

ES-240 : Introduction to Coaching

Introduction to the coaching profession. Examination of areas such as developing an athlete-centered philosophy, teaching positive values and facilitating social and emotional growth through sport, physical training basics, the role of nutrition in athletic performance, accurate information about drugs and supplements, effective communication skills and motivational techniques, organizing practices and creating practice plans, and generating program and coach evaluations.

Credits 3

Term Offered

Fall and Spring

Session Cycle

FS