

**KIN 2365 – COACHING TRACK & FIELD / BASEBALL / SOFTBALL**

**Fall 2017**

**College of Health Sciences, Department of Kinesiology**

*KIN 2365 is a restrictive elective which is required for Kinesiology Majors.*

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**Text/Readings:** Curran, M. & Newhan, R. (1996) *Coaching Baseball Successfully*. IL: Human Kinetics. **(Optional)**

Veroni, K. & Brazier, R. (2006) *Coaching Fastpitch Softball Successfully, 2<sup>nd</sup> Edition*. IL: Human Kinetics. **(Optional)**

Wallace, E. (1998). *Track & Field Coach's Survival Guide*. NJ: Parker Publishing Company, Inc. **(Optional)**

**Course Description:** This course includes a study of the skills, techniques and strategies used in coaching baseball, softball and track & field in the secondary schools. The skills, techniques and strategies are demonstrated, discussed and performed in the classroom. Credit 3.

**Standards Matrix:**

| Objectives/Learning Outcomes   | Activities (* indicates field-based activity) | Performance Assessment    | Standards: <ul style="list-style-type: none"> <li>• <u>State Standards</u></li> <li>• <i>Specialty Organization Standards</i></li> <li>• <u>Conceptual Framework #</u></li> </ul> |
|--|---|---------------------------|---|
| To gain an understanding of the principles in developing a personal coaching philosophy.         | Lecture                                       | Interview / Written Paper | n/a   |
| To learn the basic technical aspects of each Track & Field event and Baseball/Softball position. | Lecture                                       | Quizzes                   | n/a   |
| To understand the principles of developing a training plan for each Track & Field event.         | Lecture/Discussion                            | Test                      | n/a   |
| To learn proper coaching strategy for the sport of Baseball and Fastpitch Softball.              | Lecture/Discussion                            | Test                      | n/a   |

Web address for **state standards**: n/a

Web address for **IRA standards**: n/a

Web link to **Conceptual Framework**: n/a

**Course Format:**

Course content is learned through lectures, self-study, written assignments, group discussions and video presentations. Evaluations consist of professor assessments using rubrics and grading scales.

**Course Content:**

- Application of Coaching Philosophy
- Application of Physiology to the sports of Track & Field and Baseball/Softball
- Application of Biomechanics to the sports of Track & Field and Baseball/Softball
- Training Theory & Sport Psychology as it applies to the sports of Track & Field and Baseball/Softball
- Periodization as it applies to the sports of Track & Field and Baseball/Softball
- Training Planning and Development of the Sprinter
- Training Planning and Development of the Hurdler
- Training Planning and Development of the Endurance Runner
- Training Planning and Development of the Thrower
- Training Planning and Development of the Jumper
- Planning for a Baseball/Softball Season and Practice
- Fundamentals and Strategies for Offense in Baseball/Softball
- Fundamentals and Strategies for Defense in Baseball/Softball
- Preparing for a Baseball/Softball Game and Handling Game Situations

**Course Requirements:**

- 1) **Professionalism / Participation:** It is expected that students be active, enthusiastic, and collegial participants during the semester. In addition, it is expected that course work is completed in a timely and professional manner on the schedule posted.
- 2) **Assignments:**
  - a. Interviewing a Coach – Assignment requiring each student to interview a current coach in their desired sport.
  - b. Track & Field Training Exam – Examination covering the principles of training planning and workout design for all the track & field events. To be completed online
  - c. Baseball/Softball Game Strategy Test – Examination covering various in-game strategies for Baseball and Softball. To be completed online.
  - d. Quizzes – Six quizzes will be administered during the course of the semester covering main themes of daily topic covered in class. Quizzes will be completed online.

