

# Coaching Academy Courses

---

## **CA 301 - Introduction to Coaching**

Hours: 3

This course introduces students to coaching as a profession. Emphasis is placed on the role of professionalism in the field of coaching, as well as the different qualities and abilities that make a good coach. Students also examine the importance of communication and conflict management in not only the coach and athlete relationship, but also in the relationships that coaches have with other coaches, teachers, administrators, and parents.

## **CA 302 - Coaching Operations**

Hours: 3

The focus of the course is on preparing and keeping athletes safe. Emphasis is placed on the legal issues faced by coaches as well as the importance of preparing athletes' bodies and minds. Aspects of game and facility/equipment management is also explored.

## **CA 303 - Mentoring, Leading, and Motivating**

Hours: 3

The course focus is on leadership in coaching, with an emphasis on leadership theories as they apply to coaching and sport management. Aspects of teams and group dynamics, communication, and conflict management are also covered along with leadership challenges in coaching such as gender gaps, race, and ability.

## **CA 304 - Directing Athletics**

Hours: 3

The focus of this course is on the principles, responsibilities, and training needed to become a successful athletic director. Emphasis is placed on problem-solving and decision-making skills in areas such as management and communication. The course also examines the management and responsibilities of athletic programs, as well as the ways leaders can improve operations.