

COLLEGE OF HEALTH SCIENCES



# SPORT COACHING



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The Sport Coaching program in the College of Health Sciences is designed to prepare future coaches who will lead the next generation of athletes. The undergraduate program combines elements of teaching and leadership to maximize the potential of each graduate. The curriculum introduces students to coaching individual and team sports, motivating athletes, sports performance, administration and leadership and officiating techniques. Students will also complete an internship which will provide practical experience in the coaching field. Completion of the Sport Coaching program will equip students with the necessary skills to maximize their coaching experience.

## PROGRAM HIGHLIGHTS

- Some online classes to provide flexibility to students
- 24 hours of sport coaching classes, including a 6-hour internship
- 22 elective hours to allow students to maximize their course options
- Curriculum designed to maximize student learning
- Faculty with a variety of coaching experiences and a strong record of exemplary teaching
- Internship opportunities to gain valuable coaching experience

## CAREER OPPORTUNITIES

Students are well-prepared to begin employment within the following areas:

- Youth sports coach
- College coach
- Sports referee
- Recreational sports director
- Health club facility management
- Personal training
- Group fitness instruction
- Strength and conditioning coaching
- Personalized sport instruction



*If you plan to coach middle and high school affiliated sports, it is recommended you take the PETE licensure route as the majority of public (and many private) schools require a teaching degree to coach full time.*

## CONCENTRATION COURSEWORK

- **PETE 3400** Coaching Team/Individual Sports
- **PETE 3450** Motivation in Athletics and Coaching
- **PETE 3500** Sports Performance Training for Coaches
- **PETE 3550** Sports Officiating Techniques
- **PETE 3600** Sport Coaching Administration and Leadership
- **ESMS 3502** Prevention and Care of Athletic Injuries





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