

# KIN 3356 – Principles of Sport Coaching (Online)

## Faculty Information:

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## Course Information:

Martens, R. (2012). *Successful Coaching* (4th ed.). Champaign, IL: Human Kinetics.

Additional required readings will be provided through Blackboard.

## Course Description and Purpose

This course examines the principles of effective coaching including developing an effective philosophy, understanding leadership theories, understanding coaching ethics, and several social psychological topics that influence group interactions such as persuasion, prejudice, and person perception.

**Methods of Assessment** – Each week will run from **Monday-Friday** with no assessments due on the weekends (Saturday/Sunday). All assessments will be due by **10pm Central time** on the respective due date.

- Examinations
  - There will be 3 tests (45-60 minutes to complete each) covering the textbook readings, corresponding lecture slides, and additional reading materials.
  - There will be 3 quizzes (20-35 minutes to complete each) covering provided reading materials.
  - Make-up tests and quizzes should be avoided at all costs. Discuss with the instructor **PRIOR** to the test start date if you feel this is absolutely necessary or if you have a university excused absence.
  - Missed exams/quizzes will **NOT** be allowed to be taken.
  - As part of your Practice Quiz grade you will be required to meet with Dr. Smith face-to-face or via Zoom. Meeting times will be posted during the first week.
- Discussion Board Posts
  - You will be required to complete 20 Posts (worth 1.35-2.7 points each).
  - Any LATE work submitted will **NOT** be accepted without a reasonable/valid excuse at the discretion of the instructor. Any late work accepted will have points taken off, so please be aware of each week's due dates.

- Engagement with other Students
  - You will be required to comment on at least two other students' Discussion Board Posts for 19 of the 20 Posts (excluding Post 7). Engagements are worth 0.5 points total **for both**. No engagements or only one engagement for the post will result in 0 points.
  - All Engagements/Comments are due 24 hours after the Post assignment is due. **For example**, Post 1 is due by 10pm on Monday, August 28<sup>th</sup>, so the interactions are due by 10pm on Tuesday, August 29<sup>th</sup>.
  - Comments/Engagements should be more than "Great post!", "I agree that is interesting.", and etc. Respond as if you were having a conversation with them in real life, ask questions about their posts (nicely), make good, well thought out comments. To make it better, if someone, including me, asks you a question, respond to it! I may throw out some extra bonus points for question responses. **Responses should be at least 40 words.** If you have 39 or less words, you will not receive any credit.
  - If a classmate asks you a question regarding your post and it is on time (before the engagement due date) you are required to respond to that question within 48 hours of the due date before losing credit to your engagement/interaction grade for that Post. Yes, you are only required to engage with 2 other posts, but if someone engages with you and asks you a question on your Post (not one of your engagements), then that is still part of your required interactions for that Post.

### **Grading Turnaround Time**

- Tests and Quizzes will be automatically graded after submission if they do not include short answer/essay questions. If they do include those types of questions, tests and quizzes will be graded within 1-2 working days (not including Saturday or Sunday) following the due date and time. If your test or quiz is submitted after the deadline, Blackboard will mark it as late, but you will not lose points for this. If you are able to start and take the assessment, you are fine, please do not email me in haste.
- Discussion Board posts and engagements will be graded within 7-10 working days (not including Saturday or Sunday) following the engagement due date and time.
  - I work to grade assignments quickly, but I have a lot of students so it will take me some time to get through all of my weekly assignments, please be patient.

### **Course/Assignment Questions**

- There is a public forum in the Discussion Board for you to post questions about the course to your fellow classmates or to me. You are also always welcome to email me any questions you may have about the course or any of its material. My goal is to reply as soon as possible, but please allow 24 hours during the week and 48 hours on the weekend. Email will almost always receive a quicker response.

### **Students in KIN Courses:**

The following information applies to all courses taught in KIN: each student is required to review these guidelines. Guidelines can be found on the departmental website at: <http://www.depts.ttu.edu/ksm/>. For additional information and guidelines, you may refer to the University Catalog or the Student handbook.

