

# MINOR IN COACHING

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The minor in Coaching requires 18 semester credit hours. A minor in Coaching is designed to provide basic expertise in coaching based on the NASPE national standards for sport coaches. The minor is not allowed for students majoring in Exercise and Sports Science or in Health and Fitness Management.

Code	Title	Hours
<b>Required Courses</b>		
AT 2356	Prevention and Care of Athletic Injuries	3
ESS 3317	Exercise Physiology	3
or ESS 3320	Biomechanics	
ESS 3323	Psychosocial Aspects of Exercise of Sport Sciene	3
ESS 3340	Theory and Principles of Coaching	3
ESS 4320	Resistance Training and Conditioning	3
Choose 3 hours from the following:		3
ESS 1172	Beginning Field Sports	
ESS 1176	Beginning Tennis, Badminton, and Other Racket Sports	
ESS 1178	Beginning Volleyball and Basketball	
ESS 1179	Beginning Weight Training	
<b>Total Hours</b>		<b>18</b>