

NORTH DAKOTA STATE UNIVERSITY
Department of Health, Nutrition and Exercise Sciences

HNES 2000 Sport Specific Coaching Techniques
(1 or 2 professional development credits)

2024 North Dakota/National High School Coaches Association Convention
June 24-27, 2024

INSTRUCTOR:

Dr. Brad Strand
Department of Health, Nutrition and Exercise Sciences
North Dakota State University
Fargo, ND 58108

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Fax – 701-231-8872
Cell – 701-540-2044
Email: bradford.strand@ndsu.edu

COURSE DESCRIPTION:

Discover fundamentals in each specific sport, including continuity in team scheme, new rule changes, innovative programs, techniques of performance, the dangers and liabilities in each sport, and the need for legislative reform involving sport injury.

OBJECTIVES:

This course is designed to enable coaches who are attending a coaching convention the opportunity to gain new coaching insights. At the conclusion of this convention, students are expected to be able to detail new concepts related to the coaching sessions that were attended and explain how what was learned will impact their coaching philosophy.

NATIONAL BOARD FOR PROFESSIONAL TEACHING STANDARDS:

The National Board for Professional Teaching Standards seeks to identify and recognize teachers who effectively enhance student learning and demonstrate the high level of knowledge, skills, abilities, and commitments. This course aligns with all of those standards.

1. *Teachers are committed to students and their learning.*
2. *Teachers know the subjects they teach and how to teach those subjects to students.*
3. *Teachers are responsible for managing and monitoring student learning.*
4. *Teachers think systematically about their practice and learn from experience.*
5. *Teachers are members of learning communities.*

TOPICAL OUTLINE - See convention program

COURSE REQUIREMENTS and ASSIGNMENTS:

At the conclusion of the clinic, you will submit your materials to the course instructor. The materials will include:

1. **Attend Session:** You are expected to attend sessions Monday through Thursday and complete the listing of sessions you attend. For one PD credit you will attend any two days of sessions. For two PD credits you will attend all four days' sessions. You will include the date, time, session title, and name of the speaker for each session you attend. **Luncheons and board meetings can count as sessions.**
2. **Summary of Sessions:** A one or two statement summary of each session you attend. This can be handwritten; it does not need to be typed. **Please do not send all of your session notes or handouts**

3. **Networking:** Visit and get signatures from five vendors.

One Professional Development Credit

For one credit you need to obtain 15 hours in class attendance plus complete items 1, 2, and 3 listed above.

Two Professional Development Credits

For two PD credits you need to obtain 30 hours in class attendance plus complete items 1, 2, and 3 listed above.

COURSE POLICIES:

Attendance: It is expected that you will attend the required number of hours to earn the credits within the course.

Written Work: All written assignments must be acceptable by the instructor.

. Portfolios will be graded on how well you organize your thoughts and ideas, how well you defend your beliefs, your use of complete sentences and paragraphs that build upon one another, and obviously, spelling and punctuation. Difficulty with assignments should be discussed with the instructor so guidance can be given within an appropriate time line.

GRADING AND EVALUATION POLICIES

Grading is on the University approved letter grade system. The final grade will be based on percent earned of total number of points possible:

<u>One Credit</u>		<u>Two Credits</u>	
90 - 100% = A	31-35 points	90 - 100% = A	58-65 points
80 - 89% = B	28-30 points	80 - 89% = B	52-57 points
70 - 79% = C	24-27 points	70 - 79% = C	45-51 points
60 - 69% = D	21-23 points	60 - 69% = D	39-44 points
below 60% = F	less than 21 points	below 60% = F	less than 39 points

Grading Rubric

Attendance

Failure to attend the minimum required days and hours will result in an automatic failure for the course.

1 Credit

List of sessions

15 – fully completed
1-14 points for partial completion
0 – missing

Notes from Sessions

15 – fully completed
1-14 points for partial completion
0 – missing

Vendors

1-5 points

2 Credits

List of sessions

30 – fully completed
1-29 points for partial completion
0 – missing

Notes from Sessions

30 – fully completed
1-29 points for partial completion
0 – missing

Vendors

1-5 points

DISABILITIES:

Any students with disabilities who need accommodation in this course are encouraged to speak with the instructor

as soon as possible to make appropriate arrangements for these accommodations.

ACADEMIC DISHONESTY/PLAGARISM:

All work in this course must be completed in a manner consistent with NDSU University Senate Policy, Section 335: Code of Academic Responsibility and Conduct (<http://www.ndsu.nodak.edu/policy/335.htm>).

DEADLINE FOR PORTFOLIO SUBMISSION: July 8, 2024 (It must be received by this day, not postmarked by this day.)

Send via PO mail to: Brad Strand, 916 - 42nd Ave N., Fargo, ND 58102 **Or**, email at bradford.strand@ndsu.edu

Sport Specific Coaching Techniques 2024 – 1 or 2 PD credits

Record of Sessions Attended

Your name _____

Date and Time of Session	Session Title	Presenter
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Summary:

Date and Time of Session	Session Title	Presenter
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Date and Time of Session

Session Title

Presenter

Summary:

Vendors

Company

Vendor Signature

Company

Vendor Signature

Company

Vendor Signature

Company

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Company

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