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
https://nces.ed.gov/ipeds/cipcode/browse.aspx?y=55
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:

Course Student Learning Outcome [SLO]	Program Student Learning Outcome [PSLO]	ISLO & SUBSETS	
Understand the role of coach as leader and the integration of effective leadership principles and practices to sport coaching.	3. Critical Thinking	2. Critical Thinking	CA IA
Explain and discuss NYSPHSAA and NASPE Coaching Standards apply to various case studies.	3. Critical Thinking 4. Communication Skills 5. Leadership Applications	2. Critical Thinking 1. Communication Skills 5. Industry, Professional, Discipline-Specific Knowledge and Skills	CA O T
Construct a coaching/leadership philosophy and apply theories, principles, and techniques learned from class.	2. Application of knowledge and skills 4. Communication Skills 5. Leadership Applications	5. Industry, Professional, Discipline-Specific Knowledge and Skills 1. Communication Skills 5. Industry, Professional, Discipline-Specific Knowledge and Skills	O W

KEY	Institutional Student Learning Outcomes [ISLO 1 – 5]
ISLO #	ISLO & Subsets
1	Communication Skills Oral [O], Written [W]
2	Critical Thinking Critical Analysis [CA], Inquiry & Analysis [IA], Problem Solving [PS]
3	Foundational Skills Information Management [IM], Quantitative Lit./Reasoning [QTR]
4	Social Responsibility Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]
5	Industry, Professional, Discipline Specific Knowledge and Skills

J.	APPLIED LEARNING COMPONENT:		Yes ☐	No ☒

K.	TEXTS: Successful Coaching, 3 rd or 4 th Edition, 2012. Human Kinetics.
		ISBN: 9781450400510 SUPPLIED BY INSTRUCTOR

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

Nater, S., & Gallimore, R. (2006). You haven't taught until they have learned: John Wooden's
	teaching principles and practices. Fitness Information Technology.

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 ☐