

ES-380 : Coaching Methods and Techniques

The course introduces students to the fundamentals of teaching sport skills, how to organize and run effective practices, and basic strength and conditioning principles to effectively train student-athletes. Organizational methods, technological considerations, and administrative concerns are also included. Students will also learn the techniques and tactics from basic fundamentals to detailed strategies of a sport as well as gain practical experience with a sport coach.

Credits 3

Prerequisites

[ES-240](#)

Term Offered

Spring Only

Session Cycle

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