

## Minor in Coaching

The purpose of the Minor in Coaching is to provide students the education and experience needed to obtain an entry-level coaching position. In addition, courses selected provide the knowledge needed for students to complete the American Sport Education Program (ASEP) national coaching certification exam. In addition, the Minor in Coaching is aligned with the National Association for Sport and Physical Education (NASPE) Standards.

Listed below are required courses for the Minor in Coaching (19 credit hours):

KN 240	Coaching Principles and Philosophy (2 cr.)
KN 257	Prevention and Care of Athletic Injuries (3 cr.)
KN 300	Psychology of Sport and Physical Activity (3 cr.)
KN 308	Nutrition for Sports and Fitness (3 cr.)
KN 357	Sports Performance Training and Reconditioning (2 cr.)
KN 341	Physical Education Activity Techniques I (2 cr.) (basketball, soccer/speedball, softball, flag football, team handball, lacrosse, and floor hockey)
<b>OR</b>	
KN 343	Physical Education Activity Techniques III (2 cr.) (volleyball, tennis, badminton, pickleball, table tennis, golf, archery, and bowling)

KN Coaching Courses (4 credit hours). Choose **four** credits from the following:

- KN 253 – Fundamentals of Football Coaching (2 cr.)
- KN 302 – Advanced Basketball Coaching Techniques (2 cr.)
- KN 304 – Coaching Baseball and Softball (2 cr.)
- KN 305 – Coaching Tennis and Volleyball (2 cr.)

Plus CPR/AED Certification at time of graduation.