

# SCIENCE OF COACHING, MINOR - LIBERAL ARTS

## Liberal Arts (Code 971-452)

Code	Title	Credits
<b>Twenty-four semester credits, including:</b>		
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
<b>Three credits from the following:</b>		<b>3</b>
KINS 312	Psychology of Sport and Physical Activity	
KINS 313	Sociology of Sport and Physical Activity	
<b>Total Credits</b>		<b>24</b>

## 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.