

<p>Course Name: KNPE 203/3.0</p> <p>Coaching and Leadership in Sport</p> <p>Not Offered 2020-2021</p>	<p>Course Instructors:</p>	<p>Contact Hours:</p> <p>Lectures: 2 x 1.5 hrs/wk x 12 weeks</p>							
		<p>Prerequisite: KNPE 265/3.0 Level 2 or above in a KINE or PHED plan.</p>							
		<p>Exclusion:</p>							
<p>Course Description:</p> <p>The aim of this course is to introduce the theory and methods of coaching. This course addresses topics such as athlete development, coaching models, coach education, coach behaviours, interpersonal relationships, and contextual influences on coaching. This course also reflects on methodological issues related to coaching research. A central aim of this course is to encourage students to reflect on how they might apply course content to real-life situations.</p> <p>As coaches, athletes, and members of the sport community, this course will ask students to reflect on their own life experiences. Sharing these personal experiences is highly valued (but not required) and will help to make lectures lively and interesting. Students' opinions and/or disagreements are not frowned upon, but encouraged; they can lead to great conversations and an increased understanding of the course materials for everyone.</p>		<p>Course Text:</p> <p>Readings will be posted on onQ</p>							
<p>Course Objectives:</p> <ul style="list-style-type: none"> • Describe and differentiate key models of coaching and leadership. • Observe and interpret coaching behaviours. • Identify factors that influence athlete development. • Create and defend a personal coaching philosophy. • Evaluate and critique coaching research. • Adapt course content to propose practical applications for coaches, athletes, parents, and sport practitioners. 	<p>Course Evaluation:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Reflection Paper</td> <td style="text-align: right;">15%</td> </tr> <tr> <td>Coach Observation</td> <td style="text-align: right;">30%</td> </tr> <tr> <td>Leadership/Coaching Philosophy</td> <td style="text-align: right;">20%</td> </tr> <tr> <td>Final Exam</td> <td style="text-align: right;">35%</td> </tr> </table>	Reflection Paper	15%	Coach Observation	30%	Leadership/Coaching Philosophy	20%	Final Exam	35%
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Course Outline	
Course overview and introduction	Theories of leadership
What is coaching?	Transformational leadership
Personal assets framework	Transformational coaching
Creating a personal/coaching philosophy	The darkside of leadership
Mind sets, feedback, and principles of training	Coach learning and development
Coaching effectiveness	Adapted coaching
Athlete Development	Women in coaching
Coach knowledge	Coaches' Reflection (Guest)
Leadership	Coach well-being / Course Integration / Wrap-up

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