

COACHING MINOR REQUIREMENTS

The minor in coaching provides professional preparation for the coaching of interscholastic athletics and sports. The imbalance between trained coaches and the number of coaching positions available makes the minor an attractive addition to many majors.

Code	Title	Units
Minor Requirements - 22 units		
COACHING 240	INTRODUCTION TO COACHING	2
COACHING 250	APPLICATION OF MECHANICAL PRINCIPLES TO COACHING	2
COACHING 255	BASIC STRENGTH AND CONDITIONING FOR SPORTS	2
COACHING 256	PSYCHO-SOCIAL ASPECTS OF COACHING	2
COACHING 460	ORGANIZATION AND ADMINISTRATION OF INTERSCHOLASTIC ATHLETICS	2
COACHING 461	PREVENTION AND CARE OF ATHLETIC INJURIES	3
COACHING 492	FIELD STUDY IN COACHING	2-3
Select 2-4 units from COACHING 350 through COACHING 361		2-4
Select 3-6 units from the following:		3-6
COACHING 252	SPORTS PEDAGOGY: TEACHING AND COACHING SPORTS SKILLS	
COACHING 260	HISTORY AND SOCIAL ASPECTS OF ATHLETICS	
COACHING 265	COACHING OF COMMUNITY SPONSORED SPORTS	
COACHING 463	CHILDREN AND SPORTS	
COACHING 464	MANAGING ATHLETIC PRACTICE SESSIONS	
COACHING 470	PRACTICUM IN ATHLETIC TRAINING	
COACHING 480	LEGAL ASPECTS OF SPORT AND RECREATION ACTIVITIES	
COACHING 490	WORKSHOP IN INTERCOLLEGIATE OR INTERSCHOLASTIC ATHLETICS ¹	
COACHING 496	SPECIAL STUDIES ¹	
COACHING 498	INDEPENDENT STUDY ¹	
PEPROF 201	STRUCTURE AND FUNCTION OF THE HUMAN BODY I	
PEPROF 202	STRUCTURE AND FUNCTION OF THE HUMAN BODY II	
PEPROF 301	EXERCISE SCIENCE FOR HEALTH, PE, AND ADAPTED PE TEACHERS	
PEPROF 302	BIOMECHANICS OF SPORT AND EXERCISE	
PEPROF 471	PHYSIOLOGY OF EXERCISE	
Total Units		22

Code	Title	Units
Unique Requirement		
Select one of the following:		
BIOLOGY 120	BIOLOGICAL FOUNDATIONS	

PEPROF 201	STRUCTURE AND FUNCTION OF THE HUMAN BODY I
PEPROF 301	EXERCISE SCIENCE FOR HEALTH, PE, AND ADAPTED PE TEACHERS

¹ These courses can be taken for a maximum of 3 units.