Department: Health and Human Performance

Program Name: Athletic Coaching

Program Level: Undergraduate

College: Education and Professional Studies

Program: Minor

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Title: Professor

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Submission Date: February 16, 2017

Program Outcomes

Outcome 1: Philosophy and Ethics - Students will subscribe to a philosophy that acknowledges the role of athletics in developing the complete person. They will demonstrate the ability to reinforce responsible personal, social, and ethical behaviors.

Outcome 2: Safety and Injury Prevention - Students will be able to demonstrate skill in prevention, recognition and evaluation of injuries. Students will be able to plan, coordinate and implement procedures for immediate care and the ability to assist athletes with recovery.

Outcome 3: Physical Conditioning - Students will be able to design programs of training, conditioning, and recovery that properly utilize exercise physiology and biomechanical principles. Students will be able to teach proper nutrition for optimal physical and mental performance and overall good health.

Outcome 4: Growth and Development - Students will be able to recognize changing developmental patterns in athletes and modify instruction to support individual athletes’ specific needs and developmental characteristics. Students will be able to conduct practices and competitions that enhance the physical, social and emotional growth of athletes.

Outcome 5: Teaching and Communication - Students will be able to develop and monitor goals for athletes and overall program. Students will be able to plan and implement daily practice activities that maximize available resources and facilitate athlete development and performance. Students will be able to identify a variety of tools available to reduce performance anxiety.
Outcome 6: Sport Skills and Tactics- Students will know the skills and techniques associated with the sport being coached. Students will be able to apply competitive sport strategies and specific tactics appropriate for the age and skill levels of participants.

Outcome 7: Organization and Administration - Students will demonstrate organizational and administrative efficiency in implementing sport programs. Students will understand the scope of legal responsibilities that comes with assuming a coaching position.

Outcome 8: Evaluation - Students will be familiar with effective evaluation techniques for athlete motivation, individual performance and team performance as they relate to season objectives and goals. Students will be familiar with objectives and effective processes for evaluation of self and staff. Foundations of skills for lifelong learning.