EASTERN ILLINOIS UNIVERSITY
Physical Education Department
New Course Proposal
KSS 4980A, Advanced Coaching Distance Running.
KSS 4980B, Advanced Coaching Football.

1. Catalog Description:
   a) Course Number: KSS 4980A, KSS 4980B
   b) Title: Advanced Coaching Distance Running, Advanced Coaching Football
   c) Meeting Times and Credit: 1-0-1
   d) Term to be offered: Summer Semester
   f) Course Description: Study of advanced coaching techniques, strategies, and trends in a particular sport. May be repeated with different sports and/or sport topics for up to three undergraduate and/or three graduate credits with permission of advisor or Department Chairperson.
   g) Prerequisites: Coaching course of the particular sport or permission of Department Chair
   h) Initial Term: Summer, 2006

2. Student Learning Objective and Evaluations
   a) Students will
      • Comprehend advanced ethics, team play and team organization (exams, opinion papers)
      • Comprehend and apply advanced psychological and motivational techniques for maximum performance (exams, opinion papers)
      • Implement pre-season, in-season, and post-season conditioning and strength programs (quizzes, exams, opinion papers)
      • Comprehend and evaluate advanced man-to-man and zone offenses and defenses (presentations)
      • Evaluate athletes' performances as applied in scouting and video study (quizzes, exams)
      • Comprehend and administer effective game management and preparation (exams)
   b) Assessment for undergraduates will be quizzes (10%), presentation (topic to be selected in consultation with instructor) (40%), and a final exam (50%).

   Assessment for graduate students will be quizzes (10%), presentation (topic to be selected in consultation with instructor) (30%), final exam (30%) and an opinion paper with 3 sources (topic to be selected in consultation with instructor) (30%).
   c) This course is not technology delivered
d) Graduate students will write an opinion paper, as noted on (b) above

e) This course is writing active. It will include quizzes, note taking, and short answer and essay question on the final exam. These assignments will help the student's master course content.

3. Outline of Course

a) The outline of course will vary depending on the topic. Sample topics include:
   - Advanced Coaching/ Basketball
   - Advanced Coaching/ Football
   - Advanced Coaching/ Track and Field
   - Advanced Coaching/ Distance Running
   - Advanced Coaching/ Volleyball
   - Advanced Coaching/ Softball
   - Advanced Coaching/ Soccer

b) Units of time: one fifty minute lecture per week for 15 weeks –
   Sample: Advanced Coaching/Basketball

<table>
<thead>
<tr>
<th>Week</th>
<th>Lecture Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>1, 2, 3</td>
<td>Coaching Philosophy</td>
</tr>
<tr>
<td></td>
<td>a) Ethics, Morals</td>
</tr>
<tr>
<td></td>
<td>b) Team Play, Team Organization</td>
</tr>
<tr>
<td></td>
<td>c) Motivation</td>
</tr>
<tr>
<td>4 &amp; 5</td>
<td>Physical Conditioning</td>
</tr>
<tr>
<td></td>
<td>a) Pre, In and Post Season-(Cardio &amp; Strength)</td>
</tr>
<tr>
<td></td>
<td>b) Injury Prevention</td>
</tr>
<tr>
<td></td>
<td>c) Power &amp; Explosive Physical Development</td>
</tr>
<tr>
<td>6 &amp; 7</td>
<td>Advanced Techniques</td>
</tr>
<tr>
<td></td>
<td>a) Footwork</td>
</tr>
<tr>
<td></td>
<td>b) Ball Handling</td>
</tr>
<tr>
<td></td>
<td>c) Dribbling</td>
</tr>
<tr>
<td></td>
<td>d) Passing</td>
</tr>
<tr>
<td></td>
<td>e) Shooting</td>
</tr>
<tr>
<td></td>
<td>f) Rebounding</td>
</tr>
<tr>
<td>8, 9, 10</td>
<td>Offense</td>
</tr>
<tr>
<td></td>
<td>a) Motion/Passing Game</td>
</tr>
<tr>
<td></td>
<td>b) Structured Set Offense</td>
</tr>
</tbody>
</table>
c) “Specials” Against Man to Man Defense
d) Zone Principles and Continuity
e) Full-Court-Press Offense
f) Fast Break Techniques & Offense

11, 12, 13 Defense
a) Man to Man Principles
b) Zones
c) Tandem Zone & Match up Zone
d) Full Court Press

14, 15 Organization of Game
a) Scouting & Video Breakdown of Opponents
b) Practice Organization, Preparation, & Strategies
c) Game Organization, Preparation, & Strategies

4. Rationale
a) Purpose and need: Many coaches in the public schools enroll in these courses in order to learn more about the sports that they are coaching. Senior level students or graduate students also enroll to learn more about a particular sport.

b) Justification: 4900 course level is appropriate. These courses cover advanced concepts and begin where the 3000 level coaching courses end. They are appropriate for senior students and graduate students.

c) Similarity to existing course: None

d) Impact on the Program: This course can be counted as an upper level elective in the coaching area in two options in the Physical Education Undergraduate Major. It can also be taken by graduate students in the Athletic Administration and Pedagogy/Coaching concentrations.
5. Implementation
   a) Faculty member(s) to whom this course maybe assigned: These courses would be taught by faculty with graduate faculty status.

   b) Specification of any additional costs to students: None

   c) Test and supplementary materials to be used, including publication dates: None

6. Community College Transfer: Not Applicable

7. Date approved by the Department: October 14, 2005

8. Date approved by the College Curriculum Committee: October 24, 2005

9. Date approved by CAA: November 10, 2005 CGS: November 15, 2005