

Independent Study Course Syllabus

ATH 934: Teaching and Coaching Football

☒ Online ☐ Correspondence

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Units: 3

Target Grade Level: 4-14

Course Description

It has been said that to be an excellent coach, one has to be an excellent teacher. The purpose of this class is to teach tactical and technical skills football so that you can be an excellent football coach. In addition, you'll be taught how to effectively design practice, in-season, off-season plans, and game plans. This online course is hosted as part of Human Kinetics Coach Education Program with the purchase of the Coaching Football Technical and Tactical Skills e-book. Many state high school associations, colleges and universities, and national governing bodies currently use, require, or recommend coach education in whole or in part to meet coaching education requirements for their organizations. This course also satisfies the National Associations for Sports and Physical Education (NASPE) national standards for sport coaches requirements.

IMPORTANT NOTE: Enrollment in this course is a two part process: a) Register for this course through Fresno Pacific University, so you receive continuing education credits, b) Register for this course through Human Kinetics, so you have access the online course material and textbook. Your fees to Fresno Pacific University do NOT include the Human Kinetics Coach Education online course material and textbook. Please refer to the Human Kinetics Coach Education website for more information and to register: http://www.asep.com/asep_content/org/FPU.cfm.

Required Texts and Course Materials

Ash, R. (2006). Coaching football: Technical and tactical skills. Human Kinetics.

National Association for Sport and Physical Education. (2006). *Quality coaches, quality sports: National standards for sports coaches* (2nd ed.). Reston, VA: NASPE.

Course Dates:

Self-paced; students may enroll at any time and take up to one year to complete assignments. You have up to one year from the date of registration, and no less than three weeks (one week per credit), to complete the course.

Continuing Education Program Student Learning Outcomes

CE 1	Demonstrate proficient written communication by articulating a clear focus, synthesizing arguments, and utilizing standard formats in order to inform and persuade others, and present information applicable to targeted use.
CE 2	Demonstrate comprehension of content-specific knowledge and the ability to apply it in theoretical, personal, professional, or societal contexts.
CE 3	Reflect on their personal and professional growth and provide evidence of how such reflection is utilized to manage personal and professional improvement.
CE 4	Apply critical thinking competencies by generating probing questions, recognizing underlying assumptions, interpreting and evaluating relevant information, and applying their understandings to the professional setting.
CE 5	Reflect on values that inspire high standards of professional and ethical behavior as they pursue excellence in applying new learning to their chosen field.
CE 6	Identify information needed in order to fully understand a topic or task, organize that information, identify the best sources of information for a given enquiry, locate and critically evaluate sources, and accurately and effectively share that information.

Student Learning Objectives (SLOs)

Student Learning Outcomes in this course Student will be able to:	Standards Addressed *	CE program SLOs
1. Explain the relationship and difference between technical and tactical skills.	NASPE 2-6	1-2
2. Describe the traditional and games approaches to football practice.	NASPE 2-6	1-2
3. Evaluate technical and tactical football skills in players and application the evaluation results.	NASPE 2-8; SHAPE 1-5	1-2
4. Prepare effective season plans and individual practice plans.	NASPE 2-8; SHAPE 1-5	1-2
5. Apply and teach the basic and intermediate offensive, defensive and special teams technical and tactical skills needed for a team's success.	NASPE 2-8; SHAPE 1-5	1-2
6. Develop an athlete-centered coaching philosophy.	NASPE Domain 1	1-2, 3, 5
7. Create standards-based teaching lesson plans for technical and tactical football skills for K-12 students.	NASPE 2-8; SHAPE 1-5	1-2

Standards Addressed in This Course:

National Associations for Sport and Physical Education's (NASPE) National Standards for Sport Coaches

<http://www.shapeamerica.org/standards/coaching/>

- **Domain 1:** Philosophy and Ethics
- **Domain 2:** Safety and Injury Prevention
- **Domain 3:** Physical Conditioning
- **Domain 4:** Growth and Development
- **Domain 5:** Teaching and Communication
- **Domain 6:** Sport Skills and Tactics
- **Domain 7:** Organization and Administration
- **Domain 8:** Evaluation

