

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

COA 205	Introduction to Coaching	3
COA 395	Practicum: Coaching Application *	1
COA 405	Advanced Concepts in Coaching	3
KIN 210	Principles of Strength and Conditioning	3
KIN 221	Health Anatomy & Physiology	3
KIN 440R	Sport Psychology	3
NUTR 221CS	Basic Human Nutrition	3
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.