

EDMA 277 REAL COACHING II: Honing the Competitive Edge Course Syllabus

"Coaches increasingly recognize the importance of sport psychology and their role in helping athletes learn how to master the mental game."

-Damon Burton and Thomas D. Raedeke,
Sport Psychology for Coaches

Welcome to "Real Coaching II: Honing the Competitive Edge," a unique video course offered by Drake University Extension Education. In partnership with Championship Productions, we're proud to offer you a systematic study program intended to make you a better coach; regardless of the level you are currently involved.

EDMA 277 is designed to assist coaches in developing effective organizational, motivational, and teaching strategies, which will guide an athletic program toward competitive success. Throughout this study and evaluation you will develop your own philosophy and belief structure that will mold your approach to your individual situation.

The course will be organized into video segments, readings from our text by Damon Burton and Thomas D. Raedeke, *Sport Psychology for Coaches*, and written assignments where you will be asked to evaluate a variety of topics presented. This will, in turn, assist you in reflecting and developing your beliefs in each area.

EDMA 277 REAL COACHING II: Honing the Competitive Edge

Course Description

Real Coaching II: Honing the Competitive Edge presents a thorough and systematic means for rejuvenating and strengthening your approach to coaching. In the course you will develop a coaching philosophy, learn goal setting, organization, evaluation, and communication strategies designed to help you, your assistant coaches, and your players hone the competitive edge.

Based on the latest concepts of designing practices and motivating your players through mental skills training, Real Coaching II is devoted to ways of fine-tuning arousal levels to achieve maximum competitiveness. The course concludes with a three-part project that brings together all aspects of your learning: you will develop your own personalized action plan to achieve excellence in your sport.

This course will be broken down into several components of study/analysis:

1. Text readings from *Sport Psychology for Coaches* by Damon Burton and Thomas D. Raedeke
2. Various video supplements
3. Personal reflection on your own coaching philosophy and style

Course Materials

Textbook Burton, Damon and Raedeke, Thomas D. *Sport Psychology for Coaches*. Human Kinetics, 2008.

DVD Videos

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| Tom Keating | Developing a Philosophy of Competitiveness |
| Chris Creighton | Organization and Planning – Part 1 |
| Tom Keating | Planning for the Season, Competition and Practice |
| Barb Bakker | Goal Setting |
| Christy Johnson-Lynch | Importance of Relationships |
| Tom Keating | Building Positive Parent Relationships |
| Chris Creighton | Organization and Planning – Part 2 |
| Tom Keating | Evaluation |
| Fran McCaffrey | The Anatomy of a Practice |
| Fred Hoiberg | Preparing for a Competition |

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| Dan Gable | Competitiveness |
| Chris Stankovich | Winning the Mental Moments: Developing Team Toughness in the Clutch |
| Jerry Lynch | Having the Right Stuff |
| Jerry Lynch | Developing Self-Awareness |
| Jerry Lynch | Developing Competitive Advantage |

Course Goals

- Examine how a philosophy contributes to the competitiveness of athletes.
- Identify the importance of planning and organization in the success of a team/program.
- Explain how to lead athletes through the goal setting process.
- Determine the elements of effective communication and strategies for developing positive relationships.
- Identify the importance of planning, conducting, and evaluating an effective practice.
- Identify the role that psychological factors play in sport performance.

Throughout the course, you will be evaluated on your responses to Replay and Reflective questions as well as your Closing Exercises.

Replay Questions are the first series of questions in each module, and they are based on the video presentations and readings. In each module you will find listed the video presentations and readings (if applicable) upon which these questions will be based. These questions will require you to demonstrate the knowledge gained through the readings and DVDs.

Reflective Questions are the second series of questions in each module, and are based on applying ideas to your specific coaching circumstances. These questions will require you to apply the knowledge obtained in each module to your personal experiences as a coach and to your planning for a successful program.

Closing Exercises This three-part final assignment brings together all aspects of your learning throughout this course. You will develop your own personalized case study to help one of your athletes achieve excellence in your sport.

You are encouraged to follow this sequence in using course materials:

1. Read the instructions for each module in the Study Guide, noting the learning objectives and related questions at the end of the module.
2. View the corresponding DVDs and read the assigned text readings (if applicable), taking detailed notes on each presentation.
3. Complete the corresponding assignments in the Study Guide.

Evaluation Criteria Your coursework will be evaluated based on your ability to accurately reflect on the presentations of “Real Coaching II,” and to apply those concepts to your specific needs and resources. Points are awarded based on your ability to:

- **Respond with insight, clarity and precision (cite specific text/video passages)**
- **Respond in relevant illustrative detail (include specific, observable examples)**
- **Write competently at the graduate level (word-processed, proofread document)**

The ten modules and the Closing Exercises for EDMA 277 “Real Coaching II” are worth a total of 530 points, based on your responses to the Replay and Reflective questions for each module and the Closing Exercises.

Your final letter grade corresponds with the following percentages of total points earned:

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| A | 90-100% |
| B | 80-89% |
| C | 70-79% |
| D | 60-69% |
| F | 59% and lower |

Completion Procedures The cover page, word-processed responses to the Replay and Reflective questions and the Closing Exercises are the only portions of your coursework that you need to submit to Drake University for evaluation. You may keep the textbook.

**The DVDs must be returned to: Drake Distance Learning Fulfillment
2730 Graham Street
Ames, Iowa 50010**

You are required to word process your coursework before it is submitted for final grading. The MS Word document “**Course Study Guide Answer Pages**” is provided for your convenience in word processing. It contains the cover page, answer pages for the assignment questions and the Closing Exercises.

Make sure to keep a copy of the final file submitted as a backup. We are not responsible for materials that do not reach our office.

**No printed coursework will be accepted for any reason.
Your coursework must be submitted electronically.**

**PLEASE PROOFREAD ALL OF YOUR WORD-PROCESSED RESPONSES
CAREFULLY BEFORE SUBMITTING!**

Please follow the submission process outlined in the Drake Distance Learning Center information packet that you downloaded.

Course Evaluation Please complete the online Course Evaluation after you have finished your coursework. The link is at the end of the MS Word document “Course Study Guide Answer Pages.” We value your input and will implement your suggestions in future offerings.

If you have any questions please call our office at 1-800-768-3224