Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.
COURSE SYLLABUS

SMGT 401
SPORT METHODOLOGY, METHODS AND PRACTICES

COURSE DESCRIPTION
This course will serve as an introduction to the psychological and emotional aspects of sport. Concepts will include mental preparation, goal setting, extrinsic versus intrinsic reward, stress, anxiety, relaxation, and coping within the context of sport participation. The topic of competition and the concepts of success and failure from a biblical perspective will be examined.

RATIONALE
This course covers 3 Dimensional Coaching to provide spiritual direction for athletic coaches, administrators, athletes, and the public regarding the philosophical design that coaches should demonstrate in their methodology to ensure the enjoyment, safety, and positive skill development of athletes.

I. PREREQUISITES
For information regarding prerequisites for this course, please refer to the Academic Course Catalog.

II. REQUIRED RESOURCE PURCHASES
Click on the following link to view the required resource(s) for the term in which you are registered: http://bookstore.mbsdirect.net/liberty.htm

III. ADDITIONAL MATERIALS FOR LEARNING
A. Computer with basic audio/video output equipment
B. Internet access (broadband recommended)
C. Microsoft Word
   (Microsoft Office is available at a special discount to Liberty University students.)

IV. MEASURABLE LEARNING OUTCOMES
Upon successful completion of this course, the student will be able to:
A. Develop the skills needed to generate a professional Christian philosophy as an athletic coach.
B. Examine various philosophic thoughts.
C. Illustrate coaching skills, tactics, and strategies.
D. Demonstrate organizational administrative efficiency in implementing a personal coaching philosophy.
V. COURSE REQUIREMENTS AND ASSIGNMENTS

A. Textbook readings and presentations

B. Course Requirements Checklist
   After reading the Syllabus and Student Expectations, the student will complete the related checklist found in Module/Week 1.

C. Discussion Board Forums (4)
   The student is required to provide a thread in response to the provided prompt for each forum. Each thread must be 400–500 words and demonstrate course-related knowledge. Each thread must incorporate a biblical concept and at least 1 resource. In addition to the thread, the student is required to reply to 2 other classmates’ threads. Each reply must be at least 200 words.

D. Assignment Journal (8)
   The student will answer questions based on the assigned readings for each module/week. Answers will be compiled in a 1–2 page Word document. Answers must be well-thought-out, presented using proper grammar and spelling, and in current APA format.

E. Coaching Portfolio
   The student will write a 5–7-page research-based paper in current APA format that focuses on his/her personal coaching philosophy. The paper must include at least 4 references in addition to the course textbooks and the Bible.

F. Exams (2)
   Each exam will cover the Reading & Study material for the module/week in which it is assigned as well as the previous modules/weeks. Each exam will be open-book/open-notes, contain 50 multiple-choice and true/false questions, and have a 2-hour time limit.

VI. COURSE GRADING AND POLICIES

A. Points
   Course Requirements Checklist 10
   Discussion Board Forums (4 at 50 pts ea) 200
   Assignment Journal (8 at 50 pts ea) 400
   Coaching Portfolio 200
   Exam 1 (Modules 1–4) 100
   Exam 2 (Modules 5–8) 100
   Total 1010

B. Scale
   A = 900–1010  B = 800–899  C = 700–799  D = 600–699  F = 0–599

C. Late Assignment Policy
If the student is unable to complete an assignment on time, then he or she must contact the instructor immediately by email.

Assignments that are submitted after the due date without prior approval from the instructor will receive the following deductions:

1. Late assignments submitted within one week of the due date will receive a 10% deduction.
2. Assignments submitted more than one week late will receive a 20% deduction.
3. Assignments submitted two weeks late or after the final date of the class will not be accepted.
4. Late Discussion Board threads or replies will not be accepted.

Special circumstances (e.g. death in the family, personal health issues) will be reviewed by the instructor on a case-by-case basis.

D. Disability Assistance

Students with a documented disability may contact Liberty University Online’s Office of Disability Academic Support (ODAS) at LUODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport.

V. Bibliography

*3 DIMENSIONAL COACHING: Capturing the heart of the Athlete, Curriculum and Instruction Guide (3rd ed.)*
# COURSE SCHEDULE

**SMGT 401**


<table>
<thead>
<tr>
<th>Module/Week</th>
<th>Reading &amp; Study</th>
<th>Assignments</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kretchmar: chs. 1–2&lt;br&gt;Marx: chs. 1–3&lt;br&gt;1 presentation</td>
<td>Course Requirements Checklist&lt;br&gt;Class Introductions&lt;br&gt;DB Forum 1&lt;br&gt;Assignment Journal 1</td>
<td>10 0 50 50</td>
</tr>
<tr>
<td>2</td>
<td>Kretchmar: chs. 3–4&lt;br&gt;Marx: chs. 4–6&lt;br&gt;1 presentation</td>
<td>Assignment Journal 2</td>
<td>50</td>
</tr>
<tr>
<td>3</td>
<td>Kretchmar: chs. 5–6&lt;br&gt;Marx: chs. 7–9&lt;br&gt;1 presentation</td>
<td>DB Forum 2&lt;br&gt;Assignment Journal 3</td>
<td>50 50</td>
</tr>
<tr>
<td>4</td>
<td>Marx: chs. 10–12&lt;br&gt;1 presentation</td>
<td>Assignment Journal 4&lt;br&gt;Exam 1</td>
<td>50 100</td>
</tr>
<tr>
<td>5</td>
<td>Kretchmar: chs. 8–9&lt;br&gt;Marx: chs. 13–15&lt;br&gt;1 presentation</td>
<td>DB Forum 3&lt;br&gt;Assignment Journal 5</td>
<td>50 50</td>
</tr>
<tr>
<td>6</td>
<td>Kretchmar: chs. 10–11&lt;br&gt;Marx: chs. 16–18&lt;br&gt;1 presentation</td>
<td>DB Forum 4&lt;br&gt;Assignment Journal 6</td>
<td>50 50</td>
</tr>
<tr>
<td>7</td>
<td>Kretchmar: ch. 12&lt;br&gt;Marx: chs. 19–21&lt;br&gt;1 presentation</td>
<td>Assignment Journal 7&lt;br&gt;Coaching Portfolio</td>
<td>50 200</td>
</tr>
<tr>
<td>8</td>
<td>1 presentation</td>
<td>Assignment Journal 8&lt;br&gt;Exam 2</td>
<td>50 100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>1010</strong></td>
<td></td>
</tr>
</tbody>
</table>

DB = Discussion Board

**NOTE:** Each course week (except Module/Week 1) begins on Tuesday morning at 12:00 a.m. (ET) and ends on Monday night at 11:59 p.m. (ET). The final week ends at 11:59 p.m. (ET) on Friday.