

DEREE COLLEGE SYLLABUS FOR: SM 4141 ADVANCES IN SPORTS PERFORMANCE			
(Fall Semester 2022)		US CR. 3/0/3	
PREREQUISITES:	SM 4020 Coaching in Sports		
CATALOG DESCRIPTION:	Advanced knowledge on topics of nutrition, biomechanics, sport psychology, team management and teaching methods in sports.		
RATIONALE:	The primary goal of the course is to critically discuss the effects of nutrition, of the type of training, of biomechanics and of the psychological factors on human performance. Additionally, different coaching approaches are proposed when trying to improve human performance.		
LEARNING OUTCOMES:	<p>As a result of taking this module the student should be able to:</p> <ol style="list-style-type: none"> 1. Demonstrate an understanding of the factors that affect human performance in the context of sport. 2. Explain the different coaching and teaching theories when training athletes. 3. Summarize the techniques that coaches use to enhance human performance 		
METHOD OFTEACHING AND LEARNING:	<p>In congruence with the teaching and learning strategy of the college, the following tools are used:</p> <ul style="list-style-type: none"> ➤ Classes consist of lectures followed by discussion of case-studies and presentations on different coaching aspects. Throughout the lectures students develop knowledge and understanding related to the subject content. In-class small projects reinforce students' cooperation skills, while enriching their cognitive skills. ➤ Group project and presentation: Students engage in research of relevant academic literature and evaluate actual examples of coaching practices in the sports industry. ➤ Office Hours: Students are strongly encouraged to make use of the office hours of their instructor in order to consult and discuss issues related to the course's content. ➤ Use of blackboard site, where instructors post lecture notes, assignments, instructions, timely announcements, as well as additional resources. 		
ASSESSMENT:	Coursework –formative	0%	Discussion of case studies, articles and other sources
	Written Project and Presentation-summative	50%	Group Project 4000-5000 words (40%) and Presentation (10%)
	Final Examination (2-hour comprehensive) - summative	50%	Essay-type questions
	<p>The formative coursework aims to prepare students for the summative assessments: The Written Project and Presentation test Learning Outcomes 2 and 3. The Final Examination tests Learning Outcomes 1, 2.</p>		
INDICATIVE READING LIST:	<p>REQUIRED MATERIAL: Joyce, D. & Lewindon, D. (2014). <i>High-Performance Training for Sports</i>. Champaign, IL: Human Kinetics</p> <p>RECOMMENDED READING:</p> <p>A. BOOKS</p> <ul style="list-style-type: none"> • Chapman, A. E. (2008) <i>Biomechanical Analysis of Fundamental Human Movements</i>. Champaign, IL: Human Kinetics • Dunford, M. (2010). <i>Fundamentals of Sport and Exercise Nutrition</i>. Champaign, IL: Human Kinetics. • Finley, C. & Carpenter, R.A.. (2005). <i>Healthy eating every day</i>. Champaign, 		

	<p>IL: Human Kinetics.</p> <ul style="list-style-type: none"> • Janssen, J. & Dale, G.. (2002). <i>The seven secrets of successful coaches</i>. Tucson, AZ: Winning the Mental Game. • Jones, R. L, Hughes, M. & Kingston, K. (2008). <i>An introduction to Sport Coaching. From Science and Theory to Practice</i>. New York, N.Y.: Routledge. • Lyle, J. & Cushion, C. (2017). <i>Sport Coaching Concept</i>. New York, N.Y.: Routledge. • Mangieri, H. R. (2017.) <i>Fueling Young Athletes</i>. Champaign, IL: Human Kinetics. • Manore, M. M., Meyer, N. L. & Thompson J. (2009) <i>Sport Nutrition for Health and Performance</i>. Champaign, IL: Human Kinetics. • Martens, Rainer. (2012). <i>Successful coaching</i>. 4th ed. Champaign, IL: Human Kinetics. • Robinson, P.E. (2014). <i>Foundations of Sports Coaching</i>. New York, N.Y.: Routledge. • Weinberg, R. S., &Gould, D. (2014). <i>Foundations of sport and exercise psychology</i>. Champaign, IL: Human Kinetics. <p>B. ARTICLES</p> <ul style="list-style-type: none"> • Bouche, J. (1999). Football coaching: A matter of trust. <i>Coach and Athletic Director</i> 69 (1): 26. • Côté, J., & Gilbert, W.D. (2009). An integrative definition of coaching effectiveness and expertise. <i>International Journal of Sports Science & Coaching</i> , 4 , 307–323. • Gilbert, W., Nater, S., Siwik, M., & Gallimore, R. (2010). The pyramid of teaching success in sport: Lessons learned from applied science and effective coaches. <i>Journal of Sport Psychology in Action</i> , 1 , 86–94. • https://hbr.org/2015/02/how-to-coach-according-to-5-great-sports-coaches • Kraemer, W.J., Dunn-Lewis C., Comstock B.A., Thomas G.A., Clark J.E., & Nindl B.C.. (2010). Growth hormone, exercise, and athletic performance: A continued evolution of complexity. <i>Curr. Sports Med. Rep.</i> 9(4):242-252. • Schroeder, P.J. (2010). Changing team culture: The perspectives of ten successful head coaches. <i>Journal of Sport Behavior</i>, 33 (1), 63–88. • Shimano, T., Kraemer, W.J., Spiering, B.A. Volek, J.S., Hatfield, D.L. Silvestre, R. Vingren, J.L., Fragala, M.S., Maresh, C.M., Fleck, S.J., Newton, R.U., Spreuwenberg, L.P. & Häkkinen, K (2006). Relationship between the number of repetitions and selected percentages of one repetition maximum in free weight exercises in trained and untrained men. <i>J. Strength Cond. Res.</i> 20(4):819-823. • Weinberg, R., Butt, J., & Culp, B. (2011). Coaches’ views of mental toughness and how it is built. <i>International Journal of Sport and Exercise Psychology</i>, 9, 156–172. • Wilson, K., & Brookfield, D. (2009). Effect of goal setting on motivation and adherence in a six-week exercise program. <i>International Journal of Sport and Exercise Psychology</i>, 6, 89–100.
COMMUNICATION REQUIREMENTS:	Assignments presented in Word. Use of proper English, both oral and written.
SOFTWARE REQUIREMENTS:	Blackboard, MS Office, search engines

<p>WWW RESOURCES:</p>	<p>Students are expected to use the internet at their own discretion to select information on the module. Useful sources include:</p> <ul style="list-style-type: none"> • http://coach.ca/ • CompuSports, Inc. 2009. PracticePlanner Pro - PracticePlanning Software. www.coachingware.com/practiceplannerpro.asp. • http://www.appliedsportpsych.org • http://www.mccc.edu/~behrensb/documents/BasicBiombjb2011.pdf
<p>INDICATIVE CONTENT:</p>	<ol style="list-style-type: none"> 1. Selecting Your Coaching Style. 2. Coaching for Character 3. Managing Your Athletes' Behavior 4. The Games Approach 5. Planning for Teaching 6. Biomechanics of human movement 7. Training for Energy Fitness 8. Training for Muscular Fitness 9. Battling Drugs 10. Managing Your Team 11. Managing Relationships 12. Managing Risk