

Coaching (COAC)

KINESIOLOGY AND HEALTH STUDIES Head of the Department: Professor Watts Professors: Baker, Kraemer, Lee, McGehee, Neal Associate Professors: Acevedo, Ashy, Fellom, Gibson, Tryniecki, Walkwitz Assistant Professors: Gillan, Harper, Hebert, Naquin, Shim, Synovitz Instructors: Brewer, Daigle, Jacobsen, Lew, Metoyer, Raymond

The Kinesiology and Health Studies Department recommends that each student obtain a medical examination and be covered by an adequate accident and hospital insurance policy before participating in any of the programs of the department or the University.

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301. Care and Prevention of Motor Performance Injuries. Credit 2 hours. A course designed to develop knowledge and skills in techniques of training, care, and prevention of motor performance injuries. Includes practical experiences in taping and bandaging, hydrotherapy, diathermy, and basic training procedures. Two hours lecture a week.

302. Coaching of Football. Credit 2 hours. Prerequisite: KINL 205 or equivalent. Theory of coaching football to include emphasis on how to teach basic fundamentals, setting up team practices, offensive and defensive styles and strategies, and establishing conditioning and off-season programs. Specific problems related to football coaching and team management will be included. One hour lecture and two hours laboratory a week.

303. Coaching of Basketball. Credit 2 hours. Prerequisite: KINL 203 or proficiency. Theories of coaching, coaching problems, individual and team strategy, styles of individual and team offense and defense, scouting, planning and organizing practice and methods of teaching skills. One hour lecture and two hours laboratory a week.

304. Coaching of Soccer. Credit 2 hours. Prerequisite: KINL 204 or proficiency. Methods and techniques of coaching soccer. Special attention will be given to individual position plan and team strategy. One hour lecture and two hours laboratory a week.

305. Coaching of Baseball/Softball. Credit 2 hours. Prerequisite: KINL 205 or proficiency. Methods of coaching and teaching softball and baseball. Special attention to theory and styles of individual techniques and team offense and defense. One hour lecture and two hours laboratory a week.

306. Coaching of Track and Field. Credit 2 hours. Prerequisite: KINL 206 or proficiency. Methods and techniques of coaching and teaching track and field. Special attention given to the mechanics of and training for the skills of track and field. One hour lecture and two hours

laboratory a week.

307. Coaching of Volleyball. Credit 2 hours. Prerequisite: KINL 207 or proficiency. Methods of coaching volleyball. Special attention to theory and styles of individual techniques and team offense, defense, and conditioning. One hour lecture and two ours laboratory a week.

308. Coaching of Gymnastics. Credit 2 hours. Prerequisite: KINL 108 or proficiency. Teaching of intermediate gymnastics skills for men and women. Age group Junior Olympic compulsory program. Routine composition for optional competition. Safety considerations, mechanical principles, conditioning. Elements of gymnastics judging. One hour lecture and two hours laboratory a week.

351. Officiating and Scouting. Credit 2 hours. Techniques and procedure in officiating and scouting in athletics. One hour lecture and two hours laboratory, and one hour laboratory TBA a week.

401. Practicum. Credit 1-3 hours. Prerequisite: Permission of the Department Head. Practical experience in coaching under the supervision of a secondary or college coach. Variable credit depending on contact hours and the level and complexity of the assignment.

411. Athletic Management. Credit 3 hours. A course dealing with the problems of management involving high school or college athletic, physical education, and intramural programs. Emphasis on the roles of the coach and athletic director.

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