

# COACHING, MINOR

The Minor in Coaching provides students the education and experience needed to obtain an entry-level coaching position. In addition, courses selected provide the knowledge needed to complete the American Sport Education Program (ASEP) national coaching certification exam. The Minor in Coaching is aligned with the National Association for Sport and Physical Education (NASPE) standards.

## Minor in Coaching

Current CPR/First Aid/AED Certification is required at time of graduation.

Code	Title	Hours
<b>Required Courses Inside Department</b>		
KN 240	Coaching Principles and Philosophy	2
KN 257	Prevention and Care of Athletic Injuries	3
KN 300	Psychology of Sport and Physical Activity	3
KN 357	Sports Performance Training and Conditioning	3
KN 341 or KN 343	Physical Education Activity Techniques I Physical Education Activity Techniques III	2
Select two of the following:		4
KN 281	Coaching Football	
KN 282	Coaching Basketball	
KN 283	Coaching Track and Field	
KN 284	Coaching Baseball and Softball	
KN 285	Coaching Volleyball	
KN 286	Coaching Soccer	
<b>Total Hours</b>		<b>17</b>

## Certificates Offered

### American Sport Education Program Bronze Level National Coaching Certification (ASEP)

The ASEP is a world-wide organization providing coaching certification for over 30 years. This certification is for those desiring to coach athletes aged fourteen years and older at the high school, college, Olympic and competitive club-sport levels. The program provides the comprehensive information and resources needed to sit for the ASEP Bronze Level national certification exam and be better prepared to obtain an entry-level coaching position. This exam is included as a requirement in KN240 Coaching Principles and Philosophy, one of the courses included in the Minor in Coaching.

### Functional Movement Screen Level 1 Certification by Functional Movement Systems, LLC. (FMS)

This course provides an understanding of the relationship movement patterns play in health and fitness goals. The FMS is a tool for standardized movement screening that is used to see how individuals of any age move in everyday life. Students become proficient in identifying movement patterns an individual moves well in, or patterns that are less than ideal and can be protected and corrected. At the conclusion of the course, you will have the knowledge and experience needed to sit for the FMS Level 1 certification exam. This exam is included as a requirement in KN315 ST: Personal Training Certification.

### Personal Trainer Certification (NASM-CPT)

This certification is a partnership between the National Academy of Sports Medicine (NASM) and the Athletics and Fitness Association of America (AFAA). Learn a systematic approach to developing personalized and unique training plans that have predictable outcomes for any type of client. A wide variety of fitness, training and performance assessments are delivered and explained, thus providing students with the most scientifically accurate information and educational experiences needed to sit for the NASM-CPT national certification. This exam is included as a requirement in KN315 ST: Functional Movement Screening Certification.