

Course: SM202D1 and N1 – The Theory and Practice of Coaching
Credit: 3 credit hours
Semester: Fall 2026
Time: Tuesday/Thursday 1-2:20pm
Instructor: Tressa Barnes: tressa.barnes@calvary.edu

This is a blended class, meaning that both campus and online students take this class together. Campus students attend the classes in person, online students attend the classes via the online classroom. All interaction and assignments for campus and online students are done in the online classroom.

I. DESCRIPTION

This course introduces a positive and biblical coaching philosophy towards sports. It will focus on the principles of coaching with pedagogy, physiology, psychology, and management.

II. OBJECTIVES

A. General competencies to be achieved. You will:

1. Begin to understand basic coaching philosophies as it pertains to each sport.
(Program Learning Outcomes: 1, 2, 3,4)
(Assignment: C,D,E,G)
2. Know how to effectively communicate, motivate and give proper instruction to athletes during practice and in games. Through innovation of ideas to create mentorship techniques.
(Program Learning Outcomes: 2,3,4,5)
(Assignment: B,D,E,F,G)
3. Know how to prescribe different strength and conditioning techniques for preseason, season, and post season.
(Program Learning Outcomes: 4,5)
(Assignment: D,E,F,G)
4. Learn about how to apply biblical leadership principles when conducting team management.

Our Mission: "...to prepare Christians to live and serve in the church and in the world according to the Biblical worldview."

(Program Learning Outcomes: 1,2,3,4)
(Assignment: B,C,D)

5. Realize effective and ineffective coaching strategies and it pertains to the emotional and mental well-being of each athlete from a biblical perspective.

(Program Learning Outcomes: 1,2,3,4,5)
(Assignment: E,F,G)

B. Specific competencies to be achieved. You will:

1. The student will be able to recognized and/or describe coaching philosophies to include coaching objectives and coaching styles presented by the American Sport Education Program.
(Program Learning Outcomes: 4 and 5)
(Assignment: B,C,D)
2. The student will be able to discuss his/her coaching philosophy, create a season plan for a specific sport of his/her choice.
(Program Learning Outcomes: 2,4,5)
(Assignment: D,F,G)
3. The student will be able to recognize and/or describe how to communicate effectively with athletes as well as how to use appropriate motivation techniques and biblical principles.
(Program Learning Outcomes: 1, 2, 3)
(Assignment: B,E,F)
4. The student will be able to recognize and/or describe sport psychology principles, the steps to teaching sport skills.
(Program Learning Outcomes: 1, 4, 5)
(Assignment: C,G,F)
5. The student with be able to learn sport physiology to include conditioning factors and nutrition.
(Program Learning Outcomes: 4 and 5)
(Assignment: C, G, F)
6. The student will be able to describe or recognize risk management, team management and self-management principles.
(Program Learning Outcome: 1,2,3,4,5)
(Assignment: D, F)

III. MATERIALS

- A. BIBLE** - The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New

American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

B. Textbooks

(Required)

Maxwell, John C. *The 21 Irrefutable Laws of Leadership: Follow Them and People Will Follow You*. Thomas Nelson, 2007. List Price: \$25.99. ISBN-13: 978-0785288374

(Required)

Rainer, Martin. *Successful Coaching*. Human Kinetics, 2012. ISBN 13: 978-1450400510. Retail Price \$35.98

Duke, Jeff. *3D Coach*. Revel, 2014. ISBN 978-0-8007-2493-1. Retail Price: 12.99

C. Powerpoint

IV. REQUIREMENTS

A. Writing

1. All class papers must follow the APA Style 7th edition of the APA Publication Manual.

B. Interview Paper

1. The student will write a 5 page paper based on an interview with a coach of their choice.
2. The student must submit 10 to 15 questions that they will ask the coach with the paper.
3. The paper will consist of:
 - a. Management of the team
 - b. Teaching principles
 - c. Coach's strengths and weaknesses
 - d. Preseason principles (if any)/strength and conditioning routines
 - e. Application of interview

C. Coaching Philosophy Paper

1. The student will write an 8 to 10 page paper on his/her philosophy of coaching.
2. The paper will consist of the following:
 - a. 3 coaches/or resources on aspects of their philosophies
 - b. Communication
 - c. Team management
 - d. Teaching skills

- e. Teamwork
- f. Support system
- g. Strength and Conditioning

D. Required Reading

These books are required for the purpose of creating an environment that manages and influences your team in the direction you want it to go.

E. Discussion Questions/Reflection Questions

The student will be required to complete a discussion question each week and respond to two other classmates.

F. Labs and Participation

Each week will consist of participation and hands-on practice concerning the art of coaching. These will be assigned by the instructor and will pertain to each week's subject material.

V. METHODS

A. Lectures, Textbook Reading, Interviews, and Research.

B. Grading

1. Leadership Paper	100 Points
2. Interview Paper	100 Points
3. Philosophy Paper	100 Points
4. Reading Book 1	50 Points
5. Reading Book 2	50 Points
6. Reading Book 3	50 Points
7. Daily Labs	200 Points

Total 700 Points

VI. TENTATIVE SCHEDULE

Week 1: Leadership

Week 2: Coaching Objectives/styles

Week 3: Communication Skills/Motivation

Week 4: Sports Psychology/Behavior Management/Teamwork

Week 5: Administrative Management

Week 6: Principles of Teaching

I. ACADEMIC STATEMENTS

PERSONAL DEVICES: The use of cell phones, laptops, tablets, and related devices is permissible for educational purposes only (i.e note-taking or researching information pertinent to discussion), with prior approval from the instructor. **Use of electronic devices outside of educational purposes is expressly prohibited.** When not being used according to the guidelines established, electronic devices should be stored in students' belongings and out of sight. If a student has an emergency and are awaiting for an urgent phone call, they should inform the instructor ahead of time.

Failure to adhere to these policies may result in the student being asked to leave class, and marked as absent for the first offense. A second offense may result in withdrawal from the course.

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Students with disabilities have the responsibility of informing the Accommodations Support Coordinator (aso@calvary.edu) of any disabling condition that may require support.

Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person's ideas and presenting them as your own.

The Clark Academic Center (learning@calvary.edu), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams, and facilitate tests. Please take advantage of this service.