

Coaching Education Program

Course work: ESS 33606, ESS 33607, ESS 35608

The Coaching Education Program prepares students for coaching at the youth sport and high school levels in public and private school athletic programs as well as in community run programs. Through the three courses in the Coaching Education Program, students will learn about the philosophical, physical, social, medical, and psychological elements of coaching. The coaching practicum course, ESS 35608, will give students real-life coaching experience in local schools. Upon completion of the three courses, students will be well prepared to take the national coaching certification test through the American Sport Education Program (ASEP).

The Coaching Education Program is offered through a collaboration of the Department of Physical Education, the Play Like A Champion Today™ Program in the Institute for Educational Initiatives, and the ESS Minor (Education Schooling and Society).

The program consists of the following sequence of courses:

ESS 33606 Social Foundations of Coaching (1 credit)

Profs. Clark Power, Kristin Sheehan

Offered both semesters

This course examines how sports participation contributes to the development of children and adolescents as integrated human beings. We explore moral and motivational aspects of sports and the role of the coach as a minister and teacher. Throughout the course, we will reflect on Bart Giamatti's observation on the spiritual nature of sports: "I believe we have played games and watched games to imitate the gods, to become more godlike in our worship of each other, and through those moments of transmutation, to know for an instant what the gods know."

ESS 33607 Principles of Coaching (1 credit)

Prof. Tom Kelly

Offered both semesters

This course is designed to provide principles and methods necessary to become an effective coach at the youth and interscholastic levels. The focus will include coaching philosophy, qualities for successful leadership, strategies for effective and cohesive programs, developing a sound understanding coaching philosophy at various levels, and gaining an understanding of the art and science of coaching. This course and ESS 33606 (Social Foundations of Coaching) are prerequisites for ESS 35608, a practicum in coaching.

ESS 35608 Practicum in Coaching (3 credits)

Darryl Thomas

Offered both semesters

Pre-requisites: ESS 33606, ESS 33607

The practicum involves supervised work experience in various athletic settings. Students will demonstrate effective coaching through the submission of evidence-based documentation. The practicum will include classroom preparation and field exercises. Students must complete both the principles and foundations courses before doing the practicum.

Course Goals:

Supervised coaching experience in various sport settings. Students will demonstrate effective coaching through a coaching practicum. The practicum is designed to help aspiring coaches work with veteran coaches to learn effective methods and demonstrate coaching skills that will enable the athletes to achieve optimal performance.

Course Description:

The student will have directed supervision in coaching. The student will pick a sport that s/he is interested in coaching. After approval of the cooperating coach and the director of coaching, the student will be granted a coaching practicum under direct supervision of the cooperating coach/supervisor. Periodic interactive meetings will be held to discuss the experience with other students and experienced coaches.

Course requirements:

1. Successful completion of all prerequisites classes: **Principles of Coaching (1 Credit) & Social Foundations of Coaching (1 Credit)**
2. Students must complete a Coaching Practicum Application the semester prior to the semester they wish to do the field experience. Submit the application to the Director of the Coaching Practicum, Darin Thomas, at dthomas7@nd.edu. The application is available in the P.E. department office or from Darin Thomas.

Deadlines: Spring semester Nov 1

Fall semester March 15

Summer (contact the director of coaching practicum)

3. Students must be pre-approved by the Director of Coaching Practicum to register for the practicum.
4. At least 50 hours shall be spent in the practicum experience.

5. Students must show evidence of CPR/first aid certification.

6. The coaching practicum is required receive the coaching certification.

Please contact Darin Thomas, Director of Coaching Practicum if you have questions.

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Physical Education Dept