/*MINOR IN COACHING*/

The minor in Coaching requires 22 semester credit hours. A minor in Coaching is designed to provide basic expertise in coaching based on the national standards for sport coaches. The minor is not allowed for students majoring in Exercise and Sports Science or in Health and Fitness Management.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>AT 2356</td>
<td>Prevention and Care of Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>BIO 2430</td>
<td>Human Physiology and Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>ESS 3317</td>
<td>Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td>or ESS 3320</td>
<td>Biomechanics</td>
<td></td>
</tr>
<tr>
<td>ESS 3323</td>
<td>Psychosocial Aspects of Exercise of Sport Science</td>
<td>3</td>
</tr>
<tr>
<td>ESS 3340</td>
<td>Theory and Principles of Coaching</td>
<td>3</td>
</tr>
<tr>
<td>ESS 4320</td>
<td>Resistance Training and Conditioning</td>
<td>3</td>
</tr>
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<td>Choose 3 hours from the following:</td>
<td>3</td>
</tr>
<tr>
<td>ESS 1172</td>
<td>Beginning Field Sports</td>
<td></td>
</tr>
<tr>
<td>ESS 1176</td>
<td>Beginning Tennis, Badminton, and Other Racket Sports</td>
<td></td>
</tr>
<tr>
<td>ESS 1178</td>
<td>Beginning Volleyball and Basketball</td>
<td></td>
</tr>
<tr>
<td>ESS 1179</td>
<td>Beginning Weight Training</td>
<td></td>
</tr>
</tbody>
</table>

**Total Hours** 22

1

BIO 2451 and BIO 2452 can be used together to satisfy the BIO 2430 requirement.

BIO 3425 and BIO 3426 can be used together to satisfy the BIO 2430 requirement.