

Coaching Techniques 2019

HNES 2000, (2 or 3 professional development credits)

INSTRUCTOR:

Dr. Brad Strand
Department of Health, Nutrition and Exercise Sciences
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COURSE DESCRIPTION:

Discover fundamentals in each specific sport, including continuity in team scheme, new rule changes, innovative programs, techniques of performance, the dangers and liabilities in each sport, and the need for legislative reform involving sport injury.

OBJECTIVES:

This course is designed to enable coaches who are attending a coaching clinic the opportunity to gain new coaching insights. At the conclusion of this clinic students are expected to be able to detail new concepts related to the coaching sessions that were attended and explain how what was learned will impact their coaching philosophy.

NATIONAL BOARD FOR PROFESSIONAL TEACHING STANDARDS:

The National Board for Professional Teaching Standards seeks to identify and recognize teachers who effectively enhance student learning and demonstrate the high level of knowledge, skills, abilities, and commitments. This course aligns with all of those standards.

1. *Teachers are committed to students and their learning.*
2. *Teachers know the subjects they teach and how to teach those subjects to students.*
3. *Teachers are responsible for managing and monitoring student learning.*
4. *Teachers think systematically about their practice and learn from experience.*
5. *Teachers are members of learning communities.*

TOPICAL OUTLINE - See convention program

COURSE REQUIREMENTS and ASSIGNMENTS:

At the conclusion of the clinic you will submit a portfolio of information to the course instructor. The portfolio will include:

1. **Attend Session:** You are expected to attend all sessions Monday through Thursday and complete the listing of sessions you attend. You will include the date, time, session title, and name of the speaker for each session you attend. Luncheons and board meetings can count as sessions.
2. **Summary of Sessions:** A summary of each session you attend outlining the concepts presented in the sessions. (*List in bullet form five or six major concepts of the presentation*). This can be handwritten, it doesn't need to be typed. **I do not want all of your session notes or handouts. I also do not want photocopies of your work, I want the original documents.**
3. **Reflection:** Write a reflection paper (No more than three pages) and place at the front of your portfolio. This paper is a reflection of your experience with the live sessions and the What Drives Winning videos for which you are earning credit at the conference. Write about what has impacted you the most; what you might start doing, stop doing, or continue doing as a result of what you learned; new connections made; how you might apply what you have learned; how you might share with others, etc.

4. **Networking:** Visit and get signatures from five vendors.
5. **Videos:** Watch the number of talks on What Drives Winning (<https://whatdriveswinning.com/videos/>) to complete your 45 required hours. A summary similar to that described in item 2 above is required for each video.

Two Professional Development Credits

For two PD credits you need to obtain 30 hours consisting of items 1, 2, 3, and 4 listed above. You will need to attend all four days' sessions.

Three Professional Development Credit

For three PD credits you need to obtain 45 hours consisting of items 1, 2, 3, 4, and 5 listed above. You will need to attend all four days' sessions.

COURSE POLICIES:

Attendance: It is expected that you will attend the required number of hours to earn the credits within the course.

Written Work: All written assignments must be acceptable by the instructor. No assignment may be submitted after the due date of July 12; however, an assignment may be submitted before the due date. Portfolios will be graded on how well you organize your thoughts and ideas, how well you defend your beliefs, your use of complete sentences and paragraphs that build upon one another, and obviously, spelling and punctuation. Difficulty with assignments should be discussed with the instructor so guidance can be given within an appropriate time line.

GRADING AND EVALUATION POLICIES

Grading is on the University approved letter grade system. The final grade will be based on percent earned of total number of points possible:

| <u>Two Credits</u> | | <u>Three Credits</u> | |
|----------------------|---------------------|----------------------|---------------------|
| 90 - 100% = A | 45-50 points | 90 - 100% = A | 63-70 points |
| 80 - 89% = B | 40-44 points | 80 - 89% = B | 56-62 points |
| 70 - 79% = C | 35-39 points | 70 - 79% = C | 49-55 points |
| 60 - 69% = D | 30-34 points | 60 - 69% = D | 42-48 points |
| below 60% = F | less than 30 points | below 60% = F | less than 30 points |

Grading Rubric

Attendance

Failure to attend the minimum required days and hours will result in an automatic failure for the course.

Portfolio

List of sessions

- 5 – fully completed
- 3 – missing less than half the sessions you attended
- 1 – missing more than half the sessions you attended
- 0 – missing

Reflection paper of the Event

- 5 – Well-articulated and sums up your critical interpretation of the event
- 3 – General and sums up your critical interpretation of the event
- 1 – Vague and fails to sum up your critical interpretation of the event
- 0 – missing

Notes from Sessions

- 36-40: Presents detailed comments with realistic and appropriate applications supported by the information presented.
33-35: Presents comments with realistic and appropriate applications supported by the information presented.
29-32: Presents few comments with realistic or appropriate applications supported by the information presented.
0 Presents no comments with little, if any, applications from the information presented.

Notes from Videos (for 3 credits only)

- 18-20 Presents detailed comments with realistic and appropriate applications supported by the information presented.
16-17: Presents comments with realistic and appropriate applications supported by the information presented.
14-15: Presents few comments with realistic or appropriate applications supported by the information presented.
0 Presents no comments with little, if any, applications from the information presented.

DISABILITIES:

Any students with disabilities who need accommodation in this course are encouraged to speak with the instructor as soon as possible to make appropriate arrangements for these accommodations.

ACADEMIC DISHONESTY/PLAGARISM:

All work in this course must be completed in a manner consistent with NDSU University Senate Policy, Section 335: Code of Academic Responsibility and Conduct (<http://www.ndsu.nodak.edu/policy/335.htm>).

DEADLINE FOR PORTFOLIO SUBMISSION: July 12, 2019 (It must be received by this day, not postmarked by this day.) Course completion: July 26, 2019.

Send via PO mail to: Brad Strand, 916 - 42nd Ave N., Fargo, ND 58102 **Or**, email to me at bradford.strand@ndsu.edu

Coaching Techniques 2019 – 2 or 3 PD credits

Record of Sessions Attended

Your name _____

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Vendors

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Vendor Signature

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