

Introduction to Leadership and Coaching

Instructor: Tera Simpson

Length: 1 Semester .5 Health Elective Credit

Grade Level: 9-12 **Prerequisite:** None

Course Description:

The purpose of this interactive course is to improve leadership through reflection, practice and feedback. This course is not about the Xs and Os of a sport. The focus is to cover concepts and strengthen skills regarding leadership and coaching. Even though many of the conversations have an athletic root regarding leading a team (my experience), all of the examples can be related to any sort of leadership position. We will draw examples from effective coaches, team captains, business leaders and educators. This course satisfies many of the National Health Education Standards through developing skills related to core concepts of health, analyzing influences, interpersonal communication, decision making, self-management, and advocacy.

Grading:

Grading will be based on participation in role play and teaching activities, genuine self-assessments (20%), creating a definition of leadership that resonates for you, weekly reflections on required reading, and a final assessment in each category (80%) and coaching as it pertains to you. ALL summative assignments can be redone for a higher score if a similar environment can be achieved for retaking.

A	92-100	B+	88-89	C+	78-79	D+	68-69
A-	90-91	B	82-87	C	72-77	D	62-67
		B-	80-81	C-	70-71	D-	60-61
						F	59 and below

Objectives:

After completing this course students will be able to:

- Advocate for themselves and their choices more effectively

- Use strategies for positive decision making

- Use strategies to communicate more effectively

- Practice skills for self-management

- Define characteristics that make an effective and ineffective leader

- Use self-reflection for improvement

- Set effective goals and help others set effective goals

- Influence others in a positive way

Guiding Topics (These will be interwoven throughout the course):

- 9/3 Unit 1 – Introduction / What is a leader
- 9/9 Unit 2 – Leadership Personality / Style
- 9/16 Unit 3 – Speaking in Front of Others
- 9/23 Unit 4 – Self Confidence
- 9/30 Unit 5 – Communicating with Others
- 10/7 Unit 6 – Listening Skills
- 10/14 Unit 7 – Building Trust
- 10/21 Unit 8 - Decision Making
- 10/28 Unit 9 – Ethics
- 11/4 Unit 10 – Organization
- 11/11 Unit 11 – Evaluation
- 11/18 Finals Week

Attendance Policy

As with any class, you are expected to be to class on time. That means in your seat with your materials out and ready to learn. If you are late, you are expected to have a signed pass from a teacher, principal, or office employee. See handbook for tardy rules.

If you are absent from class, it will be **YOUR** responsibility to get any missing notes, handouts and/or assignments. Check the website regularly to see what you have missed. According to school policy, you will have the number of days absent, plus one, to arrange makeup for the points from excused absences only. If you are absent on the day before a long-term assignment's assigned due date, the assignment is still due that day. All excused absence make-up days can be adjusted with my discretion. All absences that do not fall under the definition of an excused absence are considered unexcused. In the case of unexcused absences a student may receive a zero for all work, except major assessments, missed during the unexcused absence.

Other Things to Keep in Mind

Please be respectful to others in the class. Inappropriate comments and actions cannot be tolerated. It is important that everyone feels comfortable with each other in order for maximum learning to occur. Because a lot of this class is working with each other, it is imperative that we all feel comfortable in the environment that we are working in.

Cell phones should not be used during class unless used for a class activity. This INCLUDES work time. Music can be listened to (during work time) but student should not be using their phone during the class period. See cell phone policy in handbook. I will take cell phones that are being used during class time.

Food and beverages are not allowed in the classroom unless its part of a class activity. Water is OK. Do not sit on the tables and keep all 4 legs of the chairs on the ground at all times