

COACHING - MINOR

This minor is offered in the College for Women only.

Code	Title	Credits
Required Courses:		
EXSS 3700	Theory, Techniques and Psychology of Coaching Women's Sports	2
EXSS 3720	The Coaching Practicum	2
EXSS 3400	Foundations of Sport Psychology	4
FSNU 3250	Sports Nutrition	2
Electives (must take at least 10 credits/three courses from the following):		10
EXSS 3350	Kinesiology and Biomechanics with Lab ¹	
EXSS 3450	Exercise Physiology with Lab ¹	
EXSS 3500	Methods of Strength Training and Conditioning	
EXSS 3750	Care and Prevention of Athletic Injuries	
Total Credits		20

¹ BIOL 2610 is a prerequisite for these courses

Students must show proof of current certification in First Aid and CPR upon completion of the minor.