

PHED 568: Foundations of Effective Sport Coach



Coming this
FALL 2019

Course Description

Comprehensive introduction to principles, methods and theories of coaching practice which promote optimal athlete development and sport performance, and support the psychological, emotional and physical well-being of athletes and coaches.

Some of the areas examined include:

- coaching values and philosophy
- building and maintaining healthy relationships
- models of athletic talent and skill development
- performance excellence and physical literacy of all participants
- support the emotional/ physical wellness of coaches

