

THEORY AND PRACTICE OF COACHING A SPECIFIC SPORT
60 points/Certificate

07/12
2-011-012

General Objectives

This component is designed to enable the participant to acquire additional knowledge about basic content and recent advances in coaching a selected interscholastic sport. The component should also include skill acquisition, coaching/ teaching methods, trends, hands-on laboratory experiences, and appropriate safety precautions and procedures. The component should also assist participants in acquiring additional knowledge, methods, trends, and skill application in the coaching of a selected interscholastic sport.

Specific Objectives

1. Identify the importance of selected interscholastic sport as a lifelong activity.
2. State the importance of a selected interscholastic sport as a part of our culture.
3. Identify the rules and terminology used in a selected interscholastic sport.
4. Identify the strategies of team and/or individual play in a selected interscholastic sport.
5. Identify the strategies of individual position play in a selected interscholastic sport.
6. Exhibit a knowledge of safety practices necessary to participate in a selected interscholastic sport.
7. State the physical fitness value derived from participation in selected interscholastic sports.
8. Identify the skills necessary to participate in selected interscholastic sports.
9. Identify positive sportsmanship techniques in participating in selected interscholastic sports.
10. Identify new methods and techniques for more effective coaching in selected interscholastic sports.
11. Identify innovative methods of organizing and administering a selected interscholastic sport.
12. Identify national, state, local policy revisions that will affect the administering of a selected interscholastic sport.
13. Exhibit a basic understanding and knowledge of sport medicine as it pertains to selected interscholastic sports.
14. Exhibit a basic understanding in the recognition, treatment, and evaluation of athletic injuries in selected interscholastic sports.

Description of Activities

Laboratory activities that include the following:

1. Strategies of play.
2. Skill acquisition.

3. Sport assessment.
4. Sport improvement.
5. Sport organization and management.
6. Safety procedures.
7. Sportsmanship/social values.

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.