Health, Physical Education and Recreation

Minor: Coaching

This minor does not qualify a student to teach physical education. It is recommended that all physical education majors and minors complete the additional HPER courses required for this minor to qualify for a coaching certificate in those states that require such certification. The coaching minor will give the student a more comprehensive understanding of the many facets of coaching.

Core Requirements

(Pre-requisites: BIOL 111/111L or BIOL 150/150L, BIOL 220/220L and HPER 210)

- HPER 207 Prevention & Care of Injuries............................................3
- HPER 222 Nutrition.............................................................................3
- HPER 233 Individual Fitness...............................................................1
- HPER 321 Fundamentals of Coaching...............................................2
- HPER 360 Sport and Exercise Psychology........................................2
  -OR-
- HPER 380 Sport Sociology.................................................................2
- HPER 402 Exercise Physiology..........................................................4
- HPER 440 Org. & Admin. Of Physical Ed........................................2
- HPER 441 Applied Kinesiology..........................................................3
- HPER 442 Field Experience and Practicum.......................................2
  -OR-
- HPER 485 Summer Camp Leadership...............................................2

Coaching Methods (Choose 4 credits from the following:)

- HPER 361 Football Coaching & Officiating....................................2
- HPER 362 Basketball Coaching & Officiating................................2
- HPER 363 Track/Field Coaching & Officiating.................................2
- HPER 364 Baseball/Softball Coaching & Officiating......................2
- HPER 366 Volleyball Coaching & Officiating..................................2