

The minor in Coaching requires 22 semester credit hours. A minor in Coaching is designed to provide basic expertise in coaching based on the national standards for sport coaches. The minor is not allowed for students majoring in Exercise and Sports Science or in Health and Fitness Management.

Code	Title	Hours
Required Courses		
AT 2356	Prevention and Care of Athletic Injuries	3
BIO 2430	Human Physiology and Anatomy ¹	4
ESS 3317	Exercise Physiology	3
or ESS 3320	Biomechanics	
ESS 3323	Psychosocial Aspects of Exercise of Sport Science	3
ESS 3340	Theory and Principles of Coaching	3
ESS 4320	Resistance Training and Conditioning	3
Choose 3 hours from the following:		3
ESS 1172	Beginning Field Sports	
ESS 1176	Beginning Tennis, Badminton, and Other Racket Sports	
ESS 1178	Beginning Volleyball and Basketball	
ESS 1179	Beginning Weight Training	
Total Hours		22

¹ BIO 2451 and BIO 2452 can be used together to satisfy the BIO 2430 requirement.

BIO 3425 and BIO 3426 can be used together to satisfy the BIO 2430 requirement.