



Florida State University
College of Education
Sport Management Program

PET 5735 Advanced Coaching (3 credit hours)

This course will cover various areas from developing an effective personal coaching philosophy to properly managing a team and staff. The course will address each topic in depth with assignments to train students in developing their own material to use with their particular athletes or sport team.

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

COURSE OBJECTIVES:

After completing this course students will be able to:

- Apply the principles of coaching;
- Demonstrate the importance of communication in coaching;
- Design an annual periodization training plan, season plan and practice plans;
- Display ethical and sportsmanlike behavior in coaching;
- Develop a personal coaching philosophy & coaching objectives;
- Explore a coaching style you will be comfortable using;
 - Identify nutritional needs of their athletes;
- Design tactics to be used in competition;
- Observe and evaluate a sport skill movement and provide appropriate feedback;
- Integrate team management, risk management, & self management skills;
- Describe the ten principles of physical training;
- Plan a method of conflict resolution when dealing with parents of athletes;
- Create a mission statement and goals with a team;
- Identify the important concepts in coaching youth sports;
- Summarize the steps involved in recruiting at all levels of sports;
- Predict potential problems in coaching and be prepared to handle them;
- Organize and conduct a safe & effective sport camp;
- Locate and understand research in different areas of coaching and sport.