**Coaching Youth Sports**

**Kinesiology 3260.001, PEB219**

**Mon/Wed 12:30pm – 1:50pm Fall 2025**

**CATALOG DESCRIPTION:**

Course Description. Coaching best practices that meet the needs of children and adolescents.  Students will receive instruction in the areas of coaching philosophy, behavior, teaching, training, and management of sports programs. Students will be familiar with the ethics, rules, safety and communication strategies associated with coaching sports.

**INSTRUCTOR:**

Richard Hadwick MSc

Dad, Husband, Coach, Liverpool!

Office:  TBA

Phone: 949-331-7972

E-Mail: Please send messages through Canvas first and if you do not receive a response within 24hrs email: Richard.hadwick@unt.edu

**OFFICE HOURS:**

Monday and Wednesday: 1 hour before class!

 \*Or by appointment

**Required Text:**

* Martens, R. (2023)Successful Coaching (5th edition). Champaign: IL: Human Kinetics.
* Other readings will be posted on the courses Canvas site and will be assigned in class.

Recommended readings at some point in your life:

* THEY CALL ME COACH, John Wooden,McGraw Hill.
* Engh, F. (2002). *Why Johnny hates sports*. Garden City Park, NY: Square One

Publishers.

* Hyman, M. (2009). *Until it Hurts*: America’s obsession with youth sports and how it harms our kids. Boston, MA: Beacon Press.

**CANVAS and INTERNET ACCESS:**

We will be using Canvas for the class assignments and discussions. Please be familiar with that as I will be communicating primarily through that program—also I will only use your UNT email account.

**COURSE OBJECTIVES:**

1. Studentswill demonstrate an understanding of the Principles of Coaching with objectives, character and style.
2. Studentswill demonstrate an understanding how to motivate, manage and communicate with your athletes.
3. Studentswill demonstrate an understanding of the 4 components of sport, plus planning your practice.
4. Studentswill demonstrate an understanding of the components of physically training your teams and players.
5. Studentswill demonstrate an understanding of management principles, proper behavior of a coach as it relates to athletes, parents, and the
6. Students will seek out opportunities to observe practices and games in their respective sports and present a video collage of what they observed and how it will impact their role as a coach.

**EVALUATION:**

1. **Exams:**

Course evaluation will consist of two (2) examinations, each worth 100 points

1. **Final Paper:**

Students will do a summative paper where they will discuss the differences amongst the coaches they evaluated. The paper should be NO LONGER than 4 pages (excluding cover page and references) and will discuss the differences observed between the different environments.

1. **Coaching Observations:**

You will be asked to complete 3 independent coaching observations where you will go out and observe youth sport coaches during organized games. Each observation will cover either: a school sponsored coach, a municipal recreation coach, and a select/club coach. Students also are too select coaches of different age brackets: 10U and under, 12U-14U, and 15U-18U.  It is up to the student to decide which order to conduct their evaluations, but it is their responsibility to ensure they complete each coach type and age group. More information will be provided on a separate document that will be posted on the classes Canvas site no later than the second week of class. **Due dates are listed on the course schedule.**

1. **Coaching Certifications:**

You will be asked to complete 6 coaching certifications throughout the semester. The certifications are through the NATIONAL FEDERATION OF HIGH SCHOOLS. All certifications are free of charge. Upon completion of the certification, a certificate of completion will be issued. You must submit that certificate through the assignment page of blackboard by the due date.  You may complete them all at the beginning of the semester if you wish. To submit the assignment, submit a screen shot of the completion certificate to canvas. DO NOT send it to me through email. The website is: **nfhslearn.com**

How to complete the Coaching Certifications:

1. Go to the Website **com**
2. Scroll down to **COURSES**
3. View all courses
4. Order course
5. Choose State in which you reside (TEXAS)
6. Check out (no fee required)
7. Continue
8. Complete course
9. Download certificate and save
10. Submit copy of certificate to CANVAS

(1. Heat Illness Prevention, 2. Engaging Effectively with Parents, 3. Positive Sport Parenting, 4. Concussion for Students, 5. Concussion in Sports  6. Sports Nutrition, 6. Bullying, Hazing, and Inappropriate Behaviors)

1. **Coaching Presentation:**

Students will conduct an end of semester presentation that discusses each observation they conducted and how it has impacted their coaching philosophy and coaching style. The presentation must be 5-10 minutes in length and students are expected to dress in coaching game day attire.

1. **Late Work:**

Assignments are due by 11:59pm on the assigned date. Any assignment submitted after 11:59pm on the assigned date will result in loss of a full letter grade, for three days (yes a submission after a Friday deadline on the following Monday will result in the loss of 2 full letter grades). Failure to submit an assignment within 4 days of the assigned due date will result in a “0” for the assignment.

