

MINOR IN COACHING

College of Health Sciences

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
Group I		
SMD 271	First Aid and Athletic Training	2
Group II		
KIN 452	Principles of Coaching	3
Group III		
Select one of the following:		3
EXS 362	Biomechanics	
EXS 361	Body Systems and Applied Anatomy II	
EXS 585	Biomechanics	
Group IV		
EXS 364 or EXS 380	Introduction to Exercise Physiology Exercise Physiology	3
Group V		
EXS 482 & EXL 482 or SMD 454	Strength Training and Conditioning and Strength Training and Conditioning Laboratory Theories/Practices of Conditioning & Tng	4
Group VI		
KIN 475	Mental Training In Sport	3
Total Credits		18

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