

## EXSS 220: PRINCIPLES OF COACHING

A course to present the foundational knowledge that is essential for coaching any sport. The course will present an overview of the exercise sciences related to coaching and teaching motor skills. The course will assist students in developing a coaching philosophy as well as providing principles, guidelines and tools that are essential to the coaching profession. Recommended for students in the exercise leadership minor or students who already assist with youth or scholastic sports. Successful completion of the course will lead to the coaching certification required in many states for high school scholastic coaches.

**Credits:** 3

**Prerequisites:**

EXSS 201

**Department:** [Exercise Science](#)