1. **Extra Credit:**

Extra credit opportunities will be available throughout the semester, attendance to class is required to receive extra credit opportunities, as the opportunities will not be posted on the Canvas site.

**GRADING PROCEDURE:**

1. **Exams:**TWO exams will be given during the course each worth 100 points
2. **Final Paper:**One final paper that will be worth 150 points.
3. **Coaching Observations:**Three coaching observations that will observe three different coaches in three different age groups, each worth 100 points.
4. **Coaching Certifications:**SIX Coaching Certifications are required for this course. Coaching Certifications are weighted 100 points total.
5. **Coaching Presentation:**Students will do a presentation of what they saw over their three observations and relate it back to their own coaching philosophy worth 150 points
6. **Course Participation:** Students will be engaged in the classroom and complete activities on time. This includes in-class assignments, homework, discussion boards, and attendance.

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| --- | --- | --- | --- | --- |
| Assignment |   | Point Value | Total Point Value | **Grade Breakdown** |
| Final Paper |   | 150 Points | 150 points | **1000-895= A** |
| Coaching Observations | 1, 2, 3 | 100 points/each | 300 points | **894-795= B** |
| Exams | I, II | 100 points/each | 200 points | **794-695= C** |
| Coaching Presentation |   | 150 points | 150 points | **694-630= D** |
| Coaching Certification- Online |   | 100 points | 100 points | **629- F** |
| Participation/Attendance |   |   | 100 points |   |
|   |   |   |   |   |   |
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**ATTENDANCE POLICY**

***Lecture Days***

* Attendance in this course is essential to learning.
* Attendance will be taken regularly for this class. If you do not attend class that is your choice.
* Do not be late to class.
* Emergencies will be dealt with on an individual basis. I suggest that you attend class every day. If you have extenuating circumstances see me beforehand or during and not after.
	+ Students with attendance below 80% will be graded down a full letter grade
	+ Students with attendance below 50% will receive an F grade regardless of assignment score or total % score

***Examination Days***

* Exams will be posted on canvas on the assigned day and will be open from 8am-11:59pm. It is **YOUR RESPONSIBILITY**to remember to take the exam on the day of the exam.
* You will have two-hours to complete the exam from the time that it is first opened.
* **Make-up exams:**PLEASE DO NOT MISS AN EXAMINATION. Make-up exams are a rare exception given only under extreme circumstances or university excused absences.
* Make-up exams will be more challenging than the original exam and will typically consist of essay questions and fill-in-the-blanks, rather than multiple choice and true/false questions on the original exam.

**ADA**

**American with Disabilities Compliance:**

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student.  For additional information see the Office of Disability Accommodation website at [http://www.unt.edu/odaLinks to an external site.](http://www.unt.edu/oda). You may also contact them by phone at 940.565.4323.

**Acceptable Student Behavior:**

Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at [www.deanofstudents.unt.eduLinks to an external site.](http://www.deanofstudents.unt.edu/). Any incidences of unacceptable student behavior will be referred to the Dean of Student’s Office for disciplinary action.

**OTHER POLICIES**

***The purpose of this class is to prepare you to work in our profession. At this point in your academic career, I expect you to act as a professional. I expect you to dress as a professional. I expect the work that you submit to be submitted as a professional. I expect you to act and talk as a professional. Any behavior less than professional will not be acceptable.***

 **General Expectations**

The general expectation is that you are taking my class and you care about this course. That being said, I expect all students to pay attention, speak up in class, participate in discussions and give educated input on all topics.

**Sleeping in Class**

Students sleeping in class are a distraction to the professor.  If you fall asleep in class, I may ask you to leave the classroom and go take a nap elsewhere. Please do so without argument. This will count as an absence.

**Side Conversation in Class**

Students engaging in side conversations during class are a distraction to the professor and to the students in class who have a sincere desire to learn. If you are talking in class, I may ask you to leave the classroom.

**Use of Tobacco Products**

The use of any type of tobacco or nicotine products is prohibited during class.

**Cell Phones**

Cell phones are to be faced down or out of sight during class. If we are using iClicker and your phone is needed then we will ALL be using our phones—otherwise I will assume you are communicating with someone or passing time by scrolling through Instagram, Twitter, you get the idea.

**Headphones in Class**

Headphones look like you are half interested or not interested in class at all. For the love of the game, please take your headphones off during class.

**ACADEMIC DISHONESTY**

* Refer to the Academic Catalog (Academic Regulations) for the University’s policy on academic dishonesty.
* The student is expected to practice academic honesty in every aspect of this course and all other courses.  Academic dishonesty includes but is not limited to:
1. Cheating:  deception in which the student misrepresents that he/she has mastered information   on an academic exercise that he/she has not mastered; giving or receiving aid unauthorized by the professor on assignments or examinations.
2. Academic misconduct:  tampering with grades, or taking part in obtaining or distributing any part of a scheduled exam.
3. Fabrication:  use of invented information or falsified research.
4. Plagiarism:  unacknowledged quotation, and/or paraphrase of someone else’s work, ideas, or data as one’s own in work submitted for credit.  Failure to identify information or essays from the internet and submitting them as one’s own work also constitutes plagiarism.
* A student who engages in academic dishonesty is subject to University disciplinary action.

