

**K to 12 BASIC EDUCATION CURRICULUM
SENIOR HIGH SCHOOL – SPORTS TRACK**

Grade: 11
Core Subject Title: Fundamentals of Coaching

Semester: First
No. of Hours/Semester: 80 hours/semester
Pre-requisite (if needed):

Core Subject Description: This course covers the basic concepts and principles of coaching.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
FUNDAMENTALS OF COACHING I. Philosophy of Coaching <ul style="list-style-type: none"> • Principles of ethics (e.g. play fair, do your best, include everyone, respect others, stay healthy, give back) • Values in sports <ul style="list-style-type: none"> • Fairness • Excellence • Inclusion • Fun • Coaching as a career II. Nature and Concepts of Coaching <ul style="list-style-type: none"> • Characteristics of an effective coach • Communication techniques • Roles and responsibilities • Coaching styles and techniques 	<i>The learner...</i> demonstrates understanding of the fundamental concepts and principles of coaching for career preparation .	<i>The learner...</i> develops a sound coaching philosophy.	<i>The learner...</i> 1. explains fundamental concepts and principles of coaching in relation to ethical standards;	SP_FC11-Ia-e-1
			2. realizes that knowledge in coaching prepares learner for a career;	SP_FC11-If-h-2
			3. describes characteristics of an effective coach;	SP_FC11-Ii-j-3
			4. utilizes proper communication techniques in coaching;	SP_FC11-Ik-l-4
			5. identifies documentation strategies in monitoring performance (game statistics, progression towards goals, and strategies and tactics);	SP_FC11-In-q-4
			6. differentiates various coaching styles; and	SP_FC11-r-t-5
			7. recognizes appropriate coaching behaviour.	SP_FC11-a-t-6

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Code Book Legend

Sample: SP_FC11-Ia-e-1

LEGEND		SAMPLE	
First Entry	Learning Area and Strand/ Subject or Specialization	Sports	SP_FC11
	Grade Level	Grade 11	
Uppercase Letter/s	Domain/Content/ Component/ Topic	Fundamentals of Coaching	
			-
Roman Numeral <i>*Zero if no specific quarter</i>	Quarter	First Quarter	I
Lowercase Letter/s <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i>	Week	Week one to five	a-e
			-
Arabic Number	Competency	explains fundamental concepts and principles of coaching in relation to ethical standards	1