

# COACHING, MINOR

The coaching minor is available to students from all majors and is a great choice for students aspiring to coach individual and team sports.

Click on the curriculum tab to see the courses required for the minor.

Minoring in **coaching** in college can offer several benefits, especially if you're interested in sports, leadership, education, or human development. Here's a breakdown of the key advantages:

## # 1. Career Opportunities in Sports and Education

Opens doors to roles like **assistant coach, head coach, athletic trainer, or youth sports coordinator**.

Helpful for teaching roles, especially at K-12 levels where coaching extracurriculars is often expected.

## # 2. Enhances Leadership and Communication Skills

Coaching minors often focus on **motivation, team dynamics, and interpersonal communication**.

These skills are transferable to careers in **business, education, counseling, and management**.

## # 3. Hands-On Experience

Many programs include **fieldwork, internships, or practicum** experiences.

Great for building a **professional network** in schools, sports clubs, or collegiate athletic departments.

## # 4. Supports a Personal Passion

If you love sports or want to give back by mentoring youth, this minor aligns with that interest.

Can serve as a stepping stone to **volunteering, community work, or part-time coaching** while in another career.

## # 5. Preparation for Certification

Some coaching minors help you meet **state or national coaching certification** requirements (e.g., ASEP, NFHS).

This is especially useful if you plan to coach in schools or organized leagues.

## # Best Fit For Students Majoring In:

**Physical Education**

**Kinesiology or Exercise Science**

**Education**

**Psychology**

**Recreation or Sports Management**

## Specific Program Requirements

Course	Title	Credits
BIOL 112	Nutrition	3
PSYC 205	Introduction to Sport Psychology	3
AT 260	Injury/Illness Care and Prevention	3
EPER 301	Fitness Technology & Applications	1
EPER 310L	Adv Methods Strength & Conditioning	2
EPER 432	Applied Sport & Exercise Psychology	3
EPER 470	Methods of Coaching	3
EPER	Must be Methods of Coaching course(s) AND/OR EPER 494	2
<b>Total Credits</b>		<b>20</b>