

10 PROGRAMS OF STUDY – B.S.S.

10.1 B.S.S. Sports Coaching Program of Study

The B.S.S. in Sports Coaching degree consists of 60 semester hours of General Education coursework and 63 semester hours of degree major courses.

| General Education Core (31 Hours) | |
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| Foundational Intellectual Skills (15 hours) | |
| Core Communication (6 Hours) | |
| ENG 101 - English Composition 1 | 3 hours |
| ENG 102 - English Composition 2 | 3 hours |
| Analytical Reasoning (6 Hours) | |
| CIS 146 - Trends in Computing Applications | 3 hours |
| Select AR-MTH Elective | 3 hours |
| Cultural Understanding (3 Hours) | |
| Select CU Elective | 3 hours |
| Intellectual Breadth & Adaptiveness (16 Hours) | |
| Life & Physical Sciences (7 Hours) | |
| BIO 101 - Principles of Biology | 3 hours |
| BIO 103 - Principles of Biology Lab | 1 hour |
| Select One LPS Elective | 3 hours |
| Arts & Humanities (3 Hours) | |
| Select A&H Elective | 3 hours |
| Social Behavioral Sciences (6 Hours) | |
| Select 2 SBS Electives | 6 hours |
| General Education Electives & Prerequisites (29 Hours) | |
| Sports Coaching Prerequisites (14 hours) | |
| BIO 201 – Human Anatomy & Physiology I | 3 hours |
| BIO 203 – Human Anatomy & Physiology I Lab | 1 hour |
| BIO 202 – Human Anatomy & Physiology II | 3 hours |
| BIO 204 – Human Anatomy & Physiology II Lab | 1 hour |
| PSY 101 – Intro to Psychology | 3 hours |
| SAR 220 – Sports First Aid | 3 hours |
| GE Electives (15 hours) | |
| Select 5 GE Electives | 15 hours |

Degree specific requirements continue on the next page.

Continued degree specific requirements for Sports Coaching

| Sports Coaching Degree (63 Hours) | |
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| Upper Division Core (15 hours) | |
| BUS 302 – Business Information Systems | 3 hours |
| SAB 361 – Contemporary Issues in Sports | 3 hours |
| SAB 334 – Ethics in Sports | 3 hours |
| SAM 340 – Organization & Management in Sports | 3 hours |
| SAM 400 – Leadership Principles in Sport | 3 hours |
| Degree Major Courses (24 hours) | |
| SAB 368 – Psychology of Sports | 3 hours |
| SAB 371 – Sports Coaching Methodology | 3 hours |
| SAB 373 – Scientific Principles of Human Performance | 3 hours |
| SAD 320 – Applied Sports Performance | 3 hours |
| SAD 346 – Sports Medicine | 3 hours |
| SAD 356 – Sports Nutrition | 3 hours |
| SAR 332 – Sports Strength & Conditioning | 3 hours |
| Select SCS Elective | 3 hours |
| Minor or PS Electives (12 Hours) | |
| Select 4 approved electives | 12 hours |
| Research Core (6 hours) | |
| MTH 465 – Statistical Measurements in Sports | 3 hours |
| SAR 490 – Senior Research Project | 3 hours |
| Capstone – Internship (6 Hours) | |
| SPT 494 – Internship in Sports Coaching | 6 hours |
| Degree Total | 123 hours |