Resolution #7  Routing #07 75-76  Concentration in Coaching Athletics

TO:  PRESIDENT ALBERT W. BROWN
FROM:  THE FACULTY SENATE
RE:  Concentration in Coaching Athletics

SUBJECT:  Concentration in Coaching Athletics

(See attached)

Signed 10/28/75  Date Sent 10/28/75
William C. Rock, President

TO:  THE FACULTY SENATE
FROM:  PRESIDENT ALBERT W. BROWN
RE:  I. DECISION AND ACTION TAKEN ON FORMAL RESOLUTION

(a) Accepted. Effective Date 12/10/75
(b) Deferred for discussion with the Faculty Senate on
(c) Unacceptable for the reasons contained in the attached explanation

II. III. a. Received and acknowledged
b. Comment:

DISTRIBUTION: Vice- Presidents:
Others as identified:

Distribution Date:  
Signed:  (President of the College)

Date Received by the Senate:  DEC 1975
PROPOSAL FOR A
CONCENTRATION IN
COACHING ATHLETICS
(Non-Physical Education Majors)

Undergraduate Physical Education Unit
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Professional Entity
Bonnie Beek
Entity Coordinator

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Jim Fulton
Sandra Scott

October 2, 1975
STATE UNIVERSITY COLLEGE AT BROCKPORT

Undergraduate Physical Education Unit

PROPOSAL FOR A CONCENTRATION IN COACHING ATHLETICS
(Non-Physical Education Majors)

This is a proposal for a program in the Professional Entity of the Undergraduate Physical Education Unit which is designed to provide a concentration of courses and experiences for students who want to prepare themselves for positions as coaches in school, college or club athletic teams.

The regulations of the Commissioner of Education of the New York State Education Department, Section 135.4 Physical Education, were amended as of August 1, 1974, to require that teachers not certified in physical education may coach an interschool athletic team "provided they have completed an approved pre-service or in-service education program for coaches or will complete such a program within three years of appointment."

One option for meeting said requirement is the completion of a State Education Department approved college program of 2 to 9 credits. (credits may vary depending upon the contact and endurance involved in the sport.) This proposal provides for this option to be met; however, the major thrust is to provide greater depth in the preparation for coaching than is provided by the minimum State requirements.

A. Identity of the Program

1. Title: Concentration in Coaching Athletics (Non-Physical Education Majors)

2. Certificate: Departmental Certification


Course of Study:

The student must satisfactorily complete 9 hours of required course work to meet State requirements. A student must complete 18 hours of course work with an average of 2.0 to meet institutional requirements for a concentration. The program proposed is as follows:
a. Required courses  
12 Hours

*PEP 350 Biological Aspects of Competitive Athletics  
(or)  
3 Hours

*PEF 331 Coaching Sports  
3 Hours

SPT 424 Mechanical Analysis of Sport  
(or)  
3 Hours

PEP 371 Analysis of Movement  
3 Hours

*PEP 300 - PEP 390 Selected Clinic Courses  
1 Hour  
{There is a pre-requisite of intermediate level performance to clinic courses}  
(min.)

*PEP 324 Coaching Practicum I  
2 Hours

b. Electives  
6 Hours

SME 311 Movement and Human Growth and Development  
3 Hours

SME 313 Movement Experiences in the Socio-Cultural Environment  
3 Hours

SPT 423 Physiology of Sport  
3 Hours

SPT 425 Sports Medicine  
3 Hours

SPT 429 Psychology of Sport  
3 Hours

PEP 355 Coaching Practicum II  
2 Hours

One additional Clinic  
1 Hour

Selected performance courses offered through the UPE Unit or Continuing Education, by advisement.

Physical Education majors may elect courses from this program to increase their competency in coaching.

E. Long Range Planning

1. Relation to University and Campus Master Plan:

The 1972 Campus Master Plan states on pg. 58, under a heading

"Sensitivity to Manpower Needs":

"The accelerating pace of change in our technological society will place an increasing burden on colleges to meet manpower needs during the coming decade. In order to meet its commitments, the college must be aware of the shifting job market, the impending obsolescence of some jobs, and the creation of others."

