

**NORTHWEST MISSOURI STATE UNIVERSITY  
COLLEGE OF EDUCATION and  
DEPT. OF HEALTH & HUMAN SERVICES**

**I. Descriptive Information**

Course Title-Number	3Dimensional Coaching 22-510
Course Description	This course is designed to stimulate philosophic thinking and foster a spirit of confidence in developing researched based methods of sport coaching. The primary objective of this course is to help coaches develop a 3Dimensional (holistic) Coaching strategy to fulfill their transformational purpose so that sport moves beyond the realm of extracurricular to co-curricular.
Course Credit	3 credit hours
Intended Audience	This course is designed for students in the undergraduate degree or a master's degree with specificity in sport coaching or "coaching minors."
Instructors	3D Institute – Dr. Jeff Duke, Wes Simmons, Mark Hull Office Phone: 816-805-2041 Office Hours: 9:00 AM – 5:00 PM CST E-mail: info@3dinstitute.com

**II. Statement of Course Goals, Standards and Objectives**

**Goals**

This course has been specifically designed to provide direction for athletic coaches, administrators, athletes, and the public regarding the philosophical design that coaches should demonstrate in their methodology. The overriding premise in the development of this course is for the contents to be used to ensure the enjoyment, safety, and positive skill development of athletes.

**Course Standards:**

The course standards are based on the National Standards for Sport Coaches as developed by the National Association of Sport and Physical Education (NASPE).

1. Standard 1: Develop and implement an athlete-centered coaching philosophy.
2. Standard 2: Identify, model, and teach positive values learned through sport participation.
3. Standard 25: Use effective communication skills to enhance individual learning, group success, and enjoyment in the sport experience.
4. Standard 26: Demonstrate and utilize appropriate and effective motivational techniques to enhance athlete performance and satisfaction.

**Objectives**

Students will be able to:

1. To develop the skills needed to generate a professional philosophy as an athletic coach.  
(NSSC #1, #2, #3, #4, #16)

2. To examine various philosophic thoughts. (NSSC #1, #2, #3, #4, #17, #18, #19, #21, #22, #23, #24, #25, #26)
3. To illustrate coaching skills, tactics and strategies. (NSSC #1, #2, #3, #4, #16, #17, #18, #19, #21, #22, #23, #24, #25, #26, #27, #28)
4. To demonstrate organizational administrative efficiency in implementing a personal coaching philosophy. (NSSC #1, #2, #3, #4, #17, #18, #22, #23, #24, #25, #26)

### III. General Course Policies

1. This course is to be taken in its entirety online.

### IV. Required Texts

Ehrmann, Joe. (2011). InSideOut Coaching: How Sports Can Transform Lives. Simon & Schuster: New York, NY. ISBN: 1439182981

### V. Academic Course Requirements

1. POST-VIDEO TEACHING & ASSIGNED READING QUIZZES (190 points)

During the course of the term, each student will complete a series of 32 quizzes based on the video lecture and the assigned readings to help stimulate philosophical and methodology development. **Completed quizzes are required to progress to the next chronological lesson in this course.** (NSSC #1, #2, #3, #4, #16, #17, #18, #19, #21, #22, #23, #24, #25, #26)

2. FINAL: TRANSFORMATIONAL PURPOSE STATEMENT FINAL DRAFT & YEAR-ROUND 3DIMENSIONAL COACHING STRATEGY (60 points)

A final draft of the student's Transformational Purpose Statement compiled with developed 2<sup>nd</sup> & 3<sup>rd</sup> dimension strategies will be uploaded and evaluated before a final grade is issued. (NSSC #1, #2, #3, #4, #17, #18, #22, #23, #24, #26)

### VI. Evaluation

<i>Quizzes:</i>	190
<i>Final: Transformational Purpose Statement Final Draft w/ defined strategies</i>	60
<b><u>TOTAL</u></b>	<b><u>250</u></b>

### VII. Grading Scale

94 - 100 = A	74 - 76 = C
90 - 93 = A-	70 - 73 = C-
87 - 89 = B+	67 - 69 = D+
84 - 86 = B	64 - 66 = D
80 - 83 = B-	60 - 63 = D-
77 - 79 = C+	59 & below = F

### **VIII. Academic Dishonesty**

Students must not cheat nor contribute to cheating by others in the taking of examinations, tests, quizzes, etc. or in the writing of papers, themes, reports, laboratory exercises, etc. Students must provide thorough documentation and observe the following rules: (1) the use of another writer's ideas or facts must be so indicated; and (2) the use of another writer's phrasing must also be in quotation marks or indented from the body of the paper.

