

# North Hennepin Community College

## EXSC 1510: Coaching and Management

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course develops skills in areas of coaching and management of sports. Topics include theories of coaching, competency levels, teaching techniques, training, equipment purchasing and inventory, facility management, public relations, fundraising, and legal issues relating to sport. Students will gain the knowledge necessary to coach and/or manage sports at the high school, collegiate and/or recreational levels.

**B. COURSE EFFECTIVE DATES:** 08/01/2015 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Content may include:
  - Coaching Philosophies and Teaching Techniques.
  - Title XI and Legal Issues in Sports
  - Careers in sports
  - Sports nutrition
  - Facility and Sports Equipment management
  - Sports psychology
  - Communication styles
  - Public relations and Marketing

### D. LEARNING OUTCOMES (General)

1. Develop an individual teaching/coaching philosophy. (NHCC ELOs 2, 3)
2. Understand the basic principles of sports nutrition as well as acquire knowledge in eating disorders. (NHCC ELOs 1, 2, 3)
3. Demonstrate ability to prepare, organize and execute team practices. (NHCC ELO 2)
4. Articulate an understanding of how sports psychology and communication styles play a role in coaching. (NHCC ELOs 1, 2, 4)
5. Develop an understanding in basic training principles for athletic performance. (NHCC ELOs 1, 2)
6. Demonstrate an understanding of competent skills in facility and sports equipment management. (NHCC ELOs 2, 4)

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning--Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.