Coaching Education (Minor)

To see more about what you will learn in this program, visit the Learning Outcomes website (https://apps.oirp.ncsu.edu/pgas/).

The Department of Health and Exercise Studies offers a 16 credit hour minor in coaching education designed to prepare students to assume coaching responsibilities with a sound theoretical and practical background. The minor provides students with a foundation of essential coaching skills: (a) the basic knowledge, understanding, and application of coaching philosophy, sport psychology, and effective teaching techniques; (b) the basic principles of human anatomy and physiology, kinesiology, and exercise science and the practical application to coaching; (c) injury prevention, risk management, and the treatment of sport-related injuries; (d) theories and techniques necessary to plan, organize, and implement sport programs; (e) and a demonstration of motor skills and strategies involved in coaching specific sports.

Recent practicum experiences have included:

- Assistant varsity lacrosse coach at Sanderson High School
- Assistant coach at the Raleigh Swimming Association
- Assistant soccer coach at Wake FC Soccer Club
- Assistant swim coach at Athens Drive Magnet High School
- Assistant soccer coach at Cardinal Gibbons High School
- Varsity wide receiver assistant coach and JV football special teams coordinator at Green Hope High School

For more information about this program, visit our website (https://hes.dasa.ncsu.edu/coaching-education-minor/).

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Plan Requirements

- The Coaching Education minor requires the completion of 16 credit hours
- Students will complete six credit hours from the three required courses
- Students will complete 10 credit hours from eleven elective courses
- All minor program courses must be taken for a letter grade
- Students must obtain a grade of "C-" or better in each of the required and elective courses
- Students must complete HESM 370 Foundations of Sport Coaching and Instruction, HESM 477 Coaching Concepts, and six credits from the sport science electives category before taking HESM 301 Coaching Practicum

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
<th>Counts towards</th>
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<tbody>
<tr>
<td>HESM 301</td>
<td>Coaching Practicum</td>
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<td>HESM 370</td>
<td>Foundations of Sport Coaching and Instruction</td>
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<td>HESM 477</td>
<td>Coaching Concepts</td>
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<td>Select six credits of the following:</td>
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<tr>
<td>HESM 381</td>
<td>Athletic Training</td>
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<tr>
<td>HESM 476</td>
<td>Motor Learning and Sport Performance</td>
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<tr>
<td>HESM 478</td>
<td>Exercise Physiology and Sports Science</td>
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<td>Select four credits of the following:</td>
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<tr>
<td>HESM 201</td>
<td>Coaching Baseball/Softball</td>
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<td>HESM 202</td>
<td>Coaching Basketball</td>
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<tr>
<td>HESM 203</td>
<td>Coaching Football</td>
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<td>HESM 204</td>
<td>Coaching Golf</td>
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<td>HESM 205</td>
<td>Coaching Soccer</td>
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<td>HESM 207</td>
<td>Coaching Tennis</td>
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<td>HESM 209</td>
<td>Coaching Volleyball</td>
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<tr>
<td>HESM 211</td>
<td>Strength Training and Conditioning</td>
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Total Hours 16