

## **SPMT 100**

### **Principles of Athletic Coaching**

3 Credits

## Community College of Baltimore County Common Course Outline

### **Description**

**SPMT 100 – Principles of Athletic Coaching:** provides students with the fundamental philosophies and techniques for planning, organizing, and managing athletic programs. Emphasis is placed on the principles of effective coaching and the application of human psychology as it relates to the coach and athlete in their unique relationship.

### **Overall Course Objectives**

Upon completion of this course, students will be able to:

1. develop a coaching philosophy;
2. judge ways to manage an athlete's behavior on and off the field;
3. identify motivation techniques;
4. assess methods of teaching technical and tactical skills;
5. create a schedule for practices;
6. outline the principles of physical training to help athletes achieve their potentials;
7. practice time management skills for both team and individual sports;
8. interpret legal and ethical aspects of athletics and coaching;
9. evaluate team and individual progress; and
10. explain the concepts of team management.

### **Major Topics**

- I. Developing a coaching philosophy
- II. Selecting a coaching style
- III. Communicating with athletes
- IV. Teaching technical skills
- V. Teaching tactical strategies
- VI. Physical training for athletes
- VII. Team management strategies
- VIII. Legal and ethical aspects of sports coaching

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Three quizzes

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

- One practice schedule project
- One game day schedule project
- One practical demonstration running a practice
- In class participation

### **Other Course Information**

This course is an elective in the Sports Management program.

Date Revised: 11/19/2019