

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

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. PREREQUISITE

For information regarding prerequisites for this course, please refer to the [Academic Course Catalog](#).

II. REQUIRED RESOURCE PURCHASE

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. Blackboard [recommended browsers](#)
- D. Microsoft Office

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 (2)

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 Journals (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. Article Review

The student will be provided with a journal article regarding sport methodology. The student must read and provide a 1-2 page critique of the assigned article in APA Format. Special attention should be given to premise and theme identification, evaluation of premise and supporting arguments, and application.

- F. Team Scenario

The student will be provided a coaching scenario and must construct an action plan within the confines of that scenario. The paper should be 6-8 pages and in current APA Format.

- G. 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 (2 at 50 pts ea)		100
Assignment Journal (8 at 50 pts ea)		400
Article Review		100
Team Scenario		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. Disability Assistance

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

If you have a complaint related to disability discrimination or an accommodation that was not provided, you may contact ODAS or the Office of Equity and Compliance by phone at (434) 592-4999 or by email at equityandcompliance@liberty.edu. Click to see a full copy of Liberty’s [Discrimination, Harassment, and Sexual Misconduct Policy](#) or the [Student Disability Grievance Policy and Procedures](#).

VII. BIBLIOGRAPHY

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

COURSE SCHEDULE

SMGT 401

Textbooks: Kretchmar, *Practical Philosophy of Sport and Physical Activity* (2005).
Stankavage & Irvin, *The QB Mentor* (2016).

MODULE/ WEEK	READING & STUDY	ASSIGNMENTS	POINTS
1	Kretchmar: chs. 1–2 Stankavage: chs. 1–2 1 presentation	Course Requirements Checklist Introduction/Welcome DB Assignment Journal 1	10 0 50
2	Kretchmar: chs. 3–4 Stankavage: chs. 3–4 1 presentation	Assignment Journal 2 DB Forum 1	50 50
3	Kretchmar: chs. 5–6 Stankavage: chs. 5–7 1 presentation	Assignment Journal 3	50
4	Stankavage: chs. 8–9 1 presentation	Assignment Journal 4 Exam 1	50 100
5	Kretchmar: chs. 8–9 Stankavage: ch. 10 1 presentation	Assignment Journal 5 Article Review	50 100
6	Kretchmar: chs. 10–11 Stankavage: chs. 11–12 1 presentation	Assignment Journal 6 DB Forum 2	50 50
7	Kretchmar: ch. 12 Stankavage: chs. 13–14 1 presentation	Assignment Journal 7 Team Scenario	50 200
8	Stankavage: chs. 15, Epilogue, & Wisdom from Coach 1 presentation	Assignment Journal 8 Exam 2	50 100
TOTAL			1010

DB = Discussion Board

NOTE: Each course module/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 module/week ends at 11:59 p.m. (ET) on **Friday**.