

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
ESS341	Methods/Matls of Teaching PE	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		19