EDMA 250 Real Coaching II - Online Course Syllabus

Course Dates: Closing Exercises DUE by

Instructor: Justin Johnson  Phone Number: 641-860-1593
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Office Hours: I will be available through email communication or you can call me by phone.

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 final 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 delivered online using the Blackboard learning management system and will be broken down into several components of study/analysis:

- Text readings from Sport Psychology for Coaches by Damon Burton and Thomas D. Raedeke
- Various video supplements
- Personal reflection on your own coaching philosophy and style
- Interaction with your peers and instructor
- Activities and assignments that allow you to apply what you have learned in your coaching setting


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

- Review the objectives for each module.

- View the corresponding videos and read the assigned text readings (if applicable), taking detailed notes on each presentation.

- Complete the corresponding activities and assignments for each module. Be sure to check for interim due dates related to small group work within each module as well as the final due date for each module.

**Activities and Assignments** are based on applying ideas to your specific coaching circumstances. These 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.

**PLEASE PROOFREAD ALL OF YOUR ASSIGNMENTS CAREFULLY BEFORE SUBMITTING VIA BLACKBOARD!**

Be sure to save a complete copy of your finished coursework for your own record on your computer before submitting each for grading.

**Module 1 Activities/Assignments**

- Competition Blog 4 points
- Competition Use Journal 5 points
- Personal Intro Blog 4 points
- Coaching Philosophy 9 points
- Wooden’s Pyramid 10 points
Module 2 Activities/Assignments

Organization Blog 6 points
Checklist Small Group Work 10 points
Season Plan 9 points
Practice Plan 11 points
Game Plan 4 points

Module 3 Activities/Assignments

Evaluation Blog 10 points
Types of Goals 9 points
Team Lesson Plan 10 points
Personal Goal Setting 15 points

Module 4 Activities/Assignments

Confrontation Case Study 4 points
Relationships Blog 10 points
Message Assessment 8 points
Active Listening 6 points
Parent Communication 12 points

Module 5 Activities/Assignments

Preparation for Competition 8 points
Practice Evaluation 13 points
Competitiveness Case Study 10 points
Module 6 Activities/Assignments

Live Chat – Mental Toughness 10 points
MST Implementation Blog 3 points
MST Program Blog 5 points
Smart Talk Skill Development 6 points

**EITHER** Pre-Game Routine OR 15 points
Relaxation and Energization

Performance Profile Form 14 points
Mental Recovery Plan 5 points

Module 7 Activities/Assignments

Attention Blog 7 points
Optimal Energy Zones 7 points
Motivation 12 points

**EITHER** Most to Least OR Know Thyself 10 points

Module 8 Activities/Assignments

TEMP Small Group 10 points
Problem Management Blog 4 points
Optimal Confidence 15 points
Reducing Uncertainty 10 points
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.

Exercise One 50 points
Exercise Two 30 points
Exercise Three 20 points

Evaluation Criteria: Your work will be graded 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, APA Format)

The eight modules and the Closing Exercises for “Real Coaching II” are worth a total of 420 points. Your final letter grade corresponds with the following percentages of total points earned:

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

Accommodations Clause: If you have a disability and will require academic accommodations in this course, please contact your instructor at the beginning of the course or prior to the first official day of class. Accommodations are
coordinated by Michelle Laughlin. Jean Hansen may assist as well. Their contact information is listed below:

<table>
<thead>
<tr>
<th>Michelle Laughlin</th>
<th>Jean Hansen</th>
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</thead>
<tbody>
<tr>
<td>Director of Student Disability Services</td>
<td>School of Education</td>
</tr>
<tr>
<td>(515) 271-1835</td>
<td>Online Instructional Designer</td>
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<tr>
<td><a href="mailto:michelle.laughlin@drake.edu">michelle.laughlin@drake.edu</a></td>
<td>(515) 271-3906</td>
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<tr>
<td></td>
<td><a href="mailto:jean.hansen@drake.edu">jean.hansen@drake.edu</a></td>
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Again, please be sure to make arrangements for accommodations prior to the start or at the beginning of the course.

**Statement of Plagiarism** Academic dishonesty results in failure of this course. Consult the Drake Catalog (p. 26-28) for policies regarding plagiarism, academic dishonesty, and the severity of resulting consequences. Give credit where credit is due. Use the APA Publication manual to cite references when needed. Not crediting ideas or words of others is unacceptable scholarship as is submitting work that was done for a previous course or that is not your own origin in design or completion. Submit original assignments. In other words, do not submit work for this course that you have done for other courses.