### **Student Learning Outcomes**

Upon completion of the **B.S. in Kinesiology**, students should be able to:

1. Describe physiological, psychological, and behavioral responses to exercise and physical activity.
2. Design and implement exercise programs to improve physical function in adults of various age groups and health conditions.
3. Write clearly & effectively in order to communicate within a professional health-care setting.

### **Expected Learning Outcomes**

<b>Upon completion of the course, students will be able to:</b>	<b>Assessment Method</b>
Design and employ an effective coaching philosophy.	Discussion board posts Coaching Philosophy written assignment Leadership quiz Test
Identify and explain coaching objectives and ethics as well as recognize the factors involved in selecting and employing a coaching and leadership style(s).	Characteristics of a Coach discussion board post Ethics quiz Ethics discussion board post Test
Distinguish how to coach athletes with different characters and from diverse backgrounds and practice how to communicate with and motivate these athletes.	Coaching for Character and Diverse Athletes written assignment Test
Differentiate between the traditional and games approach for teaching technical and tactical skills and be able to employ the games approach methods.	Games Approach discussion board post Test
Recognize the role person perception, prejudice, and persuasion play in coaching and how these issues influence coaching decisions.	Person Perception, Prejudice, and Persuasion discussion board posts 4 P's Quiz Test
Recognize and explain the basics of physical training and how to implement these basics to train athletes for energy and muscular fitness.	Risk Management discussion board post Practice Plan discussion board post Training discussion board post Test

**Grading Scale:**

<u>Item</u>	<u>Points</u>	<u>Points earned</u>	<u>Grade</u>
Test 1-3	40	> = 90 points	A
Quizzes	16.1	80.00 to 89.99 points	B
Discussion Board Posts	34.4	70.00 to 79.99 points	C
Engagements/Post Interactions	9.5	60.00 to 69.99 points	D
		< = 59.99 points	F
<b>Total: 100</b>			

**Grade appeals:**

Students initiating grade appeals should follow the official grade appeal procedure outlined by the **University**. The Student Grade Appeal Policy is OP 34.03 and can be viewed at <http://www.depts.ttu.edu/opmanual/OP34.03.pdf>

**Written Assignment Grading Rubric**

The following rubric will be used for written assignments 2-20.

Points	What occurred
0	Did not follow at least one of the posting rules; content of the post does not matter.
.27/.54	All posting rules followed; content of post did not address assignment.
.54/1.08	All posting rules followed; content of post demonstrates minimal understanding of topic.
.81/1.62	All posting rules followed; content of post demonstrates basic understanding of topic.
1.08/2.16	All posting rules followed; content of post demonstrates good understanding of topic.
1.35/2.7	All posting rules followed; content of post demonstrates exceptional understanding of topic.

\*Fractional points may be taken off at times as well, especially in the case of spelling/grammar or word count issues.

