISLO 1–5]</th>
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<tbody>
<tr>
<td>ISLO #</td>
<td>ISLO &amp; Subsets</td>
</tr>
<tr>
<td>1</td>
<td>Communication Skills Oral [O], Written [W]</td>
</tr>
<tr>
<td>2</td>
<td>Critical Thinking Critical Analysis [CA], Inquiry &amp; Analysis [IA], Problem Solving [PS]</td>
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<tr>
<td>3</td>
<td>Foundational Skills Information Management [IM], Quantitative Lit/Reasoning [QTR]</td>
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<tr>
<td>4</td>
<td>Social Responsibility Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</td>
</tr>
<tr>
<td>5</td>
<td>Industry, Professional, Discipline Specific Knowledge and Skills</td>
</tr>
</tbody>
</table>
J. **APPLIED LEARNING COMPONENT:** Yes ☐ No ☑


L. **REFERENCES:**
NYSPHAA Coaching Standards, National Association for Sport and Physical Education Coaching Standards.


M. **EQUIPMENT:** None ☐ Needed:

N. **GRADING METHOD:** A-F

O. **SUGGESTED MEASUREMENT CRITERIA/METHODS:**
Case Study submissions
Coaching Philosophy
Discussion

P. **DETAILED COURSE OUTLINE:**

I. Introduction and Overview
   a. Discussion of course expectations, objectives, and outcomes

II. Leadership Theories for Effective Coaching
   a. Coaching/Leadership Styles
   b. Emotional Intelligence
   c. Ethical Leadership
   d. Transformational Leadership and Coaching

III. Characteristics of Effective Leaders/Coaches
   a. Traits and Attributes and coaching styles (what type of leader/coach will you be)
   b. Values and Character, and Ethics
   c. Motivator

IV. Applying Leadership Frameworks/Techniques for Effective Coaching
   a. Building Team Cohesion
   b. Building trust and strong relationships with players, parents, officials, spectators, administrators, and others
   c. Being a skilled motivator for players and teams.
   d. Crisis management and ethical concerns
   e. Discipline to nurture
   f. Handling the pressure – helping yourself, helping your players.
   g. Being a transformational coach to guide players to their best selves.

IV. Understanding Challenges and Concerns
   a. Coaching challenges and concerns
   b. Athlete challenges and concerns
   c. Effective strategies

Q. **LABORATORY OUTLINE:** None ☑ Yes ☐