

Coaching Minor

2024 – 2025 Undergraduate Catalog

Required Courses			
✓	Course Code & Name	Credits	Semester
	EXSS 305 – Care and Prevention of Athletic Injuries	3	
	EXSS 175 – Foundations of Resistance Training	1	
	PHEC 405 – Psycho-Social Foundations of Sport	3	
	PHEC 412 – Principles of Coaching	3	
	PHEC 420 – Sport Law and Ethics	3	
	PHEC 481 – Field Experience in Coaching	3-6	
Elective Courses			
Total Credits		22	

Elective options:

- Complete at least 2 of the following:
 - [PHEC360](#) - Theory of Track and Field (3)
 - [PHEC361](#) - Theory of Football (3)
 - [PHEC362](#) - Theory of Baseball (3)
 - [PHEC364](#) - Theory of Basketball (3)
 - [PHEC365](#) - Theory of Volleyball (3)
 - [PHEC366](#) - Theory of Soccer (3)
 - [PHEC369](#) - Theory of Softball (3)