**Tentative schedule of topics covered:**

<b>Week</b>	<b>Date Range</b>	<b>Readings</b>	<b>Assignments</b>	<b>Due Date</b>
<b>Week 1</b>	<b>Aug 24-Sept 1</b>	<b>Ch. 1, 2, &amp; 3</b>	<b>Fun Question Practice Quiz Opens Aug 24th</b>  <b>Post 1</b>  <b>Post 2</b>  <b>Post 3</b>	<b>Fun Quiz – Aug 25<sup>th</sup></b>  <b>Post 1 – Aug 28<sup>th</sup></b>  <b>Post 2 – Aug 29<sup>th</sup></b>  <b>Post 3 – Aug 31<sup>st</sup></b>
<b>Week 2</b>	<b>Sept 4-8</b>	<b>Ch. 2 &amp; 3</b>  <b>Ethics</b>	<b>Post 4</b>  <b>Ethics Quiz Opens Sept 7<sup>th</sup></b>  <b>Individual Meeting with Dr. Smith</b>	<b>Post 4 – Sept 7<sup>th</sup></b>  <b>Quiz – Sept 8<sup>th</sup></b>  <b>Meeting – Sept 8<sup>th</sup></b>
<b>Week 3</b>	<b>Sept 11-15</b>	<b>Ch. 4 &amp; 5</b>	<b>Post 5</b>  <b>Post 6</b>	<b>Post 5 – Sept 12<sup>th</sup></b>  <b>Post 6 – Sept 14<sup>th</sup></b>
<b>Week 4</b>	<b>Sept 18-22</b>	<b>Ch. 20</b>	<b>Post 7 (No engagements)</b>  <b>Test 1 Opens Sept 21<sup>st</sup></b>	<b>Post 7 – Sept 20<sup>th</sup></b>  <b>Test 1 – Sept 22<sup>nd</sup></b>
<b>Week 5</b>	<b>Sept 25-29</b>	<b>Leadership</b>  <b>Ch. 6</b>	<b>Post 8</b>  <b>Post 9</b>	<b>Post 8 – Sept 26<sup>th</sup></b>  <b>Post 9 – Sept 28<sup>th</sup></b>
<b>Week 6</b>	<b>Oct 2-6</b>	<b>Ch. 7 &amp; 8</b>	<b>Leadership Quiz Opens Oct 2<sup>nd</sup></b>  <b>Post 10</b>	<b>Quiz – Oct 3<sup>rd</sup></b>  <b>Post 10 – Oct 5<sup>th</sup></b>
<b>Week 7</b>	<b>Oct 9-13</b>	<b>Ch. 9-11</b>	<b>Post 11</b>  <b>Post 12</b>	<b>Post 11 – Oct 10<sup>th</sup></b>  <b>Post 12 – Oct 12<sup>th</sup></b>
<b>Week 8</b>	<b>Oct 16-20</b>		<b>Test 2 Opens Oct 19<sup>th</sup></b>	<b>Test 2 – Oct 20<sup>th</sup></b>
<b>Week 9</b>	<b>Oct 23-27</b>	<b>Person Perception</b>  <b>Prejudice</b>	<b>Post 13</b>  <b>Post 14</b>	<b>Post 13 – Oct 24<sup>th</sup></b>  <b>Post 14 – Oct 26<sup>th</sup></b>

<b>Week 10</b>	<b>Oct 30-Nov 3</b>	<b>Persuasion</b>	<b>Post 15</b> <b>4 Ps Quiz Opens Nov 2<sup>nd</sup></b>	<b>Post 15 – Oct 31<sup>st</sup></b> <b>Quiz – Nov 3<sup>rd</sup></b>
<b>Week 11</b>	<b>Nov 6-10</b>	<b>Ch. 13-17</b>	<b>Post 16</b> <b>Post 17</b>	<b>Post 16 – Nov 7<sup>th</sup></b> <b>Post 17 – Nov 9<sup>th</sup></b>
<b>Week 12</b>	<b>Nov 13-17</b>	<b>Ch. 18</b> <b>Ch. 19</b>	<b>Post 18</b> <b>Post 19</b>	<b>Post 18 – Nov 14<sup>th</sup></b> <b>Post 19 – Nov 16<sup>th</sup></b>
<b>Week 13</b>	<b>Nov 20-24</b>	<b>HAPPY THANKSGIVING!!</b>		
<b>Week 14/15</b>	<b>Nov 27-Dec 5</b>		<b>Post 20</b> <b>Extra Credit</b>	<b>Post 20 – Nov 30<sup>th</sup></b> <b>EC – Dec 6<sup>th</sup></b>
<b>Finals</b>	<b>Dec 7-Dec 8</b>		<b>Test 3 Opens Thursday, December 7<sup>th</sup></b>	<b>Test 3 – Dec 8<sup>th</sup></b>

**NOTE:** Comments/Interactions with other student's posts are due 24 hours after the Post is due. For example, Post 1 is due by 10pm on Monday, August 28<sup>th</sup>, so the interaction is due by 10pm on Tuesday, August 29<sup>th</sup>.