*Satisfactory completion of nine hours of these courses will meet State requirements for coaching in high school.
This proposal is offered in response to the creation of new coaching opportunities resulting from the change in the Commissioner's Regulations and from the expansion of interschool athletic competition, especially in the area of sports for women.

2. Relation to existing or other projected programs of the institution:
   This program is a supplement to the physical education major, to facilitate entrance into coaching by the non-major.

3. Relation to existing programs in other institutions:
   Since the program relates to new State requirements for coaching, course offerings should be similar to those likely to be developed at other institutions. However, this proposal exceeds State minimums; there is more depth in the program.

C. Resources

1. Faculty and Staff:
   Faculty with expertise in all course offerings of the program are presently available.* The proposal, as presented, adds two courses to present course offerings; one course, Coaching Sports, is recommended as a revision of a presently registered course, Coaching Women's Sports. It is anticipated that one section of each new course would be offered each semester. This would require re-assignment of one-half of a faculty position to this program.

2. Facilities:
   Present facilities are adequate to initiate this program. Since the college already offers a physical education major, library holdings are adequate for this program. Centers for the practicum experiences

* See Appendix B
will be established in area secondary schools and colleges that wish to cooperate in this program.

3. **Expenditures:**

   Since equipment and supplies utilized within this program are available through the physical education major, no further expenditures are deemed necessary. Advertisement of the program will require a small expenditure of departmental funds.

3. **Students**

   1. **Identity:**

      The program will be open to men and women who are interested in coaching in school, college or club athletic teams.

   2. **Counseling:**

      Members of the physical education faculty will continue to counsel students interested in special areas of opportunity in physical education. One faculty member should be identified as the primary contact for counseling in this concentration. This individual should be relieved of the responsibility of advising a comparable number of PE majors. All non-majors entering the program must meet with this advisor.

   3. **Demand:**

      Student interest in athletic coaching is indicated by: (1) enrollment of non-physical education majors in the teaching-coaching clinics now a part of the teacher certification curriculum; (2) near maximum enrollment in SNC 484—Coaching Women’s Sports, an elective open to both men and women each semester; (3) an anticipated need for coaching of women's sports in particular, due to the increase in women's varsity sport programs in high schools and colleges.
4. Employment Possibilities:
The annual report of varsity sports offered by the high schools of New York State shows continued growth. The women's varsity program, in particular, is showing a tremendous increase. The demand for coaches of women's teams will far exceed the number of women physical education faculty in schools. School administrators must look elsewhere for personnel. Some schools are now looking outside their physical education teaching staff for coaches.

5. Articulation and Transfer:
Rising out of a background of liberal arts education, this program provides for entrance by community college students, transfers from four year institutions, or by Brockport undergraduates. Coordination with local graduate offerings will enable the graduate student to complete the State requirements for coaching.

E. Evaluation:

Provisions for review:
Annually, efforts will be directed toward compiling and synthesizing the following types of information:

a) Student evaluations
b) Faculty evaluations
c) Sponsor-coach evaluations
d) Follow-up data from employers.

BIOLOGICAL ASPECTS OF COMPETITIVE ATHLETICS

PSP 352 (P)

Summary:

The study of the structure and function of the human as related to, and influenced by, experiences in competitive athletics.

Objectives:

1. To acquire knowledge and understanding of the human structure and function as related to, and influenced by, experiences in competitive athletics.
2. To develop a vocabulary for the accurate description of bodily movements.
3. To acquire the knowledge necessary to establish programs for the development of traits basic to performance.
4. To assist the student to understand selected biological influence on conditioning and performance.

Course Outline:

1. Introduction to Kinesiology
   A. The Roles of Muscles
   B. Structure, Injury and Movement of Body Segments
   C. Musculo-skeletal Actions

2. Introduction to Exercise Physiology
   A. Aerobic and Anaerobic Muscular Activity
   B. Circulo-respiratory Functions in Exercise
   C. Neuro-muscular Control of Movement

3. Development of Traits Basic to Performance
   A. Strength
   B. Endurance
   C. Speed
   D. Power
   E. Flexibility
   F. Skill

4. Influences on Conditioning and Performance
   A. Nutrition
   B. Ergogenic Aids
   C. Warm-up
   D. Hot Temperatures
   E. High Altitude
   F. Training Modes
Bibliography:


COACHING SPORTS

DGR 351 (1)

Summary: A survey of the pertinent areas of coaching.

