

**COURSE OUTLINE**  
**EXSC 120**  
**Introduction to Sports Coaching**  
**3 Semester Hours**

**HOWARD COMMUNITY COLLEGE**

**Description**

Introduction to Athletic Coaching will provide information on the sport sciences, including anatomy, physiology, psychology, biomechanics, and skill acquisition, which are vital for coaches in a range of sports. Methods for improving the athlete's performance and well-being will be examined. The principles of coaching will be covered where the student will develop a personal coaching philosophy and style. A balanced approach to coaching will be emphasized.

**Overall Course Objectives** (List only requirements that will be included in all sections of the course)

Upon completion of this course the student will be able to:

1. explain the roles of the athletic coach.
2. develop a personal coaching philosophy and style.
3. demonstrate the ability to apply the principles of coaching and training.
4. explain the principles of coaching.
5. analyze sports skills.
6. identify appropriate and safe nutritional practices for athletes.
7. develop and implement performance improvement strategies.
8. identify the medical considerations that coaches should have for their athletes.
9. implement a skill development program.
10. identify the risks associated with athletics and coaching.

**Major Topics**

- I. Roles and Responsibilities of the Coach
- II. Developing a Coaching Philosophy and Style
- III. Principles of Coaching
- IV. Risk Management for Coaches
- V. Anatomy & Physiology for Coaches
- VI. Basic Sports Science for Coaches
- VII. Principles of Training
- VIII. Performance Psychology
- IX. Skill Development in Athletes
- X. Nutrition for the Athlete
- XI. Medical Considerations in Athletics
- XII. Legal Considerations of Coaching
- XIII. Administrative and Managerial Considerations of Coaching

**Course Requirements** (List only objectives that will be included in all sections of the course)

Grading/exams: Grading procedures will be determined by the individual faculty member but will include the following:

Writing: Specific writing assignments will be determined by the individual faculty member.

**Other Course Information**