

**K to 12 BASIC EDUCATION CURRICULUM
SENIOR HIGH SCHOOL – SPORTS TRACK**

Grade: 11
Core Subject Title: Fundamentals of Coaching

Semester: First
No. of Hours/Semester: 80 hours/semester
Pre-requisite:

Core Subject Description: This course covers the basic concepts and principles of coaching.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
FUNDAMENTALS OF COACHING I. Philosophy of Coaching <ul style="list-style-type: none"> • Principles of ethics (e.g. play fair, do your best, include everyone, respect others, stay healthy, give back) • Values in sports <ul style="list-style-type: none"> • Fairness • Excellence • Inclusion • Fun • Coaching as a career II. Nature and Concepts of Coaching <ul style="list-style-type: none"> • Characteristics of an effective coach • Communication techniques • Roles and responsibilities • Coaching styles and techniques 	<i>The learner...</i> demonstrates understanding of the fundamental concepts and principles of coaching for career preparation .	<i>The learner...</i> develops a sound coaching philosophy.	<i>The learner...</i> 1. explains fundamental concepts and principles of coaching in relation to ethical standards;	SP_FC11-Ia-e-1
			2. realizes that knowledge in coaching prepares learner for a career;	SP_FC11-If-h-2
			3. describes characteristics of an effective coach;	SP_FC11-Ii-j-3
			4. utilizes proper communication techniques in coaching;	SP_FC11-Ik-l-4
			5. identifies documentation strategies in monitoring performance (game statistics, progression towards goals, and strategies and tactics);	SP_FC11-In-q-4
			6. differentiates various coaching styles; and	SP_FC11-r-t-5
			7. recognizes appropriate coaching behaviour.	SP_FC11-a-t-6

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Code Book Legend

Sample: SP_FC11-Ia-e-1

LEGEND		SAMPLE	
First Entry	Learning Area and Strand/ Subject or Specialization	Sports	SP_FC11
	Grade Level	Grade 11	
Uppercase Letter/s	Domain/Content/ Component/ Topic	Fundamentals of Coaching	
			-
Roman Numeral <i>*Zero if no specific quarter</i>	Quarter	First Quarter	I
Lowercase Letter/s <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i>	Week	Week one to five	a-e
			-
Arabic Number	Competency	explains fundamental concepts and principles of coaching in relation to ethical standards	1

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References:

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- Centers for Disease Control and Prevention. *School-based Physical Education: Working with Schools to Increase Physical Activity among Children and Adolescents in Physical Education Classes. An Action Guide*. 2009, <http://www.prevent.org/actionguides>
- Centers for Disease Control and Prevention. *The Association between School-based Physical Activity, including Physical Education, and Academic Performance*. Atlanta, GA: U.S. Department of Health and Human Services, 2010.
- Michigan Department of Education. *Physical Education Content Standards and Benchmarks*. Michigan: Michigan Department of Education, 2007.
- Ministerial Committee for School Sport and Physical Activity. *Review Report: Future Development of School Sport and Physical Activity Presented to the Minister for Education and Training and Minister for the Arts*. Queensland Government: Department of Education, Training and the Arts, 2007.
- National Association for Sport and Physical Education (2009). *Appropriate Instructional Practice Guidelines, K-12: A Side-by-side Comparison*. 2009, www.naspeinfo.org
- National Association for Sport and Physical Education (NASPE). *Appropriate Instructional Practice Guidelines for Elementary School Physical Education: A Position Statement from the National Association for Sport and Physical Education (3rd edition)*. 2010, www.naspeinfo.org
- National Association for Sport and Physical Education. *College/University Physical Activity Instruction Programs: A Critical Piece in the Education of Young Adults*. 2007, www.aahperd.org/naspe.
- National Association for Sport and Physical Education. *Comprehensive School Physical Activity Programs*. 2008, www.aahperd.org/naspe.
- National Association for Sport and Physical Education. *Moving into the Future: National Standards for Physical Education, 2nd Edition*. Reston, VA: National Association for Sport and Physical Education, 2004.
- National Association for Sport and Physical Education. *The Scope and Sequence of Fitness Education for PReK-16 Programs: NASPE Fitness Education Project*. 2013, www.aahperd.org/naspe
- Rusby, Sheelagh. *Physical Education: A Policy Statement*. UK: Dumfries & Galloway, 2013.
- SPARK. *Scope and Sequence: Early Childhood through High School*. 2007, <http://www.sparkpe.org/scope.pdf>
- UNESCO. *UNESCO: International Charter of Physical Education and Sport*. 2015, <http://unesdoc.unesco.org/images/0023/002354/235409e.pdf>