#### **Point Value of Activities (some point totals may change)**

<b>Post #</b>	<b>Points</b>	<b>Post #</b>	<b>Points</b>	<b>Tests/Quizzes</b>	<b>Points</b>
1	1.35	11	1.35	Practice Quiz	.6
2	1.35	12	1.35	Ethics Quiz	4
3	1.35	13	2.7	Leadership Quiz	5
4	1.35	14	2.7	Test 1	13.33
5	2.7	15	2.7	Test 2	13.33
6	1.35	16	1.35	4 P's Quiz	6.5
7	2.7	17	1.35	Test 3	13.34
8	2.7	18	1.35		
9	1.35	19	1.35		
10	1.35	20	1.35		
<b>Total</b>	<b>17.55</b>		<b>17.55</b>		<b>56.1</b>

## Online Discussion Netiquette

Netiquette refers to “Network Etiquette”. It is the way one should behave when sending email, posting to threaded discussions, or chatting online.

### Here are some basic rules to help you get the most out of your online learning:

- ALL CAPS IMPLIES THAT YOU ARE SHOUTING - Please do not do this!
- Watch your “tone” - it’s written, not verbal communication. It can be very easy to misinterpret someone’s meaning online.
- Check your spelling - Always!
- Make your messages easier to read by making your paragraphs short and to the point.
- Never “say” anything that you would not want posted on the wall of a face-to-face classroom, because it could be!
- Behave as you would in a face-to-face classroom.
- Remember there is a real live person at the other end reading your posts and email. Treat them with respect.
- Foul language, insults, and harassment are not tolerated (just as it would not be tolerated in a face-to-face classroom).
- Think about what you have written before you submit it.

### Blackboard Posting Rules (PLEASE READ AND FOLLOW!!!)

I am very strict concerning the posting rules. I am unable to think of a rational reason for posting grammatically incorrect essays and assignments with misspelled words. The moment you begin typing within Blackboard, you are putting yourself at risk for some grammatical errors. Blackboard has a spell check function though students continually, in my experience, post misspelled words.

- You need to type your assignment with MS Word to be able to catch your errors. Then you cut and paste your work into your thread.
- Do **NOT** attach your assignment. If you do, you will receive a zero.
- The moment I see 'i' instead of 'I' you will receive a zero.
- If a word count limit is stated in the instructions, you must include your word count in your post. I will take points away if it is not included.
- Also, for word counts, pay attention to the wording! Between, means your word count should be between the two numbers I provide. At least or minimum, means your word count should be at least as many words as I provide up to as many as you want. Maximum, means your word count should be no higher than the number I provide. Again, you will lose points for this. Please ask if you need clarification BEFORE posting.
- If there are numbered questions or multiple parts to a Post and you do not correctly label/number them in your Post, you will lose points, maybe all of them.
- These assignments are treated just like face-to-face assignments. This means that once you submit your post, that is your assignment and you can make no changes or edits to it, even if you realize after the fact that you made a mistake or left something out. That means you need to be sure you included everything the assignment requires, especially if you are copying and pasting from Word. All posts and exams are due at 10pm Central time on their respective dates.
  - The only exception to this rule is if you, somehow, accidentally submit a blank thread and then turn around and post your actual Post within 5 minutes of that blank thread.

- If you see any errors after posting, you can email me with the necessary fixes and I will choose whether to accept it or not.
- I will also allow you comment below your submitted post to include the Word Count if you left it off, but only if it is done prior to the due date.
- All posts and exams are due at 10pm Central time on their respective dates.
- The moment it becomes 10:01 pm and you have not contacted me before 8:00 pm concerning being late, you will be given a zero. Points will be taken off if it is posted after the due date regardless.
- Be sure to read the posts of your classmates and respond accordingly. These responses should be well thought out comments, questions, interactions, etc.. This will help us all feel closer within the online classroom. I will comment on your posts from time to time as well and will be sad if you do not respond to my questions or comments.
- **Responses should be at least 40 words.** If you have 39 or less words, you will not receive any credit.
- Be energetic! Be positive in your interactions!
- The way you talk/speak is not usually good enough for academic work/assignments, so make sure your assignment posts are tailored for academia and not general conversation. The engagements with other students can be casual, your assignment posts cannot and you will lose points for doing so.