Society of Health and Physical Educators (SHAPE) America's National Standards & Grade-Level Outcomes for K-12 Physical Education

<http://www.shapeamerica.org/standards/pe/>

- **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Topics, Assignments and Activities – Points and Time to complete

Module Topics and Activities	Module Assignments	Points	Estimated Time to Complete
Welcome Module	Welcome Module – Introduction to the class and to the professor. Introduction forum.		1 hour
Module 1 – Teaching and Evaluating (Human Kinetics Coach Education Online)	Module 1 – Read Chapters 1 - 8		10 hours
	Complete Teaching Sport Skills Online Module	20 points	3 hour
	Complete Evaluating Technical and Tactical Skills Online Module	20 points	3 hours
	1.1 Coaching Experience Forum	12 points	1 hour
	1.2 Coaching Philosophy	20 points	3 hours
Coaching Experience (Moodle)	1.3 Coaching Philosophy Forum	10 points	1 hour

Module Topics and Activities	Module Assignments	Points	Estimated Time to Complete
Module 2 – Planning and Preparing (Human Kinetics Coach Education Online) Application of Online Material (Moodle)	Module 2 – Read Chapters 9 – 10; NASPE Coaching Standards Complete Season Plans Online Module Complete Practice Plans Online Module Complete Preparing for Games Skills Online Module 2.1-2.2 Choice Assignment 1: Choose 1 of 2 assignment to complete. Choice 1: Defensive, Offensive, and Special Teams Lesson Plans, Forum, and Threaded Discussion Choice 2: Coaching Practice Plans, Forum, and Threaded Discussion	 20 points 20 points 20 points 190 points 190 points	3 hours 3 hours 3 hours 3 hours 17 hours 17 hours
Module 3– The Big Game (Human Kinetics Coach Education Online) Application of Online Material (Moodle)	Module 3 – Read Chapters 11 - 12 Complete The Big Game: First Quarter Online Module Complete The Big Game: Second Quarter Online Module Complete The Big Game: Third Quarter Online Module Complete The Big Game: Fourth Quarter Online Module Complete Signal Online Module 3.1 Final Exam 3.2 Evaluating Your Team Situation	 20 points 20 points 20 points 20 points 20 points 80 points 10 points	2 hours 3 hours 3 hours 3 hours 3 hours 3 hours 12 hours 1 hour
Module 4 – What Other Coaches Do (Moodle)	Module 4 – 4.1-4.2 Choice Assignment 2: Choose 2 of the 3 assignments to complete Choice 1: Coach Interview, Forum, and Threaded Discussion Choice 2: Practice/Game	 45 points 45 points	 11 hours 11 hours

Module Topics and Activities	Module Assignments	Points	Estimated Time to Complete
	Observation and Evaluation, Forum, and Threaded Discussion Choice 3: Video Analysis, Forum, and Threaded Discussion	45 points	11 hours
Wrap-up	Complete course evaluation and submission of grade request.		1 hour
			135 hours

Technology Requirements

In order to successfully complete the course requirements, course participants will need Internet access, be able to send and receive email, know how to manage simple files in a word processing program, and have a basic understanding of the Internet.

Please remember that the instructor is not able to offer technical support. In the event that you need technical support, please contact your Internet Service Provider.

Moodle:

This course will be delivered totally online. Moodle is a learning management system that provides students access to online resources, documents, graded assignments, quizzes, discussion forums, etc. with an easy to learn and use interface. To learn more about Moodle go to: (https://docs.moodle.org/30/en/Student_FAQ). There are some student tutorials on the Center for Online Learning website at Fresno Pacific University – <http://col.fresno.edu/student>.

Moodle Site Login and passwords – (or other online course access information)

Students will need to have internet access to log onto <http://ce-connect.fresno.edu>. The username and password numbers for Moodle access will be sent to you by the university using the email address you submitted at the time of registration. The instructor will then contact you with a welcome letter and login instructions. If you need help with the username and password recovery please contact the Center for Professional Development at (800)372-5505, or (559)453-2000 during regular office hours - Mon-Fri 8:00 am to 5:00 pm.