Objectives:
1. To survey the various aspects of coaching.
2. To develop a basic philosophy of coaching.
3. To understand the current trends of athletic programs.
4. To explore some techniques of coaching.
5. To know the regulations of athletic programs both legal and regulatory.

Course Outline:

1. Philosophy
   - General
   - Aims and Objectives
   - Societal Demands - Ideals
   - Masculinity - Femininity
   - Ethics
   - Player - coach - official - governing body
   - Coach

2. Administration
   - Budget
   - Scheduling
   - Scholarships
   - Officiating
   - Awards
   - Assistant - work load
   - Evaluation
   - Maintenance - support services

3. Eligibility Regulations
   - Regulatory Bodies
   - School Policies

4. Legal Implications
   - Liability
   - Certification
   - First Aid
   - Training

5. Psychology and the Coach
   - Coaching Personalities
   - Motivation
   - Discipline
   - Aspiration
   - Cohesion
   - Small Group Dynamics
Course Culture (cont'd.)

6. Coaching Specifics
   Scouting
   Recruitment
   Training Rules & Specificity
   Team Selection
   Conduct and Organization of Practices
   Athletes Health
   Multi-media Aids

7. Strategy
   Team
   Individual

8. Public Relations
   School
   Other Teams

Bibliography:


Bibliography (cont'd.)


Ogilvie, Bruce. "What is an athlete?" JOHPER, June 1963.


COACHING PRACTICUM I
PEF 354 (P)

Summary:
Required practicum and scheduled seminars for those students with no
coaching experience. Student is assigned for a sport season to assist in coaching
on the interscholastic or intercollegiate level. Assignment of intern candidates
shall be specific to their mastery of the sport. Prerequisites: A C grade in
Coaching Sports, a C grade in the clinic course in the sport, and permission
of the Undergraduate Physical Education Unit.

Student Population:
This course is designed as a required, culminating experience for students
pursuing the certificated coaching concentration. Enrollment will be comprised
of students majoring in physical education as well as majors from other
disciplines.

Credit:
Students will receive 2 S.H. of credit per season of involvement with a
sport. If they remain involved with a sport throughout two quarters (i.e. certain
winter sports) or if they are involved during two different sport seasons (i.e.
women’s volleyball and basketball), the student may register for PEF 355 (P),
Coaching Practicum II, for an additional 2 S.H. of credit. Student grades will
be on a pass/fail basis.

Objectives:
The purpose of this course is to assist in bridging the gap between
theoretical knowledges and understandings and direct field application.
The overarching objective of the course is to have each student gain
experience and skill in the process of conducting athletic activities.

More particularly, students completing this course will be expected to:
1. Demonstrate a general knowledge of theory, problems, and practices
   as they apply to athletic competition by the successful completion
   of the internship under the direction of a master coach.
Objectives (cont'd.)

2. Display mastery in applying knowledge and principles specific to their chosen sport so that they are a contributing "staff" member in the administration, planning, and conduct of that sport.

Resources:

1. From a small sample of area public high school coaches taken in the Spring of 1974, all were enthusiastically in favor of accepting coaching interns into their athletic programs.

2. Dr. Sandra Vanderstoep, Associate Director of Intercollegiate Athletics, has indicated an interest in providing opportunities for coaching interns in the intercollegiate athletic program at Brockport. Currently, there are twenty-four varsity teams. Projected program direction could easily double the number of varsity as well as club teams creating a need for additional coaching personnel.
COACHING PRACTICUM II

PEP 355 (F)

This course is a continuation of PEP 354 (P) designed for a student selecting a practicum in sports with seasons lasting the equivalent of a full semester or for a student selecting a practicum in a second sport lasting a duration of one quarter.
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