



# Course Information

A: Division: Instructional Division  
 B: Dept.: Science and Technology  
 Program: Coaching Diploma

Date: 29 January 1997  
 New Course: X  
 Revision of Course Information form:  
 Dated:

C: COAC 477 D: Coaching for Optimal Experience 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 optimizing the sport experience. The focus is on maximizing the athlete's personal development through practices, training and competition. Topics include cohesion, positive coaching interventions, athlete-centred coaching and methods of enriching participation in sport.

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

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:  
None

I: Course Corequisites:  
None

J: Course for which this Course is a Prerequisite:  
None

K Maximum Class Size:  
30

L: College Credit Transfer  X  
 College Credit Non-Transfer

Non-Credit  X

M Transfer Credit: Requested:  X  
 Granted:

Specify Course Equivalents or Unassigned Credit as appropriate:  
 U.B.C.  
 S.F.U.  
 U. Vic.  
 Other:

*J. Frick*  
 \_\_\_\_\_  
 \*Course Designer(s)  
*Deborah Wilson*  
 \_\_\_\_\_  
 Dean

*[Signature]*  
 \_\_\_\_\_  
 Vice-President, Instruction  
*[Signature]*  
 \_\_\_\_\_  
 Registrar

N. Textbooks and materials to be purchased by students  
(Use Bibliographic Form):

A compendium of course materials will be utilized, including N.C.C.P. materials and materials specifically prepared for this course.

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Complete Form with Entries Under the Following Headings:

- O. Course Objectives;      P. Course Content;      Q. Method of Instruction;  
R. Course Evaluation

O. Course Objectives

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

1. describe the mental preparation associated with the achievement of an optimal sport experience.
2. describe athlete-centred coaching.
3. describe coaching interventions that enhance the sport experience.
4. describe factors that enrich the sport experience.

P. Course Content

1. Mental Preparation

The student will:

- 1.1 describe the factors associated with motivation for optimal experience
- 1.12 describe the components of a mental preparation program that is designed to provide an optimal participatory experience

- 1.3 describe and demonstrate the use of performance profiles for athletes and coaches:
  - 1.3.1 daily
  - 1.3.2 micro and macro cycle
  - 1.3.3 seasonal
  - 1.3.4 career
- 1.4 describe and demonstrate the use of performance enhancing techniques:
  - 1.4.1 methods for creating enjoyable sessions
  - 1.4.2 methods for creating sessions which demonstrate athlete improvement
  - 1.4.3 methods for appealing to differing motivational focal points:
    - 1.4.3.1 affiliation
    - 1.4.3.2 achievement
    - 1.4.3.3 self direction
    - 1.4.3.4 sensation
  - 1.4.4 methods for enhancing self worth

## 2. Athlete Centred Coaching

The student will:

- 2.1 describe the concept of athlete centred coaching
- 2.2 describe the athlete centred coaching continuum:
  - 2.2.1 physical factors
  - 2.2.2 mental and cognitive factors
  - 2.2.3 social/emotional factors
  - 2.2.4 spiritual factors
  - 2.2.5 personal responsibility
  - 2.2.6 personal development
  - 2.2.7 accountability and control
- 2.3 describe the characteristics of a model coach as defined by N.C.C.P. documents
- 2.4 describe the development of a positive coaching environment and belief system
- 2.5 describe the learning styles and the implications for coaching
- 2.6 describe personality concepts as related to learning and performance in sport and coaching
- 2.7 describe the signs of all types of abuse
- 2.8 describe methods to encourage athletes to deal with abusive or potentially abusive situations:
  - 2.8.1 parameters of acceptable behaviour
  - 2.8.2 attitude development
  - 2.8.3 skills required

### 3. Coaching Interventions

The student will:

- 3.1 define the concepts of emotional control, stress, anxiety, activation and arousal in relation to optimal performance
- 3.2 describe the relationship between stress, anxiety, activation and arousal with respect to optimal performance
- 3.3 describe the management of anxiety, activation, arousal and relaxation with respect to optimal performance
- 3.4 describe the use of techniques that positively affect the nature of the sport experience:
  - 3.4.1 individual meetings
  - 3.4.2 group meetings
  - 3.4.3 creating a vision
  - 3.4.4 support factors
  - 3.4.5 rapport
  - 3.4.6 colour
  - 3.4.7 music
- 3.5 describe the development and maintenance of group harmony and cohesion.

### 4. Enrichment

The student will:

- 4.1 describe the concept of self direction and ways in which it can be enhanced in coaches and athletes
- 4.2 describe self assessment methods
- 4.3 describe the concept of personal meaning in sport
- 4.4 describe methods of dealing with career interruptions or termination
- 4.5 describe methods for dealing with anger, fear and uncertainty in sport
- 4.6 describe mental training skills that enrich the sport experience.

### Q. Method of Instruction

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

R. Course Evaluation

Midterm	20%
Final examination	20%
Term Paper	20%
Course Journal	20%
Application Project	<u>20%</u>
 Total =	 <b>100%</b>

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