

## Exercise and Sports Coaching (Minor)

The minor in exercise and sports coaching is designed to prepare students to coach sports teams, or healthy individuals. The minor prepares those interested in becoming athletic coaches at any level. Students will complete an internship with a coach or coaching group. For those interested in becoming athletic coaches at any level, the course work that covers each of the eight domains included in the Standards and Competencies for Sport Coaches as outlined by the National Association for Sport and Physical Education (NASPE) and prepares students to test for certification that is now required for high school coaches in Virginia.

**Department:** Exercise Science

**Type:** Minor

### Requirements for the Exercise and Sports Coaching Minor

Item #	Title	Credits
EXSS 201	INTRODUCTION TO EXERCISE SCIENCE	3
EXSS 197	WEIGHTLIFTING FOR FITNESS/PERFOR (P)	1
HSCI 200	SCIENCE OF HUMAN NUTRITION	3
EXSS 220	PRINCIPLES OF COACHING	3
EXSS 380	SPORT PSYCHOLOGY (R)	3
BUAD 200	MANAGEMENT PRINCIPLES (W)	3
HSCI 250	DIVERSITY IN HEALTHCARE	3
EXSS 187	EXPERIENTIAL LEARNING IN COACHING I	2
<b>Total credits:</b>		<b>21</b>