

My Course Description

The lectures focus on how to develop a successful team.

The labs are student-centred movement classes that introduces the knowledge and techniques essential in sports coaching, including educating and assessing individuals in movement competency/proficiency and team play within a sports context.

Course Outcome :

The course outcome will be to give the student a sense of the different facets and personal behaviours that will enable them to become an effective coach and leader. The following lecture content will facilitate this outcome.

Lecture content includes but is not limited to:

- Opportunities to lead. One person's journey in sport leadership.
- Teaching skills - Practical sessions – Rhys Desmond
- Coaching Philosophy
- Essential Personal Traits and abilities for the Coach
- Cornerstones to Team Success
- Team Harmony; Athletes, Coaches and Executives: Developing a United front.
- Effective Communication
- Season Plan
- Athlete Development Across the age Continuum
- Scientific Training Techniques

Course Evaluation:

1. Practice Plans* (x 2) 10%
 - 1st plan due Tuesday, October 3rd at 11:55 pm
 - 2nd plan due Tuesday November 7th at 11:55 pm.
2. Lead Sport Specific Practices Sessions (x 2): 50%
 - Practical Sessions will begin the week of October 2nd during your lab time.
 - Your practical session #1 date will be set the week of September 18, with the lab instructor Rhy Desmond.
 - Your practical session #2 date will be set the week of October 23, with the lab instructor Rhy Desmond.
3. Final Exam** 40%

Held during the December exam period (TBA).

* "Practice Plans" will not be accepted past the due date and time.

** Make ups for the Final Exam will be scheduled for after the registrar designated exam sitting, at a date and time that works for both student and professor.

any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

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episodes. In all cases, students are advised to consult with the academic

instructor

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

6. Online Proctoring

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded . Completion of this course will require you to have a reliable internet connection

and a device that meets the technical requirements for this se,edkW6nsoe(Ch(e b 13)10 (m)-2.9

