

COACHING MINOR

The coaching minor is designed to equip students with the skills necessary to coach children, adolescents or adults in athletic settings. Students will learn techniques, principles, and philosophies of coaching, the basics of sport-specific training, how to care for and prevent injuries, and the fundamentals of exercise and psychology of athletes. The minor also prepares students to become certified to coach at schools in Illinois without having a teaching license.

The coaching minor requires a minimum of 20 credit hours. This includes 4 hours of biology, 3 hours of psychology, and 13 hours of health science including human performance and wellness. Ten of the required hours may fulfill general education requirements.

Code	Title	Hours
Biology		
BIO 140	Survey of Human Anatomy and Physiology ^{May be used to fulfill a general education requirement.}	4
Human Performance and Wellness/Health Science		
HS 165	Responding to Emergencies and Sport Safety Training	3
HPW 224	Team Sports	3
HPW 228X	Sport and Wellness Psychology ^{May be used to fulfill a general education requirement.}	3
HS 251	Kinesiology	3
or HS 201	Physiology of Exercise	
HPW 446	Field Internship	1-3
Psychology		
PSY 140	Introduction to Psychology ^{May be used to fulfill a general education requirement.}	3
or PSY 260	Educational Psychology/Human Development	
Total Hours		20-22