



### **Course Description**

#### **PET 1173 | Strategies of Coaching and Competition | 3.00 credits**

This course will provide students with the tools and resources necessary to effectively evaluate team and athlete performance. In addition, the utilization of strategic thinking, game strategy, and available resources will be applied to coaching scenarios. Students will leverage their aggregate knowledge of coaching and competition to develop and adapt coaching and management plans to fulfill the needs of participants.

### **Course Competencies**

**Competency 1:** The student will outline the core concepts of strategic thinking and their application to sport by:

1. Identifying and understanding the dynamics of a coach at a psychological level.
2. Enhancing and integrating relationship management, communication, and trust building.
3. Evaluating an organized and logical coaching process through a complete cycled action plan.

**Competency 2:** The student will express the importance of utilizing data and theory to inform coaching and strategic decisions by:

1. Demonstrating the capacity for reflective and analytical strategies of coaching.
2. Understanding the basic probability, statistics and prediction of sporting competitions.
3. Interpreting data and research findings to improve performance outcomes.

**Competency 3:** The student will utilize learned coaching techniques across varying levels of sport by:

1. Formulating personal coaching philosophy.
2. Developing the ability to communicate effectively with players, coaches, and administrators.
3. Analyzing coaching leadership skills through self-evaluation in relation to course concepts and theories.

**Competency 4:** The student will assess team and athlete performance through pertinent performance metrics by:

1. Understanding the role of variability in the data collection process and incorporate this understanding when drawing conclusions about statistical questions.
2. Utilizing the appropriate research methodology and analytic techniques to inform decision-making in sport and/or performance outcomes.
3. Analyzing the concept of sampling variability in the context of sports and its role in the decision making process

**Competency 5:** The student will devise an effective coaching plan that addresses the needs of an individual athlete or team by:

1. Identifying the characteristics that encourage an effective coaching experience.
2. Using standardized scores to compare athletic performances measured on different scales
3. Evaluating various models to determine most appropriate for specific coaching situations.

### **Learning Outcomes:**

1. Communication
2. Critical Thinking
3. Information Literacy