

# INTRODUCTION TO THE PRINCIPLES OF COACHING ARTICULATION

## Pierce County Careers Connection Dual Credit Articulation Agreement

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Upon completion of a full year of high school or equivalent to the following competencies:

- Articulate a coaching philosophy appropriate to educational sport settings.
- Discuss appropriate coaching objectives specific to educational sport settings.
- Articulate appropriate coaching styles and behaviors.
- Contrast and compare effective styles of communication specific to a coaching environment.
- Identify and contrast methods of motivation for sport settings and athletes.
- Discuss techniques for managing behavior in sport settings.
- Articulate principles of sport pedagogy specific to a coaching environment.
- Identify and articulate various principles of sport specific training.
- Design efficient teaching techniques to convey skills, tactics and rules of specific sports.
- Contrast various training principles specific to energy fitness compared to strength fitness.
- Discuss injury prevention specific to sports activities.
- Contrast and compare team management techniques.
- Identify appropriate risk management techniques specific to sport.
- Identify principles of nutrition for sport training.
- Articulate basic principles of sport psychology.
- Compare and contrast various issues regarding drugs in sports.

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\*Eligible for Bronze Level Certification through ASEP

A student earning a "B" grade or better may earn college credit at the following college:

<u>College</u>	<u>Course</u>	<u>Credits</u>
Pierce College	KINS 261	2