



TCSJ
Professional Learning Center
Course Syllabus

School Year:

2024-2025

Name and Contact Information for the Instructor of Record

Paul Gose, valleyteachersgroup@gmail.com

Instructor/s of Course:

Paul Gose and Ken Rickard

Course Dates/Times:

Online, Asynchronous

Estimated hours to complete the course: *(Approximately 15 hours of time = 1 unit)*

45 hours

Evaluation Criteria for Credit:

Participants are evaluated based on successful completion and submission of:

-Completion of all assignments and completion of “time log” of 45 hours.

-Upon completion a certificate of completion will be issued to be submitted to TCSJ for unit approval.

Assignments

Orientation. (1 hour)

-Phone conversation or Zoom meeting with either Ken Rickard (209)648-4446 or Paul Gose (209)380-5546.

Assignment 1: Introduction (4 hours)

Activities/Assignments to be submitted for grading:

- Module 1 Reflection Journal
- Describe the main responsibilities of the head coach
- Construct your coaching matrix with the responsibilities of each member of the coaching staff.

Assignment 2: Care and Prevention of Injuries, Nutrition, Rest and Recovery (10 hours)

Activities/Assignments to be submitted for grading:

- Module 2 Reflection Journal
- Describe where rest and recovery fits into your training program
- Interview a nutritionist or research the effect of nutrition on

athletic performance and write up 5 nutrition recommendations for your athletes

- Develop an athletic injury guide for use with your team

Assignment 3: Weight Training and Conditioning

Activities/Assignments to be submitted for grading: (10 hours)

- Module 3 Reflection Journal
- Develop a general weight training program for a track and field or a cross country program
- Describe the importance of proper technique for lifting for the health and welfare of the athletes.
- Write a weekly practice plan for the sprinting events.
- Mid-term Instructor Meeting

Assignment 4: Rules for Your Sport (10 hours)

Activities/Assignments to be submitted for grading:

- Module 7 Reflection Journal
- Complete open book rules test (25 T/F questions)
- Apply your interpretation of a rule to a situation, justify your interpretation with the rule/rules from NFHSAA Rulebook.

Assignment 5: Final Project. (Your Coaching Philosophy, Team Handbook and Practice Plan) (10 hours)

Activities/Assignments to be submitted for grading:

- Module 8 Reflection Journal
- Describe your coaching philosophy using your core values
- Submit a handbook
- Submit a season-long practice plan .
- Final Instructor Meeting

Title of Course: Coach Em Up

Type of Course:

o 7000 Professional Learning & Leadership

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Course Enrollment – How will people enroll? This course has open enrollment – please post on the TCSJ Professional Learning Center webpage – insert **enrollment link** for advertisement here: <https://valleyteachersgroup.com/courses-tcsj>

Course Description:

Students will receive customized/individual direct instructions to achieve satisfactory mastery of the skills described and completion of assignments. **Direct instruction will be provided as identified through initial orientation and weekly check-ins based on learning objective/assignment progress.**

Course Enrollment Cost (if to be posted on PLC website – not unit cost):

\$199

Successful Course Completion: At the completion of the course, students who successfully finished the course will receive a certificate of completion that includes their name, course title and date

X Certificate

***** Unit rates subject to change without prior notice from TCSJ*****

This section to be completed by TCSJ Staff.

Approved by: *Lori Morgan*

Date: 4/25/2025

Units: 3

Price per Unit: \$85

Processed on (date):

Course #: 7118

Add to website? Yes

Added to Website (Initials, Date): 6/5/25

Course Registration Form (to purchase units) Link:

<https://www.forms.teacherscollegesj.edu/valleyteachersgroup>