

**SAM HOUSTON STATE UNIVERSITY  
DEPARTMENT OF HEALTH AND KINESIOLOGY**

**KIN 265 – COACHING TRACK & FIELD  
SPRING 2008  
CLASS INFORMATION**

**CLASS TIME:** Monday / Wednesday – 9:30 am to 10:45 am

**INSTRUCTOR:** Curtis Collier  
**OFFICE:** 311 Ron Mafrige Field House  
**PHONE:** (936) 294-3539  
**EMAIL:** [ath\\_ccc@shsu.edu](mailto:ath_ccc@shsu.edu)

**OBJECTIVES:**

1. To learn the basic concepts of Coaching Track & Field.
2. To learn to teach the basic skills of Track & Field.

**BASIC SKILLS  
& KNOWLEDGE**

1. Coaching Philosophy
2. Sport Sciences (Physiology, Biomechanics, & Periodization)
3. Training Theory
4. Sprints / Hurdles / Relays
5. Endurance
6. Throws
7. Pole Vault
8. Jumps

**GRADING:**

Group Project: 100 Points  
Quizzes: 70 Points (7 quizzes x 10 points each)  
Philosophy: 30 Points  
TOTAL 200 Points

**ATTENDANCE:** Regular and punctual attendance is expected of all students. Excused absences include: medical excuses, death of a family member, SHSU academic or athletic activity. Other emergencies will be reviewed on an individual basis.

Absences due to official university activities will be excused with a written explanation from faculty or staff sponsor in advance.

**Students with Disabilities**

“Students with a disability which affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired.” The physically impaired may contact the Director of the Counseling Center, 294-1720.

**Absence due to Religious Holidays**

“The Texas Education Code requires that an institution of higher education excuse a student from attending class on a required holiday, 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.”

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*Coaching Baseball  
KIN 265 / 9:30-10:50am  
Mon & Wed*

**Class Information**

**Instructors:** Mark Johnson

**Office:** Baseball Complex

**Office Phone:** 294-1731

**Office Hours:** M-W 10am-11am / others by appointment only

**Grading:** 50% Baseball Grade  
50% Track and Field Grade  
Plus or minus any bonus penalty points

**Attendance:** Attendance will be taken for each class. You have three “free” absences after which two points will be deducted from your final grade for each absence. There are no “excused” absences except for religious holy days (see next paragraph).

Class will begin promptly. Credit for attendance will not be given after class starts.

**Student Absences on Religious Holy Days Policy:** The Texas Education Code requires that an institution of higher 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 provision 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. You must arrange with the instructor IN ADVANCE to utilize this excuse policy.

**Disabilities:** Students with a disability which affects their academic performance are expected to arrange for a conference with the instructor in order to plan appropriate

strategies that can be considered to ensure that participation and achievement opportunities are not impaired.

**Academic Dishonesty:** Students who do not do their own work are cheating. **Plagiarism**, defined as copying others' work without giving proper credit, is not acceptable. Group work is not acceptable unless specifically allowed by the instructor. Consequences for academic dishonesty include automatic failure on the assignments for the first instance of cheating and failure of the course for any succeeding instances of cheating. Do your own work when required and you will not have any problems with this.

**Course Overview:** This course is designed to assist a student on their knowledge and coaching techniques involved with the sport of baseball. Lectures, demonstration, and various practices of the fundamentals will be involved. Subject matter will include but not be limited to the following areas:

- A) Team Building
- B) Practice Organization
- C) Game Strategies
- D) Enhancing the mental approach of the player and coach
- E) Base running, fielding, hitting, throwing, pitching
- F) Team defenses and offenses plans
- G) Developing life skills instructions
- H) Leadership
- I) Scorekeeping
- J) Signs / Signals

**Requirements:**