

SCIENCE OF COACHING, MINOR - LIBERAL ARTS

Liberal Arts (Code 971-452)

Code	Title	Credits
Twenty-four semester credits, including:		
KINS 275	Prevention and Care of Athletic/ Exercise Injuries	3
KINS 292	Management and Coaching Theory	2
KINS 294	Anatomical Kinesiology	3
KINS 304	Biomechanical Kinesiology	3
KINS 308	Exercise Physiology	3
KINS 357	Essentials of Strength and Conditioning	3
KINS 492	Coaching Practicum and Seminar	4
Three credits from the following:		3
KINS 312	Psychology of Sport and Physical Activity	
KINS 313	Sociology of Sport and Physical Activity	
Total Credits		24

Program Learning Outcomes

Students completing this program will be expected to meet the following outcomes:

- Develop and implement an athlete-centered coaching philosophy.
- Identify physical conditions that predispose athletes to injuries.
- Teach and encourage proper nutrition for optimal physical and mental performance and overall good health.
- Provide athletes with responsibility and leadership opportunities as they mature.
- Teach and incorporate mental skills to enhance performance and reduce sports anxiety.
- Use scouting methods for planning practices, game preparation, and game analysis.
- Be involved in public relation activities for the sport program.
- Utilize an objective and effective process for evaluation of self and staff.