



Minor in Sports Coaching



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Program Description

The Minor in Sports Coaching program is designed to provide students with a comprehensive understanding of the theories, principles, and practices of coaching in various sports. The program aims to equip students with the necessary knowledge and skills to become successful coaches, team managers, and high-performance directors. The program covers a wide range of topics, including sports psychology, physiology, nutrition, injury prevention, and sports management, among others.

The program will be taught by experienced faculty members who have years of experience in the field of sports coaching and human performance. The faculty members are not only experts in their respective fields but are also passionate about coaching and dedicated to helping students achieve their career goals. The program is structured to provide students with a mix of theoretical and practical knowledge, enabling them to apply their learning to real-world coaching scenarios.

The program starts by providing students with a foundational understanding of the theories and principles of sports coaching and psychology. Students learn how to apply these theories and principles to develop effective coaching strategies that cater to the specific needs and preferences of individual athletes and teams. The program also emphasizes the importance of ethical and legal issues related to coaching, including athlete welfare and anti-doping policies.

Throughout the program, students gain practical skills in coaching and team management, including effective communication, leadership, and team building. Students learn how to manage the complex relationships between athletes, coaches, and other stakeholders in the sports industry. Students also gain an understanding of the physiological and biomechanical principles underlying sports performance, which enables them to design and implement effective training programs and strategies for performance enhancement. This program will prepare students to succeed as quality coaches in a variety of competitive contexts.

PROGRAM GOALS

1. Develop a strong understanding of the theories and principles of sports coaching and psychology.
2. Gain practical skills in coaching and team management, including effective communication and leadership.
3. Acquire knowledge of the physiological and biomechanical principles underlying sports performance.
4. Develop expertise in designing and implementing effective training programs and strategies for performance enhancement.
5. Understand the ethical and legal issues related to coaching, including athlete welfare and anti-doping policies.

COURSES

The minor in sports coaching requires 12 hours. Courses in the sports coaching minor include the following:

- [SAB 371 Sports Coaching Methodology](#)
- [SAB 368 Psychology of Sports](#)
- [SAR 332 Sports Strength and Conditioning](#)

Select one of the following:

- [SCS 303 Coaching Track & Field](#)
- [SCS 308 Coaching Baseball](#)
- [SCS 313 Coaching Basketball](#)
- [SCS 332 Coaching American Football](#)
- [SCS 334 Coaching Golf](#)
- [SCS 376 Coaching Tennis](#)
- [SCS 378 coaching Volleyball](#)

Course Descriptions

[SAB 371 Sports Coaching Methodology](#) This course presents a theoretical base for the teaching of sports and sports skills, accompanied by practical applications. Managerial skills common to all coaching activities are discussed. The course also prompts students to begin developing or to refine a personal coaching philosophy, emphasizing ethics in coaching and proven effective coaching styles. A review of contemporary trends and issues in coaching is included.

[SAB 368 Psychology of Sports](#) This course focuses on the study of the motivational phenomena that affect the performance of individual athletes and teams. Stress and leadership characteristics of coaches and athletes will also be studied.

[SAR 332 Sports Strength and Conditioning](#) This course presents approaches to assessing and enhancing human sport performance through improving strength and cardiovascular endurance. The various methods of achieving this are examined with a focus on injury prevention as well. (This course requires a prerequisite.)

[SCS 303 Coaching Track & Field](#) This course is designed to provide entry-level information, fundamentals, principles, and management enablers for anyone who would coach and/or instruct basic track and field skills.

SCS 308 Coaching Baseball This course is designed to provide entry-level information, fundamentals, principles, and management enablers for anyone who would coach and/or instruct basic baseball skills.

SCS 313 Coaching Basketball This course is designed to provide entry-level information, fundamentals, principles, and management enablers for anyone who would coach and/or instruct basic basketball skills.

SCS 332 Coaching American Football This course is designed to provide entry-level information, fundamentals, principles, and management enablers for anyone who would coach and/or instruct basic American football skills.

SCS 334 Coaching Golf This course is designed as an introductory course in the fundamentals of coaching golf. It focuses on several foundational concepts and strategies that are important to being successful as a golf coach and teacher - such as applying the Steps to Success Staircase, learning how to interpret the ball flight, mental control, course management and practice techniques. This course creates a framework through which you can effectively and systematically coach each golf student.

SCS 376 Coaching Tennis This course is designed to provide entry-level information, fundamentals, principles, and management enablers for anyone who would coach and/or instruct basic tennis skills.

SCS 378 coaching Volleyball This course is designed to provide entry-level information, fundamentals, principles, and management enablers for anyone who would coach and/or instruct basic volleyball skills.

PROGRAMMATIC OUTCOMES:

Students will develop the following outcomes:

1. Students will be able to analyze and apply sports psychology principles to develop effective coaching strategies.
2. Students will be able to design comprehensive training programs that incorporate principles of physiology, nutrition, and injury prevention.
3. Students will be able to communicate effectively with athletes and other members of the coaching staff.
4. Students will be able to set goals, evaluate performance, and make data-driven decisions to improve the performance of their teams.
5. Students will be equipped with the knowledge and skills to pursue careers in sports coaching or related fields.