Coaching Education (Minor)

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/).

Contact

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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

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