

Kinesiology Department Minor in Coaching

(19 credit hours)

The purpose of the Minor in Coaching is to provide students the education and experience needed to obtain an entry-level coaching position. In addition, courses selected provide the knowledge needed for students to complete the American Sport Education Program (ASEP) national coaching certification exam. In addition, the Minor in Coaching is aligned with the National Association for Sport and Physical Education (NASPE) Standards.

Listed below are required courses for the Minor in Coaching:

- KN 240 Coaching Principles and Philosophy (2 cr.)
- KN 257 Prevention and Care of Athletic Injuries (3 cr.)
- KN 300 Psychology of Sport and Physical Activity (3 cr.)
- KN 308 Nutrition for Sports and Fitness (3 cr.)
- KN 357 Sports Performance Training and Reconditioning (2 cr.)

- KN 341 Physical Education Activity Techniques I (2 cr.)
(basketball, soccer/speedball, softball, flag football, team handball, lacrosse, and floor hockey)

OR

- KN 343 Physical Education Activity Techniques III (2 cr.)
(volleyball, tennis, badminton, pickleball, table tennis, golf, archery, and bowling)

Choose Two Coaching Courses from the following list:

- KN 253 – Fundamentals of Football Coaching (2 cr.)
- KN 302 – Coaching Basketball (2 cr.)
- KN 304 – Coaching Baseball and Softball (2 cr.)
- KN 305 – Coaching Tennis and Volleyball (2 cr.)

Plus proof of CPR/AED Certification at time of graduation.

Kinesiology Department Minor in Fitness

(20 credit hours)

The Minor in Fitness provides content knowledge and competencies expected for entry level fitness certifications through the American Council on Exercise, American College of Sports Medicine, and the National Strength and Conditioning Association.

Listed below are required courses for the Minor in Fitness:

- KN 257 Prevention and Care of Athletic Injuries (3 cr.)

- KN 300 Psychology of Sport and Physical Activity (3 cr.)
- OR**
- KN 318 Exercise Psychology (3 cr.)

- KN 308 Nutrition for Sports and Fitness (3 cr.)
- KN 321 Anatomical Kinesiology (3 cr.)
- KN 326 Exercise Physiology (3 cr.)
- KN 400 Planning and Leading Exercise (2 cr.)
- KN 410 Fitness Testing and Exercise Prescription (3 cr.)

Plus proof of CPR/AED Certification at time of graduation.