

# COACHING



## PROGRAM REQUIREMENTS

*18 Credits Required Including*

- Survey of Anatomy and Physiology
- Health and Safety for Coaches
- Coaching Individual, Dual, and Team Sports
- Sport Psychology
- Motor Learning and Development
- Additional course options and requirements as outlined in the [University Catalog](#).

## COMPLEMENTARY DISCIPLINES

- **Exercise Science:** Optimize athletic performance
- **Leadership Studies:** Cultivate positive leadership and team dynamics, enhancing coaching effectiveness
- **Nutrition:** Design performance-enhancing diets
- **Sociology:** Navigate social dynamics within communities, to cultivate positive coaching practices

## CAREER CONNECTIONS

Coaching enhances your skills in leadership, communication, and strategy, preparing you for roles in sports, business, and personal development.

- Assistant Coach
- Athletic Trainer
- Recreation Coordinator
- Fitness Instructor
- Sports Program Administrator

**SCAN HERE TO LEARN HOW  
YOU CAN  
CREATE YOUR OWN MAJOR?**

