



## COACHING MINOR

A minor in coaching prepares students interested in pursuing a variety of roles in the profession. The principles studied can also be applied to a recreational programs and youth sport leagues. The competencies developed in this minor will encourage individuals to master the knowledge and skills necessary for coaching athletes at various age and ability levels. The content of this program is based on the national standards for athletic coaches developed by the National Association of Sport and Physical Education (NASPE) and reflects the fundamental competencies the public should expect of athletic coaches at various levels of experience.

The minor requires 18 credits where the goals are to provide:

- an understanding of the physical, emotional, social and cognitive characteristics of athletes, including the social and physiological aspects of coaching
- an understanding of the preparation of athletes for the physical demands of their sport, maintaining a safe sporting environment, including an understanding of risk assessment and management processes
- an understanding of best practices and implementation methods as related to teaching, coaching, and administration.

Students enrolled in the minors and certificates must pass all required HPER courses with a C or better and have a minimum certificate/minor GPA of 2.0

Students complete a foundational set of twelve credits of required courses and then add additional areas of focus through six hours of electives.

### Coaching Minor (18 total hours; 12 hours required and 6 electives)

Required Courses (12 hours)	HPER Course	Credit Hours
Motor Development	HPER-P 204	3
Principles & Practices of Exercise Science	HPER-P 215	3
Activities for People with Special Needs	HPER-P 258	1
Basic Prevention and Care of Athletic Injuries	HPER-P 280	2
Philosophical Foundations of Coaching	HPER-P 435	3

### Choose 6 hours from the following elective courses:

Course Title	HPER Course	Credit Hours
Coaching of (specific sport) (Basketball, Football, Baseball, Tennis, etc.)	HPER-A 36x	2
Interscholastic Athletic Administration	HPER-A 484	2
Movement Experiences for Preschool & Elementary Children	HPER-P 290	3
Planning and Operating of Sport Facilities	HPER-P 331	3
Theories of Conditioning for Coaching	HPER-P 335	3
Kinesiology <i>p</i> : MATH 111 or STAT 113 or higher; BIOL 261 or N212-213	HPER-P 397	3
Introduction to Sport Psychology <i>p</i> : PSY B110 or equivalent	HPER-P 405	3
Legal Issues in Sport <i>p</i> : Junior or Senior status	HPER-P 411	3

See detailed description of the courses here: [IUPUI campus bulletin](#)