

## PHE Coaching Principles and Methods Minor: Planning Sheet

The progression	Rationale	Timing
<b>PE 1 2</b> classes 1 unit	To get experience in 2 different activities Exposure to technical and tactical skill acquisition Exposure to teaching methods and organization	any time early
<b>PE 7</b> 1 unit	Learning coaching leadership from the experts	any time
<b>PE 143</b> 3 units	Coaching Effectiveness (3) Introduction to various aspects of coaching such as philosophy, leadership, coaching duties, sport psychology, motivation, and motor learning theory.	prior to 100, 141, 192
<b>PE 141</b> 3 units	Coaching Principles and Methods (3) Introduction to and application of teaching technical and tactical sports skills, season and practice planning and organization, strength and conditioning theory and organization.	after 143
<b>PE 100</b> 2 units	Initial field experience tailored to meet the needs, goals and experiences of the students. One hour discussion and 4 hours experience per week. May include shadowing, observation, coaching, interview. Bridge between class work (143,141) and internship.	after 143 and 141 before 192
<b>PE 192</b> 2 units 6 hrs/week	Internship. Field experience.	after 143, 141, 100
<b>Electives</b> 8 units	Topics include race, gender, sociological, psychological, developmental and cultural issues in dealing with and understanding people.	any time