

ATHLETIC COACHING MINOR

Code	Title	Credit Hours
Minor Requirements		
EXS 217	Principles of Strength Training and Conditioning	3
or EXS 218	Principles of Aerobic Training	
EXS 305	First Aid: Responding to Emergencies	3
or EXS 385	Athletic Training	
EXS 310	Principles and Administration of Coaching	3
EXS 352	Fitness and Sports Nutrition	3
EXS 374	Psychology of Sport	3
Select four courses from the following: ¹		8-10
EXS 240	Methods of Teaching Lifetime Activities for Secondary Physical Education	
or EXS 241	Concepts of Sport Activities	
or EXS 246	Concepts of Dance and Gymnastics	
EXS 311	Coaching and Officiating of Football	
EXS 312	Coaching and Officiating of Basketball	
EXS 313	Coaching and Officiating of Baseball and Softball	
EXS 314	Coaching and Officiating of Track and Field	
EXS 315	Coaching and Officiating of Volleyball	
EXS 316	Coaching and Officiating of Wrestling	
EXS 319	Coaching and Officiating of Soccer	
EXS 375	Sociocultural Aspects of Sport and Physical Activity	
EXS 480	Practicum in Health and Exercise Science	
EXS 481	Children's Lifetime Sports Academy Practicum	
Total Credit Hours		23-25

¹ Including at least one course from EXS 311, EXS 312, EXS 313, EXS 314, EXS 315, EXS 316, or EXS 319.

NOTE: The HSES department may require of their students in major and minor programs of study that are enrolled in certain classes that will be going out for applied learning experiences, internship and/or practicums to obtain at their cost an appropriate professional conduct, background checks, and fingerprinting. This requirement is to be completed before HSES students engage with students, clients and all other participants in their programs.

Program Graduation Requirements

1. Earn a grade of C or higher in all minor coursework.

University Graduation Requirements

1. Have a valid and declared major on file (minors cannot be awarded in the same areas as the major, emphasis or concentration).

2. Earn a minimum of 3 credit hours beyond the major, emphasis, concentration and/or general studies requirements.
3. Earn a minor GPA of at least 2.0.