

# COACHING MINOR

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## Program Description

The coaching minor provides a foundation to students interested in pursuing coaching endeavors in youth sports, interscholastic or intercollegiate settings. The requirements of the coaching minor will provide a well rounded curriculum in the areas of program management, human movement, nutrition, exercise psychology and ethics.

## Requirements

| Code               | Title                          | Hours     |
|--------------------|--------------------------------|-----------|
| KINS 105           | Program Dev & Leadership       | 3         |
| KINS 262           | Exercise Physiology            | 3         |
| KINS 270           | Sports Management              | 3         |
| KINS 275           | Nutrition Sprt Exer Performnce | 3         |
| KINS 344           | Kinesiology                    | 3         |
| KINS 428           | Psych Exercise/Rehabilitation  | 3         |
| KINS 450           | Phil Human Perform/Leisure     | 3         |
| KINS 482           | Admin of Recreation Services   | 3         |
| <b>Total Hours</b> |                                | <b>24</b> |