



## Essentials of Coaching Undergraduate Course Information Guide

**Course Number: BADM 120, 2 credits, 5 Weeks**  
**Delivery Formats: Online Async**

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### Course Description

Effective coaching has long been recognized as a key element of success in the world of sports. More recently, a new breed of coaches has emerged to help people transform their personal and professional lives. In this course, we will explore the theories, concepts, and techniques of personal life and business coaching. Students will learn about the history of coaching, its uses in personal and professional development and practical applications. Working individually, in pairs, and in small groups, students will practice coaching skills and keep a detailed learning journal. This course will be highly experiential and collaborative in nature. Students will learn concepts of coaching for personal development and professional effectiveness. In addition, students will learn models of collaborative learning and will apply one recognized model in the exploration of their coaching practice in the course.

This course does not cover any information pertaining to sports coaching.

### Learning Outcomes

After completing this course, you will be able to:

- Understand, explain and apply basic principles and practices of effective life coaching.
- Understand the application of coaching principles to personal and professional growth and development.
- Understand, apply and engage in collaborative learning skills such as communication skills and group dynamics.
- Capitalize on the resources and skills of peers, asking one another for information, evaluating each other's ideas and monitoring peers' work.

## Learning Strategies and Resources

In this course students will examine concepts and applications of coaching for use in both personal and professional settings. In addition, we will study some developmental issues many adults have that get in the way of our own personal growth and best practice communication. We will analyze this learning as it impacts the coaching process and relationships. Each student will have the opportunity to practice coaching skills with classmate-partners. During this course various teaching and learning strategies will be used including short lecture (in written format found on the course D2L pages), video excerpts, online discussion forums, small group exercises, critical reading and written assignments.

## Required Readings

Books and learning materials are available at the DePaul bookstore, at <http://depaul-loop.bncollege.com>, or through alternative sources.

Co-Active Coaching: Changing Business Transforming Lives, Fourth Edition, Kimsey-House, H., Kimsey-House, K., Sandahl, P., and Whitworth, L. 2011. ISBN: 978-1-85788-567-5.

Additional readings may be available on Electronic Reserve, at the [DePaul Library](#). Login to Ares Course Reserves and select the course. Log in using your Campus Connect User ID and password. You will then get a page listing the courses in which you're enrolled that have readings posted in Ares. Click on the title of this course and the list of our electronic reserve readings will be displayed.

## Learning Deliverables

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## Assessment of Student Learning

### Distribution of Grade Points

Graded Assignments	Percentage of Final Grade
Online Discussions 14 x 15 points	21%
Weekly Coaching Appointments 5 x 100 points	50%
Weekly Reflection Essays 5 x 40 points	20%
Collaboration Assignment 30 points	9%

Ethical Dilemmas 30 points Final Coaching Activity 30 points	
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## Grading Scale

A = 95 to 100	A- = 91 to 94	B+ = 88 to 90
B = 85 to 87	B- = 81 to 84	C+ = 77 to 80
C = 73 to 76	C- = 69 to 72	D+ = 65 to 68
D = 61 to 64	F = 60 or below	INC

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## Course Schedule

Week or Module Title or Theme	Readings / Learning Activities	Graded Assignments
Week 1, Module 1: Introduction	Kimsey-House, Chapters 1-3	1.1: Discussion: Introduction 1.2 Discussion: Class Climate 1.3 Discussion: Listening 1.4 Two Coaching Meetings 1.5 Reflection Essay
Week 2, Module 2: Essential Coaching	Kimsey-House, Chapters 4-7	2.1: Discussion: Coaching Space 2.2: Discussion: Intuition 2.3 Discussion: Coaching Techniques

		2.4: Two coaching sessions  2.5: Reflection Essay
Week 3, Module 3: Coaching and Collaboration	Kimsey-House, Chapters 8-10  Additional Readings: "The Art of Collaboration" "  Executive Coaching: It Works!"	3.1: Discussion: Coaching Niche  3.2: Discussion: L7 Collaboration  3.3: Discussion: FX Case Study  3.4 Two coaching sessions  3.5 Reflection Essay
Week 4, Module 4: What Role Emotions?	Kimsey-House, Chapters 11-12	4.1: Discussion: Coaching Techniques  4.2: Discussion: Human Emotion  4.3: Discussion: Coaching Evaluation  4.4: Two coaching sessions  4.5: Reflection Essay
Week 5, Module 5: Assessing the Good		5.1: Discussion: Film Analysis  5.2: Discussion: Self-evaluation  5.3: Two coaching sessions  5.4: Reflection Essay due Sunday  5.5: Ethics and dilemmas  5.6: Coaching Final

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## Course Policies

For access to all SCPS and DePaul University academic policies, refer to the following links:

[SCPS Student Resources Website](#)

[DePaul Student Handbook](#)

The [D2L Course Website](#) for this course.

## Credit for Prior Learning

Students whose home college is SCPS that have not transferred more than 99 credit hours from community college or exam credit, and have not reached 132 credit hours toward graduation may qualify for prior learning credit. If you have prior knowledge you think may be equivalent to the learning outcomes of a SCPS course, you can contact the Office of Prior Learning Assessment at [scpspla@depaul.edu](mailto:scpspla@depaul.edu) or the [PLA website](#) for information on how to submit a proposal to use Prior Learning Assessment (PLA) credit for a nominal fee in lieu of regular tuition as an alternative to completing a course.

## Course Syllabus

The official syllabus for this course that includes course dates, instructor information and quarter specific details will be provided by the course instructor by the start of the course and available on the course D2L website.

## Course Registration

To find out when this course will be offered next, you can go to the [SCPS Registration website](#) for details on how to register for the course.

For information on how this course can apply to your program, contact your academic advisor.

## School of Continuing and Professional Studies

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