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)

**OR**

**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.