

Coaching

Coaching Minor 2021-2022 Catalog

The Coaching minor is designed to meet proposed national standards preparation in coaching for elementary through high school level. The primary goals are to teach coaching fundamentals, injury prevention, health awareness, motor skill development, adolescent behavior, and youth leadership skills. Physical Education, Health Science, or Exercise Science majors are eligible to declare this minor but cannot double count courses. The following courses are required and must be a grade of C or better.

HHPR 101	Scientific Foundations of Health and Wellness	3
HHPR 224	Motor Skills Development II	3
HHPR 355	Coaching Leadership in Sports	3
HHPR 432	Organization and Administration in Physical Education	3
Two courses from the following list:		7-8
HHPR 223	Motor Skills Development	3
HHPR 341	Instructional Strategies for Physical Education in Elementary School	4
HHPR 342	Instructional Strategies for Physical Education in Middle-Secondary School	4
HHPR 301	Physiology of Exercise	4
PY 324	Adolescent Psychology	3
Total Cr.		19-20