

# 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 twelve 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

- A minimum 10 credit hours must be completed at NC State (including the practicum)

Code	Title	Hours
<b>Required Credits</b>		
HESM 301	Coaching Practicum	1
HESM 370	Foundations of Sport Coaching and Instruction	2
HESM 477	Coaching Concepts	3
Select six credits of the following:		6
HESM 381	Athletic Training	
HESM 476	Motor Learning and Sport Performance	
HESM 478	Exercise Physiology and Sports Science	
Select four credits of the following:		4
HESM 201		
HESM 202	Coaching Basketball	
HESM 203	Coaching Football	
HESM 204	Coaching Golf	
HESM 205		
HESM 207	Coaching Tennis	
HESM 209		
HESM 210	Introduction to Psychology of Sport	
HESM 211	Strength Training and Conditioning	
<b>Total Hours</b>		<b>16</b>