



Course Information

A: Division: Instructional Division
 B: Dept.: Science and Technology

Date: 13 December 1996

New Course:

Program: Coaching Diploma

Revision of Course Information form: X

Dated: 13 December 1996

C: COAC 377 D: Coaching for Optimal Performance E: 3
 Subject & Course No. Descriptive Title Semester Credit

F: Calendar Description: This course is designed to provide students with an understanding of the factors involved in planning for optimal performance. The focus is on mental preparation for practices, training and competitions. Topics include visualization, focus and emotional control.

Summary of Revisions: (Enter date & section)
 Eg: Section C,E,F
 10 June 1996: Section P

G: Type of Instruction: Hours per Week / per Semester
 Lecture\Practice: 4 Hrs.
 Laboratory: Hrs.
 Seminar: Hrs.
 Clinical Experience: Hrs.
 Field Experience: Hrs.
 Practicum: Hrs.
 Shop: Hrs.
 Studio: Hrs.
 Student Directed Learning: Hrs.
 Other: Hrs.
 Total: 4 Hrs.

H Course Prerequisites:
 Nil

I: Course Corequisites:
 Nil

J: Course for which this Course is a Prerequisite:
 Nil

K Maximum Class Size:
 35

L: College Credit Transfer X
 College Credit Non-Transfer

M Transfer Credit: Requested: X
 Granted:

Specify Course Equivalents or Unassigned Credit as appropriate:

U.B.C.

S.F.U.

U. Vic.

Other: N/A

Non-Credit

Tim Frick
 (Tim Frick) Course Designer

Dean and Wilson
 Dean

P. H. D. G. S.
 Vice President, Instruction
 Registrar

N: COURSE TEXTBOOKS AND MATERIALS:

Porter, K. and J. Foster (1990) Visual Athletics. Dubuque, Iowa; Brown Benchmark. ISBN0-697-10987-9
Readings from Cox, R.H. (1985) Sport Psychology (2nd ed.) Dubuque, Iowa; Brown Benchmark. ISBN 0-697-01340-5

O: COURSE OBJECTIVES

Upon completion of the course the student will be able to:

1. describe the mental preparation associated with the achievement of optimal performance.
2. describe the concept of process as related to optimal performance for athletes and coaches
3. describe the relationship between activation and performance
4. describe and demonstrate the use of imagery by athletes and coaches
5. describe and demonstrate the preparation of pre-competition, competition and post competition plans.

P: COURSE CONTENT

1. Mental Preparation

The student will:

- 1.1 describe the factors associated with motivation for optimal performance
- 1.2 describe the components of a mental preparation program
- 1.3 describe and demonstrate the setting of goals and objectives for athletes and coaches:
 - 1.3.1 daily
 - 1.3.2 micro and macro cycle
 - 1.3.3 seasonal
 - 1.3.4 career
 - 1.3.5 performance profiles
- 1.4 develop training and competition diaries
- 1.5 describe personality concepts as related to coaching and sport participation.

2. Process

The student will:

- 2.1 define the concepts of process and outcome as related to optimal performance
- 2.2 describe the achievement of a process focal point by athletes and coaches:
 - 2.2.1 controllable factors
 - 2.2.2 focus
 - 2.2.3 cue words
 - 2.2.4 self talk
 - 2.2.5 attentional control
- 2.3 describe methods for dealing with distractions
 - 2.3.1 on site
 - 2.3.2 off site
- 2.4 describe the development of a positive coaching environment and belief system.

3. Activation

The student will:

- 3.1 define the concepts of emotional control, stress, anxiety, activation and arousal
- 3.2 describe the relationship between stress, anxiety, activation and arousal; and performance
- 3.3 describe the management of anxiety, arousal and relaxation with respect to optimal performance
- 3.4 describe the use of techniques that control and affect recovery and performance.

4. Imagery

The student will:

- 4.1 describe the types of visualization used by coaches and athletes
- 4.2 prepare visualization programs for coaches and athletes:
 - 4.1.1 skills
 - 4.1.2 performance
 - 4.1.3 goals and objectives
 - 4.1.4 wellness
 - 4.1.5 emotions and attitudes
- 4.3 describe the methods utilized to simulate competitive experiences.

5. Plan Preparation

The student will:

- 5.1 develop plans for optimal performance:
 - 5.1.1 pre-competition
 - 5.1.2 competition
 - 5.1.3 post-competition
- 5.2 describe the development of team cohesion at the community sport club level
- 5.3 describe the development of a community sport club discipline plan.

Q: METHOD OF INSTRUCTION:

- 1. Lecture
- 2. Discussion groups and group projects
- 3. Practical applications and experiences
- 4. Field observation
- 5. Guest presenters
- 6. Technology assisted learning

R: EVALUATION

Midterm examination	20%
Final examination	20%
Term paper (sport specific performance enhancement)	20%
Group project (performance optimization program)	20%
Individual project (planning)	<u>20%</u>
Total	100%