

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. differentiate between the command, submissive, and cooperative styles of coaching;
3. judge ways to manage an athlete's behavior on and off the field;
4. employ effective motivation techniques;
5. create methods of teaching technical and tactical skills;
6. prepare a schedule for effective practice;
7. explain the principles of physical training to help athletes achieve their potential;
8. employ time management skills for both team and individual sports;
9. interpret the legal and ethical aspects of athletics and coaching;
10. evaluate team and individual progress;
11. create an organization risk management plan; and
12. complete the certification exam to earn a Certificate of Completion for Coaching Principles Certification.

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. Principles of physical training
- VII. Team management strategies
- VIII. Organizational risk management

Course Requirements

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

- Four quizzes

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

- One external final exam*
- One practice schedule project
- One game day schedule
- One technical skill teaching demonstration

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

At the completion of this course, the final exam is an external exam to earn a Certificate of Completion for Coaching Principles Certification.

This course is an elective in the Sports Management area of concentration.

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