Coaching Minor

This coaching minor is one of the few in the northern Rocky Mountain region and is specifically designed to prepare those interested in coaching any sport at any entry level. It was based upon the National Standards for Sport Coaches that was developed by professional coach educators from the National Association of Sport and Physical Education (NASPE) and other sport organizations and universities across the USA.

1. COA 205 Introduction to Coaching is the 'keystone' course for this major. All students should start here.
2. In most cases, there will be NO credits given for PRIOR coaching experience that has not resulted in a written evaluation from an athletic director, director of coaching, head coach or other sport administrator.
3. The sports-specific courses (theories of coaching football, basketball, soccer, track and field, volleyball, etc.) have COA 205 as their prerequisite. No student should attempt taking any of these classes without successful completion of COA 205.

Students must receive a "C" or better (with the exception of COA 395, which is P/F) for the following courses. Students receiving an "F" in COA 395 must repeat that course with the same supervisor.

**Required Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>COA 205</td>
<td>Introduction to Coaching</td>
<td>3</td>
</tr>
<tr>
<td>COA 395</td>
<td>Practicum: Coaching Application *</td>
<td>1</td>
</tr>
<tr>
<td>COA 405</td>
<td>Advanced Concepts in Coaching</td>
<td>3</td>
</tr>
<tr>
<td>KIN 210</td>
<td>Principles of Strength and Conditioning</td>
<td>3</td>
</tr>
<tr>
<td>KIN 221</td>
<td>Health Anatomy &amp; Physiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 440R</td>
<td>Sport Psychology</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 221CS</td>
<td>Basic Human Nutrition</td>
<td>3</td>
</tr>
</tbody>
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Choose one of the following: 3-4

- HTH 455 The Ethic of Care
- KIN 105 Foundations of Exercise Science
- KIN 320 Exercise Physiology

Choose one of the following: 3-4

- CHTH 435 Human Response To Stress
- HTH 455 The Ethic of Care
- KIN 410 Adv Strength Training and Cond
- NUTR 411 Nutrition for Sports/Exercise

Choose four of the following electives:** 3-4

- COA 256 Coaching Track and Field
- COA 316 Football Coaching Theory
- COA 317 Basketball Coaching Theory
- COA 318 Soccer Coaching Theory
- COA 319 Volleyball Coaching Theory

**Total Credits** 28-31

* Taken for a total of 3 credits, 1 to 2 credits per semester, with instructor’s approval. Credits taken are in either three different sports OR three levels (elementary, junior high, high school, etc.) of the same sport.

** Students must receive a "C" or better.