

# Coaching Minor

The purpose of the Coaching program is to train up coaches who are willing and able to educate students on good nutritional and physical behaviors, creating physically active, healthy young people. Its goal is also to create coaches who understand the broad scope of the impact of athletics and who are committed to creating quality experiences, influenced by God's will and their desire to serve others.

The **coaching minor** consists of a minimum of 21 credit hours.

**Program:** Sports Management

**Type:** Minor

## Required Courses

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Item #	Title	Credits
BIOL 123	Nutrition	3
HLTH 221	First Aid and CPR	3
PHED 226	Techniques of Teaching Fitness and Weight Training	3
PHED 327	Psychology of Sport and Physical Education	3
PHED 328	Sociology of Sport and Physical Education	3
PHED 310	Theory of Coaching I	3
PHED 410	Theory of Coaching II	3
<b>Total credits:</b>		<b>21</b>