

COACHING THEORY
60 Points/Certificate

07/12
2-011-011

General Objectives

To acquire additional knowledge, methods, skill application that will improve coaching effectiveness.

This component is designed to enable the participant to acquire additional knowledge about legal aspects, human growth and development psycho-social development, bio-physiological foundation, sport management, sport instruction that will improve coaching effectiveness.

Specific Objectives

1. Legal Aspects
 - a. Demonstrate proficiency in understanding tort liability in athletics.
 - b. Understand the constitutional rights of student athletes.
 - c. Identify minimum necessary athletic insurance coverage(s).
 - d. Recognize and adhere to appropriate state and local policy and procedure regulations governing athletic participation.
 - e. Understand contractual law as applied to athletic coaching.
 - f. Be cognizant of appropriate coach/athlete interpersonal relations.
 - g. Be aware of legal precedents and actions in athletic coaching.
 - h. Maintain currency in field.
- 2 Human Growth and Development
 - a. Demonstrate an understanding of the characteristics of student athletes.
 - b. Distinguish the experiences appropriate for student athletes at various stages of growth development.
 - c. Determine individualized, age appropriate, non-injurious training methods for student athletes.
 - d. Maintain currency in field.
3. Psycho-Social Development
 - a. Understand the psychological aspects of athletic coaching.
 - b. Demonstrate proficiency in the use of appropriate motivational techniques for the athlete.
4. Bio-Physiological Foundations
 - a. Demonstrate current knowledge of normal human anatomical features and abnormal deviations.
 - b. Identify knowledge of biomechanical principles appropriate to athletic coaching.
 - c. Demonstrate understanding of exercise physiology as it relates to athletic coaching.

- d. Demonstrate understanding of body composition factors related to athletic performance potential.
- 5. Sport Management
 - a. Understand theoretical principles and strategies for successful athletic coaching.
 - b. Understand managerial skills in use of equipment, facilities, and the deployment of personnel.
 - c. Possess budget control skills.
 - d. Knowledge of evaluation techniques.
 - e. Demonstrate ethical behaviors and decision making in personal relations with others.
- 6. Instruction
 - a. Knowledge of sound instructional strategies in athletic coaching.

Description of Activities

Laboratory activities shall consist of methods, techniques, and recommended operational procedures by qualified professionals using lectures, demonstrations, and individual/group applications. Activities will include inservice in the following:

- 1. Legal aspects of athletics.
- 2. Human growth and development.
- 3. Psycho-social development.
- 4. Bio-physiological foundations.
- 5. Sport management.
- 6. Instruction

Evaluation of Participants

To the satisfaction of the consultant, each individual will:

- 1. Complete assigned activities.
- 2. Demonstrate increased competency on at least 80% of the objectives as determined by a pre- and post-assessment or by other valid means of measurement, in compliance with Section 231.608(1), Florida Statutes and Rule 6A-5.071(5), FAC.

Evaluation of Activity

In addition, each individual will complete an evaluation of the effectiveness of both component and consultant through the Professional Growth System.