Minor in COACHING

More and more schools and organizations are seeking and/or requiring their coaches to be certified. Numerous state high school associations, including the Washington Interscholastic Activities Association (WIAA), currently use ASEP Professional Coaches Education Program Bronze Level courses in qualifying high school coaches. Each year, more than 25,000 coaches across the country are credentialed through Bronze Level ASEP courses that are embedded within this minor.

Course credits in the minor can be applied toward meeting the state’s clock hour requirements for school coaches (1 quarter hour credit = 10 clock hours). In the state of Washington, high school coaches must have completed 30 clock hours before the beginning of the third year in any of five standards categories (medical aspects, legal aspects, psychological/social foundations, coaching techniques, philosophy of sports and management/ pedagogy). Middle-level coaches must complete a coaching effectiveness training class equivalent to the ASEP coaching principles class before the beginning of their third year.

What will I study?
* Introduction to Athletic Training
* Emergency Response
* Anatomical/Mechanical Kinesiology
* Physiological Kinesiology
* Motor Control
* Sport Science for Coaches
* Coach Volleyball, Coach Football, Coach Basketball, Coach Track or Coach Baseball/Softball

Curriculum:
Required Courses: (24 Credits)
PHED 251 Motor Control
259 Sports Injury
260 Sport Sci. for Coach TBA – through ASEP
261 Coaching Sports TBA – through ASEP
348 Ana/Mech Kines
350 Phys. Kines
461 Sport & Exer Psych

For Further Information
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