# 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>HTH 455</td>
<td>The Ethic of Care</td>
<td>3</td>
</tr>
<tr>
<td>KIN 221</td>
<td>Hlth 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>
</table>

Choose one of the following:

- KIN 105 Fnd of Exercise Science
- KIN 320 Exercise Physiology

Choose one of the following:

- CHTH 435 Human Response To Stress
- NUTR 411 Nutrition for Sports/Exercise
- KIN 410 Adv Strength Training and Cond

## Electives**

Choose three of the following:

- 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: 28-30

* Taken three times, three different semesters 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.
Font Notice

This document should contain certain fonts with restrictive licenses. For this draft, substitutions were made using less legally restrictive fonts. Specifically:

Times was used instead of Adobe Garamond Pro.

The editor may contact Leepfrog for a draft with the correct fonts in place.