The instructor will immediately report all cases of academic dishonesty through the Chairperson and Dean to the Vice President of Academic Affairs. The first instance of cheating or plagiarism will result in the student's immediate failure in and dismissal from the course. The second instance will result in immediate dismissal from the university. A student may appeal any charge of academic dishonesty to the Committee on Admissions and Advanced Standing.

### **IX. Access and Accommodation of Students with Disabilities**

Students in this course who need disability accommodations/modifications should present a copy of their official Northwest accommodation letter from the LAP/S Committee to the instructor during private office hours as early in the term as possible. Additional information can be found online at [www.nwmissouri.edu/swd](http://www.nwmissouri.edu/swd).

## **3 Dimensional Coaching™ developed by Dr. Jeff Duke 3D Institute | University of Central Florida**

### **Curriculum and Instruction Guide written by Mr. Jeff Biddle, MA, MPA University of Central Florida**

#### **Rationale**

The role of the COACH has obtained idolized proportions in our society today. Sports, in the American culture in particular, have become an icon of popularity from the very young to the elderly. Upwards of 50 million adolescents participate on an athletic team every year. In fact, we now spend more time watching, reading, or actively being involved in sport activities than any of life's other discretionary domains. Because of this cultural focus, the COACH has become the "point person" for this societal phenomenon. In fact, research reflects the COACH as one of the most influential persons in the life of the 21<sup>st</sup> century adolescent. The COACH now takes on the role as an authority figure for many of the traditional American ethos; i.e., commitment to goals, team first attitudes, excellence of cause, life attributions, etc. For many reasons, these value systems are being lost or deemphasized in the home environment. It is with this premise that we, as sport coaching educators, are making a concerted effort to come alongside the COACHES' fraternity to help encourage, educate & produce the "next" generation of coaches to meet the demand of our sport culture.

*This material has received rave reviews from coaches and administrators from all levels of sport including public/private schools/colleges/universities and major sport organizations.*

The need for higher education to provide a quality program to provide direction for coaches, sport administrators, athletes and the public regarding the skills, knowledge & research is now of utmost importance. This needed educational expansion, from a sub-discipline to a discipline, will allow improved standards related to care, health, performance and safety of athletes. Because coaches are TEACHERS their influence with athletes in many ways has attribution affects into many facets of life. Coaches today must have resources to improve knowledge and skills that meet changing expectations on and off the field.

Over 100 sport organizations have agreed that a core body of knowledge to develop scientific and practical competencies is now identified. This body is now outlined and identified in the published National

Standards for Athletic Coaches. A highly acclaimed accreditation agency, *National Council for Accreditation of Coaching Education* (NCACE), has been established to give direction and governance to the pursuit of key deliverables in coaching education institutions.

The first (& most important) domain in these national standards is developing and implementing an athlete-centered coaching philosophy in the midst of a performance based culture. This balance is very rarely achieved with only a small percentage of coaches able to maximize the positive life-long benefits of sport participation for EACH athlete and still produce a “winning” culture at their respective institution.

The outcome of the course will be a beginning or continuing personal transformational process of the coach to gain or enhance the joy of being called a Coach.

The initial “in road” into the coaches lives is through the 3Dimensional Coach...a visual reference for coaches to identify their coaching style (philosophy) as related by current research. The teaching “modules” allow coaches to witness a transformational coaching style that produces a higher producing athlete through the “transformed” life of the coach. This material has received rave reviews from coaches and administrators from all levels (public/ private schools/colleges/universities and major sport organizations). The outcome of the course will be a beginning or continuing personal transformational process of the coach to gain or enhance the joy of being called a Coach.

### **Dr. Jeff Duke**

\* Dr. Jeff Duke is the foremost expert regarding the cultural influence in the coaching profession on society’s mores. He has developed and authored the “Three Dimensional Pyramid of Coaching Success” that has revolutionized the sport coaching landscape. Dr. Duke has coached 5 sports including: football, basketball, track and field, cross-country and tennis... and directly supervised 200 plus coaches in seventeen different sports. His coaching experience encompasses the youth level through the professional ranks, coupled with a multi-year stint with the legendary football coach, Bobby Bowden. He is highly sought after to lead workshops, seminars, and training on the “cultural influence of the sport coach” throughout Europe and the Americas. Dr. Duke spent eight years as an international expert on coaching education development pre/post the Atlanta Olympic Games. His Doctoral research (Florida State University) created baseline data on how to analyze proficient elite level coaching methods. Today, you will find Dr. Duke traveling across the United States on behalf of many national/state coaching associations, universities and school districts leading and facilitating workshops with the sport coaching culture on creating generational legacy through the significant influence of the coach.