Coaching Minor (2016 -2017)

This coaching minor is one of the few in the northern Rocky Mountain region and is specifically designed to prepare those interested in coaching any sport at any entry level. It was designed based upon National Standards for Sport Coaches that was developed by professional coach educators from the National Association of Sport and Physical Education (NASPE) and other sport organizations and universities across the USA.

1. COA 205, Introduction to Coaching is the 'keystone' course for this major. All students should start here.

2. In most cases, there will be NO credits given for PRIOR coaching experience that has not resulted in a written evaluation from an athletic director, director of coaching, head coach or other sport administrator.

3. The sports specific courses (theory of coaching football, basketball, soccer, track and field, volleyball, etc.) have COA 205 as their prerequisite. No student should attempt taking any of these classes without successful completion of COA 205.

Curriculum

Students must receive a "C" or better for the following courses (with the exception of COA 395, which is P/F. Students receiving an ‘F’ in COA 395 must repeat that course with the same supervisor):

<table>
<thead>
<tr>
<th>Required Classes</th>
<th>Credits</th>
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<tbody>
<tr>
<td>COA 205 --Introduction to Coaching</td>
<td>F/S/M</td>
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<tr>
<td><em>COA 395 --Practicum Coaching Application</em></td>
<td>F/S/M</td>
</tr>
<tr>
<td>COA 405--Advanced Concepts in Coaching</td>
<td>F/S/M</td>
</tr>
<tr>
<td>HTH 455----The Ethic of Care</td>
<td>F/S/M</td>
</tr>
<tr>
<td>KIN 221 --Health Anatomy &amp; Physiology</td>
<td>F/M</td>
</tr>
<tr>
<td>KIN 440R-- Sport Psychology</td>
<td>S</td>
</tr>
<tr>
<td>NUTR 221CS--Basic Human Nutrition</td>
<td>F/S/M</td>
</tr>
</tbody>
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**Take one of the following:**

- KIN 105 — Found. of Exercise Science  OR
- KIN 320 —Exercise Physiology                           F             3

**Take one of the following:**

- CTHH 435—Human Response to Stress  OR
- NUTR 411—Nutrition for Sports & Exercise  OR
- KIN 410—Principles of Strength & Cond.  OR

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<tr>
<th>F/S</th>
<th>3</th>
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Students must receive a “ C- “ or better for the following courses:

**Elective Classes**

**Take three of the following courses.**

- COA 256 --Track & Field Theory                        F             2
- COA 316—Football Coa. Theory                          S             1
- COA 317—Basketball Coa. Theory                        F             1
- COA 318 --Soccer Coa. Theory                          F             1
- COA 319—Volleyball Coa. Theory                        S             1

<table>
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<tr>
<th>F/S</th>
<th>3</th>
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</table>

**Total 28 - 30**

COA 395...... *Taken three times, three different semesters in either three different sports OR three levels (elementary, junior high, high school, etc.) of the same sport.*