Getting Help with Moodle:

If you need help with Moodle, please contact the Center for Online Learning (COL), by telephone 1-559-453-3460. Help by phone is available Mon-Thurs 8:00 am to 8:00pm and on Fridays from 8:00 am to 5:00 pm, or by filling out a “Request Services” form at <http://col.fresno.edu/contact/request-services>. Please identify that you are with the Continuing Education/Independent Studies department.

Plagiarism and Academic Honesty

All people participating in the educational process at Fresno Pacific University are expected to pursue honesty and integrity in all aspects of their academic work. Academic dishonesty, including plagiarism, will be handled according to the procedures set forth in the Fresno Pacific University Catalogue - <https://www.fresno.edu/students/registrars-office/academic-catalogs>

Grading Policies and Rubrics for Assignments

Scoring Rubric:

To receive an A or credit the following criteria must be met:

- Follows all assignment directions.
- Students' work contains few errors in spelling/grammar/mechanics.
- All assignments are comprehensive, logical, and adhere to the principles described in the textbook.
- Completion of all online coursework.

To receive a B or credit the following criteria must be met:

- Follows most of the assignment directions. Missing 2 or more of the assignment elements.
- Students' work contains few errors in spelling/grammar/mechanics that do not interfere significantly with comprehension.
- All assignments are somewhat creative and interesting that is missing 1 or more of the assignment elements.
- Completion of all online coursework.

Final Course Grade and Transcripts

When all work for the course has been completed, students will need to logon to the Center for Professional Development website (<http://ce.fresno.edu/cpd>) to "Submit Grade Form". Once the instructor fills out the grade form online, students may log back in to request their Grade Report as well as order transcripts online. Please allow at least two weeks for the final grade to be posted. For more information, see the Independent Studies Policies and Procedures that were sent to you when you received your course materials, or in your online course. They are available, also at <http://ce.fresno.edu/cpd> - under General Information > CPD Policies.

Instructor/Student Contact Information:

Student and teacher will have online dialogue throughout the class via assignment interactions. Students are encouraged to ask the teacher for help via email or phone call.

Fresno Pacific University Student Learning Outcomes

Student Learning Outcomes Oral Communication: Students will <i>exhibit</i> clear, engaging, and confident oral communication – in both individual and group settings – and will critically <i>evaluate</i> content and delivery components.
Written Communication: Students will <i>demonstrate</i> proficient written communication by <i>articulating</i> a clear focus, <i>synthesizing</i> arguments, and utilizing standard formats in order to <i>inform</i> and <i>persuade</i> others.
Content Knowledge: Students will <i>demonstrate</i> comprehension of content-specific knowledge and the ability to apply it in theoretical, personal, professional, or societal contexts.

Reflection: Students will <i>reflect</i> on their personal and professional growth and <i>provide evidence</i> of how such reflection is utilized to manage personal and vocational improvement.
Critical Thinking: Students will <i>apply</i> critical thinking competencies by <i>generating</i> probing questions, <i>recognizing</i> underlying assumptions, <i>interpreting</i> and <i>evaluating</i> relevant information, and <i>applying</i> their understandings to new situations.
Moral Reasoning: Students will <i>identify</i> and <i>apply</i> moral reasoning and ethical decision-making skills, and <i>articulate</i> the norms and principles underlying a Christian world-view.
Service: Students will <i>demonstrate</i> service and reconciliation as a way of leadership.
Cultural and Global Perspective: Students will <i>identify</i> personal, cultural, and global perspectives and will employ these perspectives to <i>evaluate</i> complex systems.
Quantitative Reasoning: Students will accurately <i>compute</i> calculations and symbolic operations and <i>explain</i> their use in a field of study.
Information Literacy: Students will <i>identify</i> information needed in order to fully understand a topic or task, <i>explain</i> how that information is organized, <i>identify</i> the best sources of information for a given enquiry, <i>locate</i> and critically <i>evaluate</i> sources, and accurately and effectively <i>share</i> that information.