

Coaching

Degree Type

Minor

Minor Requirements

The coaching minor is designed to develop competent and reflective coaches who have the knowledge and skills consistent with National Standards for Sports Coaches. The coaching minor consists of 24 credit hours. The following courses are required:

Required Courses

Course Code	Title	Credits
ES-240	Introduction to Coaching	3
ES-260	First Aid and Safety	3
ES-325	Principles of Health & Physical Fitness Assessment	3
ES-345	Motor Behavior	3
ES-360	Organization and Administration of Health and Exercise Science	3
ES-368W	Psychological Principles in Physical Education and Sport	3
ES-380	Coaching Methods and Techniques	3
ES-382	Practicum in Coaching	2
	Select any ES Activity course	1
	Total Credits	24

This minor may be taken with any major, including health and physical education or health and exercise science.

General Education Requirements

In addition to major offerings, the Department of Health and Human Sciences contributes to the College's general education program. All students are required to develop skill in a physical activity by completing a one-credit activity course. No more than 4 credits in activity courses may be applied toward graduation.