

COURSE SYLLABUS



COURSE TITLE: SPMA 234

CLASS SECTION: 001

TERM: Fall 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): Face to face

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

INSTRUCTOR DETAILS

NAME: Anthony Pluta

EMAIL: Plutaa@camosun.ca

OFFICE: 306G

HOURS: By Appointment

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Students will study the roles of a coach and the characteristics of effective coaching and athlete leadership. Students will study and practice the art and science of coaching.

COURSE LEARNING OUTCOMES / OBJECTIVES

- Appraise and describe critically the development model for sport coaches in Canada.
- Integrate aspects of sports science, technology and performance analysis in the coaching process from an interdisciplinary approach.
- Explain the coaching process, roles of the coach and characteristics of effective coaching. and the Canadian sports coaching industry.
- Critically examine the application of athlete-centred approaches in coaching. Describe the concept of athlete-centered coaching.
- Describe Indigenous coaching programming in Canada.

- Analyze how stages of motor skill learning development and skill acquisition theory are applied to the coaching process.
- Demonstrate the ability to plan, deliver and apply effective strategies in coaching for skill acquisition and retention.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Readings, materials and web links will be provided throughout the course. Readings are listed and available on D2L.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

Classes: Monday 12:30pm - 2:20pm RM: CBA 209 Wednesday 8:30am – 10:20am PISE Gym

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

Date	Class #	Lecture: Monday 12:30pm - 2:20pm (RM: CBA 209 Unless Posted)	Date	Class #	Lab: Wednesday 8:30am-10:20am (RM: PISE 124 – Gym Unless Posted)
			04-Sep	1	Introduction
09-Sep	2	Understanding the Sport Coaching Process	11-Sep	3	The Sport Coaching Process (Applied)
16-Sep	4	Developing a Coaching Philosophy	18-Sep	5	Philosophy in Action
23-Sep	6	Worksheet	25-Sep	7	Leadership in Coaching
30-Sept		OFF- National Day for Truth and Reconciliation	02-Oct	8	Introduction to Coaching in First Nations' communities.
07-Oct	9	Basic Mental Skills	9-Oct	10	Basic Mental Skills – Applied
14-Oct		OFF- Thanksgiving	16-Oct	11	Evaluating a Practice (Applied)
21-Oct	12	Planning a Practice	23-Oct	13	Delivering a Practice (Applied)
28-Oct	14	Talent Identification	30-Oct	15	Guest Presenter – Talent ID
04-Nov	16	*Making Ethical Decisions 1	06-Nov	17	*Making Ethical Decisions 2
11-Nov		OFF- Remembrance Day	13-Nov	18	Practice Presentations
18-Nov	19	Understanding Ancillary Capacities (MED quiz)	20-Nov	20	Practice Presentations
25-Nov	21	Worksheet	27-Nov	22	Practice Presentations
02-Dec	23	*In Lieu Class for evaluation of external practice	04-Dec	24	Final Project Presentations & Wrap Up

*This schedule may change. Any revisions will be posted on D2L.

*MED delivered online during class time.

Option to sign up for NCCP Modules *at a cost to the student

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

Coaching Philosophy Submission	20%	September 30th
Practice Presentation (2-4 people per group)	20%	Sign up for your presentation date & submit your presentation to D2L the day you present
Weekly Quizzes, Worksheets or In-class Assignments	20%	(4 in total – 5% each)
Evaluation of a Practice	15%	Evaluation a practice (outside of class)
Final Project	25%	The final project integrates and applies the concepts and techniques learned throughout the semester.
Total Mark	100%	

COURSE GUIDELINES & EXPECTATIONS

Students are expected to attend class and participate fully in class discussions and group activities. Please notify the instructor if you cannot attend as a courtesy. It is each student's responsibility to catch up on the content of any missed classes. Assignments must be completed by set deadlines. Missed deadlines will result in reduced scores. Please inform the instructor if personal matters are affecting participation and work in class. As a courtesy to the instructor and your classmates during class, please avoid using or viewing your cell phone unless very urgent, and then do so outside the classroom. You will benefit greatly from the knowledge presented in the class with full attention and participation!

SCHOOL OR DEPARTMENTAL INFORMATION

[INSERT TEXT HERE]

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](http://camosun.ca/accessible-learning/) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services->

and-support/e-2.9.pdf and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Changes to this Syllabus: Every effort has been made to ensure that the information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.