

Written Assignment: Module 11

Be sure you have read all the assigned material and reviewed the web resources for module before starting the assignment. Students are strongly encouraged to use all supplemental readings, web sites, and learning activities. Once you have completed the assignment, please submit to the designated drop box in Learn@UW.

Please submit your assignment as a Word file. Please set the page to 1 inch margins and use an 11 or 12 pt font (Arial or Times Roman). Be sure to save your assignments with your last name and course number in the file name (e.g. smith\_course number).

**Coaching Homework**

Using the information from the website (<https://responsible-sports.libertymutual.com/coaching>) consider one of your experiences with a coach and answer the following questions:

Did your coach meet the criteria for a quality coach?

Why or why not?

Did your coach help you to improve your skills and/or attitudes toward the sport or exercise in which you were engaged?

How?

		Points Possible	Points Received	Comments
Requirements	Followed assignment requirements of order, typewritten, few errors	3 pts		
	Answered all questions	2 pts		
	Answers demonstrated thoughtfulness and completeness based on the criteria for a quality coach	5 pts		
Total Points		10pts		