

**Planning Guide**  
**Coaching Minor and/or Coaching Certificate**

<b>Required Courses for both Coaching Certificate and Coaching Minor</b>		
EXSC 100	Anatomical Kinesiology	3 credits
EXSC 100L	Anatomical Kinesiology Lab	1 credit
PE 301	Theory of Coaching	3 credits
PE 301L	Theory of Coaching Lab	1 credit
PE 392	Prevention & Care of Athletic Injuries	2 credits
PE 482	Practicum in Coaching	1-4 credits

<b>Required Courses for Coaching Certificate</b>		
HLTH 110	First Aid & Safety/CPR	2 credits or Certification by Examination
<b>And one of the following:</b>		
PE 330	Theory of Coaching Baseball	2 credits
PE 331	Theory of Coaching Basketball	2 credits
PE 334	Theory of Coaching Football	2 credits
PE 336	Theory of Coaching Softball	2 credits
PE 337	Theory of Coaching Volleyball	2 credits
PE 338	Theory of Coaching Soccer	2 credits
PE 348	Theory of Coaching Track & Field	2 credits
PE 350	Theory of Coaching Wrestling	2 credits
Total credits: 15-18		

<b>Required Courses for Coaching Minor</b>		
EXSC 201	Sport Psychology	2 credits
EXCS 300	Biomechanics of Human Motion	3 credits
<b>And one of the following, Option A or Option B:</b>		
Option A:		
PE 3XX	Theory of Coaching _____	2 credits
or		
EXCS 350	Exercise Physiology	3 credits
Option B:		
PE 3XX	Theory of Coaching _____	2 credits
PE 3XX	Theory of Coaching _____	2 credits
Total credits: 20-24		