I do my best to ensure I do not make errors and take the time to do so, so I expect you to do the same. Again, the moment you just type into Blackboard, you are placing yourself at risk to earn a zero. Take your time and post good, quality, academic work.

#### **ADA STATEMENT:**

Any student who, because of a disability, may require special arrangements in order to meet the course requirements should contact the instructor as soon as possible to make any necessary arrangements. Students should present appropriate verification from Student Disability Services during the instructor's office hours. Please note: instructors are not allowed to provide classroom accommodations to a student until appropriate verification from Student Disability Services has been provided. For additional information, please contact Student Disability Services in West Hall or call 806-742-2405.

#### **ACADEMIC INTEGRITY STATEMENT:**

Academic integrity is taking responsibility for one's own class and/or course work, being individually accountable, and demonstrating intellectual honesty and ethical behavior. Academic integrity is a personal choice to abide by the standards of intellectual honesty and responsibility. Because education is a shared effort to achieve learning through the exchange of ideas, students, faculty, and staff have the collective responsibility to build mutual trust and respect. Ethical behavior and independent thought are essential for the highest level of academic achievement, which then must be measured. Academic achievement includes scholarship, teaching, and learning, all of which are shared endeavors. Grades are a device used to quantify the successful accumulation of knowledge through learning. Adhering to the standards of academic integrity ensures grades are earned honestly. Academic integrity is the foundation upon which students, faculty, and staff build their educational and professional careers. [Texas Tech University ("University") Quality Enhancement Plan, Academic Integrity Task Force, 2010].

#### **RELIGIOUS HOLY DAY STATEMENT:**

"Religious holy day" means a holy day observed by a religion whose places of worship are exempt from property taxation under Texas Tax Code §11.20. A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. A student who is absent from classes for the observance of a religious holy day shall be allowed to take an examination or



complete an assignment scheduled for that day within a reasonable time after the absence. A student who is excused under section 2 may not be penalized for the absence; however, the instructor may respond appropriately if the student fails to complete the assignment satisfactorily.

#### Additional Texas Tech Policies

<https://www.depts.ttu.edu/tlpdc/RecommendedSyllabusStatements.php>

#### KSM Department Academic Integrity Policy

Adherence to the highest standards of academic honesty is required, with academic integrity a requirement. (See <https://www.depts.ttu.edu/studentconduct/academicinteg.php> for TTU's statement of academic integrity.) The faculty member in whose class academic dishonesty allegedly occurs will report the student(s) involved with the act of academic misconduct to the Office of Student Conduct using the Academic Integrity Incident Report Form. All written assignments must be completed independently and individually, unless specified otherwise by the instructor. Any attempt by students to present as their own any work they have not completed themselves is regarded by the faculty as a serious offense and renders the student liable to serious consequences, including possible removal from the program, and possible probation, suspension or expulsion from the University. Upon investigation and adjudication by the Office of Student Conduct, a referred student who is found responsible for a policy violation will be subject to the following outcomes.

If plagiarism or another act of academic dishonesty is found to occur in any departmental course, students will receive a zero on that assignment. If a student cheats on an exam or allows another student to cheat from his or her exam or other graded assignment, each student found responsible for academic dishonesty will receive a zero on that exam or other graded assignment. No materials such as a smartphone or smartwatch are allowed during an exam. Any use of a smartphone during an exam (for any reason) is considered a violation. If academic dishonesty occurs a second time in the same course the student will be referred to the Office of Student Conduct for academic dishonesty for further disciplinary action. If the Office of Student Conduct determines the student is responsible for the violation, the student will receive an F in the course.

**Self-plagiarism** which involves the submission of the same academic work more than once without the prior permission of the instructor and/or failure to correctly cite previous work written by the same student. This means you cannot provide the same/similar work from a previous semester or similar course assignment.