



### **Coaching Minor**

The coaching minor requires 19 hours of course, with 12 of the 19 hours being distinct

The coaching minor is designed to introduce students to the many principles that are applicable across all sports. It is a supplement to any major field of study and is encouraged for students seeking teacher licensure or pursuing other majors who desire a coaching position or career in an educational setting.

#### **Required core courses for Coaching Minor:**

- 2 hours HHP 110 First Aid & CPR
- 3 hours HHP 201 Functional Anatomy
- 3 hours HHP 301 Principles of Coaching
- 3 hours HHP 410 Essentials of Strength Training and Conditioning
- 2 hours HHP 470 Internship-Coaching

#### **Choose at least one:**

- 3 hours HHP 329 Kinesiology
- 3 hours HHP 360 Exercise Physiology

#### **Choose at least one:**

- 3 hours HHP 202 Introduction to Physical Education
- 2 hours HHP 270 Introduction to Sports Management

#### **Choose two from the following:**

- .5 hour HLS 113 Fitness Activities
- .5 hour HLS 115 Strength Training and Conditioning
- .5 hour HLS 137 Recreational Activities

#### **Electives (\*to be used to complete distinct credits for minor)**

- 3 hours HHP 281 Prevention and Care of Injuries
- 2 hours HHP 320 Adapted Physical Education
- 3 hours HHP 325 Motor Behavior
- 3 hours HHP 355 Sport Psychology