

## MINOR IN COACHING

Students must complete a minimum of six credits of advanced standing coursework in their minor.\*

Students successfully completing the minor in coaching earn transcript recognition attesting to school administrators that recipients have attained basic preparation for coaching. Skill acquisition, management techniques, and behavioral competencies are included in the program. The program is open to students from any major. Students should apply through the minor program adviser, Dr. John Helion. Course work is divided into six groupings in order to meet National Association for Sport and Physical Education (NASPE) guidelines.

Code	Title	Credits
<b>Group I</b>		
SMD 271	First Aid and Athletic Training	2
<b>Group II</b>		
KIN 452	Principles of Coaching	3
<b>Group III</b>		
Select one of the following:		3
EXS 362	Biomechanics	
EXS 361	Body Systems and Applied Anatomy II	
EXS 585	Biomechanics	
<b>Group IV</b>		
EXS 380	Exercise Physiology	3
<b>Group V</b>		
EXS 482 & EXL 482	Strength Training and Conditioning and Strength Training and Conditioning Laboratory	4
or SMD 454	Theories/Practices of Conditioning & Tng	
<b>Group VI</b>		
KIN 475	Mental Training In Sport	3
<b>Total Minimum Credits Required</b>		<b>18</b>

\*Advanced standing coursework is defined as any 300-level course or above and specific 200-level courses identified by the department.