# COACHING MINOR

Students will experience comprehensive physical training programs, sports skills events, principles for creating healthier psychological and social environments, injury reduction through role management, efficient use of equipment, facilities, scheduling, and team logistics, as well as an understanding of both techniques and tactics, along with the administrative aspects of coaching. This coaching minor fully prepares students for coaching in their respective environments.

## Minor Requirements

| Code | Title | Hours |
|---|---|---|
| ESS225 | First Aid, CPR & AED Certification | 1 |
| ESS242 | Foundations of Sport and Health | 3 |
| ESS252 | Theory/Techniques of Team Sports | 2 |
| ESS255 | Principles of Coaching | 2 |
| ESS262 | Coaching Your Own - Technical and Tactical Skills | 1 |
| ESS270 | Sport Sociology | 3 |
| ESS378 | Sport and Exercise Psychology | 3 |
| **Activity Course** | | |
| Complete one of the following courses: | | 1 |
| ESS125 | Self Defense | |
| ESS130 | Weight Lifting | |
| ESS132 | Personal Fitness Training | |
| ESS150 | Intercollegiate Participation | |
| **Total Hours** | | **16** |