**Evaluation (\* indicates field-based activity):**

All assignments will be completed online and at home. Attendance will be taken each day, but there will be no penalty for excessive absences. It should be noted that no assignments will be allowed to be made up with the exception of classes missed do to religious holy day(s), excused absences for students with disabilities and official university functions. Please see related information listed below.

| <b>Grading</b>   | <b>Points</b> |
|--|---------------|
| Written Coaching Philosophy                                | 100           |
| Interviewing a Coach                                       | 100           |
| Track & Field Exam   | 100           |
| Baseball/Softball Exam                                     | 100           |
| Sport Science Quiz (1)                                     | 20            |
| Running Events Quiz (2)                                    | 20            |
| Field Events Quiz (3)                                      | 20            |
| Rules and Gameplay of Baseball/Softball Quiz (4)           | 15            |
| Coaching Offense and Defense in Baseball/Softball Quiz (5) | 15            |
| Pitching in Baseball/Softball Quiz (6)                     | 10            |

CUMULATIVE 500 points

\*\*\*\*Tests and Quizzes must be taken on blackboard (under 'Assignments'). Below is the time frame for which each test and quiz must be completed. It is the student's responsibility to keep up with these due dates.

|                              | <u>Date/Time Open</u>    | <u>Date/Time Close</u>    |
|------------------------------|--------------------------|---------------------------|
| Quiz 1 (Sport Sciences)      | Thurs, Aug 24 @ 9:30 am  | Thurs, Sept 14 @ 11:55 pm |
| Quiz 2 (Running Events)      | Thurs, Sept 19 @ 9:30 am | Tue, Sept 28 @ 11:55 pm   |
| Quiz 3 (Field Events)        | Tue, Oct 3 @ 9:30 am     | Thurs, Oct 12 @ 11:55 pm  |
| Test 1 (Track & Field)       | Thurs, Oct 12 @ 9:30 am  | Thurs, Oct 19 @ 11:55 pm  |
| Quiz 4 (Rules/Gameplay)      | Tue, Oct 24 @ 9:30 am    | Thurs, Oct 26 @ 11:55 pm  |
| Quiz 5 (Offense/Defense)     | Tue, Oct 31 @ 9:30 am    | Tue, Nov 14 @ 11:55 pm    |
| Quiz 6 (Pitching)            | Thurs, Nov 9 @ 9:30 am   | Thurs, Nov 30 @ 11:55 pm  |
| Test 2 (Baseball & Softball) | Thurs, Nov 16 @ 9:30 am  | Tue, Dec 5 @ 11:55 pm     |

Letter grades:   A = 450 to 500 points  
                  B = 400 to 449 points  
                  C = 350 to 399 points  
                  D = 300 to 349 points  
                  F = below 300 points

**Attendance Policy**

0 absence = +15 points  
1 absence = +10 points  
2 absences = +5 points  
3 absences = 0 points  
4 absences = -5 points  
5 absences = -10 points  
6 absences or more = -15 points

**Expectations:**

It is expected that undergraduates who register for this course have basic computer and literary skills. It is expected for students to bring their own copy of the days notes (which can be found on blackboard) so that they can follow along with in class lectures.

**STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY**

Section 51.911(b) of the Texas Education Code requires that an institution of high education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day (s) shall present to each instructor involved a written statement concerning the religious holy day(s). This request must be made in the first fifteen days of the semester or the first seven days of a summer session in which the absence(s) will occur. The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

**STUDENTS WITH DISABILITIES POLICY**

It is the policy of Sam Houston State University that no otherwise qualified individual with disabilities shall, solely by reason of his/her handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic or Student Life program or activity. Students with disabilities may request help with academically related problems stemming from individual disabilities from their instructors, school/department chair, or by contacting the Chair of the Committee for Continuing Assistance for Disabled Students and Director of the Counseling Center, Lee Drain Annex, or by calling (936) 294-1720.

**AMERICANS WITH DISABILITIES ACT**

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. Students with disabilities that may affect adversely their work in this class should register with the SHSU Counseling Center and talk with their University supervisor and classroom mentor teachers about how they can help. All disclosures of disabilities will be kept strictly confidential. NOTE: no accommodation can be made until registration with the Counseling Center is complete.