**NONACADEMIC MISCONDUCT**

* The University respects the right of the professor to teach and the student to learn.  Maintenance of these rights requires campus conditions that do not impede their exercise.  Engaging in such behavior that would infringe on these rights is deemed to be nonacademic misconduct and will not be tolerated.  This includes, but is not limited to, campus behavior that interferes with:
1. the professor’s ability to conduct the class
2. the ability of other students to profit from the instructional program
3. the rights of others
* During any campus situation which involves a “Campus Lockdown,” all students are expected to follow the instructions of the University. Any deviations from these instructions may place yourself, emergency personnel, or other students at risk of physical harm. For this reason, any students guilty of violating the instructions of the University will be subject to the filing of a Student Misconduct form and the student will be referred to the Dean of Students for disciplinary action.
* A student who engages in nonacademic misconduct is subject to disciplinary action.  Such incidents will be adjudicated by the Dean of Students under non-academic procedures.

**SEXUAL MISCONDUCT**

Sexual harassment of students and employees at UNT is unacceptable and will not be tolerated.  Any member of the University community violating this policy will be subject to disciplinary action.

Should any violations of Academic or Non-academic misconduct occur, a STUDENT MISCONDUCT REPORT will be filed with the KHPR Department and with the Dean of Students.

**THIS SYLLABUS AND ALL INFORMATION CONTAINED IN THIS SYLLABUS IS CONSIDERED TENTATIVE. THE ASSIGNMENTS MAY CHANGE AS NECESSARY DUE TO UNFORSEEN CIRCUMSTANCES. THE EVALUTION CRITERIA MAY CHANGE AS NECESSARY DUE TO UNFORSEEN CIRCUMSTANCES. THE INSTRUCTOR WILL WORK TO FOLLOW THE SCHEDULE AND INFORMATION OUTLINED IN THE SYLLABUS.**

**TENTATIVE SCHEDULE**

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| --- | --- | --- | --- | --- |
| Date | Reading | Topic | Assignments Due | Notes |
| Aug 18 |   | Syllabus, Intro |   |   |
| Aug 20 | Ch. 1 | Coaching Philosophy |   |   |
| Aug 25 | Ch. 1 | Continued |   |   |
| Aug 27 | Ch. 2 | Coaching Objectives |   |   |
| Sep 1 |   | **Labor Day - NO CLASS** |   |   |
| Sep 3 | Ch. 3 | Leadership |   |   |
| Sep 8 | Ch 3 | Continued |   |   |
| Sep 10 | Ch 4 | Coaching diverse athletes  |   |   |
| Sep 15 | Ch5 | Communication  |   |   |
| Sep 17 | Ch5 | Continued | **Coaching Observation #1 due** |   |
| Sep 22 | Ch6 | Motivating |   |   |
| Sep 24 | Ch6 | Continued |   |   |
| Sep 29 |   | **EXAM #1** |  | **Exam covers: Chapters 1-8** |
| Oct 1 | Ch7 | Discipline and rewards  |   |   |
| Oct 6 | Ch8 | Character |   |   |
| Oct 8 | Ch9 | Games approach |   |   |
|   |  COACHING OBSERVATION II                   |
|   |
| Oct 13 | Games Approach continued |
| Oct 15 | Ch10 | Technical skills  |   |   |
| Oct 20 | Ch11 | Tactical skills  |   |   |
| Oct 22 | Ch12 | Planning for teaching  |   |   |
| Oct 27 | Ch13 | Training basics |   |   |
| Oct 29 | Ch14 | Energy fitness  |   |   |
| Nov 3 | Ch15 | Muscular fitness  |   |   |
| Nov 5 |   |   | **Coaching Observation #3 Due** |   |
|   |   | **Exam #2** |   | **Exam covers: Chapters 9-20** |
| NOV 10 |   | COACHING PRESENTATIONS |   |   |
| NOV 12 |   | COACHING PRESENTATIONS | Final Papers Due |   |
| Nov 17 |   | Coaching Presentations cont. |   |   |
| Nov 19 |   | Coaching Presentations cont. |   |   |
| Nov 24 |   | Thanksgiving break |   |   |
| Nov 26 |   | Thanksgiving break | **Coaching Certifications Due by 10:30AM** |   |
| Dec 1 |   |   |   |   |
| Dec 3 |   | Exam 3 |   |  |