COACHING EDUCATION MINOR

Contact Information
Department of Exercise and Sport Science
http://exss.unc.edu
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Coaching education minors have the opportunity to gain both theoretical and practical knowledge regarding psychological, physiological, pedagogical, philosophical, and management aspects of coaching.

Department Programs

Majors
- Exercise and Sport Science Major, B.A.–General (http://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-general)
- Exercise and Sport Science Major, B.A.–Fitness Professional (http://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-fitness-professional)
- Exercise and Sport Science Major, B.A.–Sport Administration (http://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-sport-administration)

Minors
- Coaching Education Minor (p. 1)
- Exercise and Sport Science Minor (http://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-minor)

Graduate Program
- M.A. in Exercise and Sport Science (http://catalog.unc.edu/graduate/schools-departments/exercise-sport-science)

Requirements
In addition to the program requirements listed below, students must:

- take at least nine hours of their minor course requirements at UNC–Chapel Hill
- earn a minimum of 12 hours of C or better in the minor (some minors require more)

For more information, please consult the degree requirements section of the catalog (http://catalog.unc.edu/undergraduate/general-education-curriculum-degree-requirements/#degreerequirementstext).

The minor in coaching education is by approval only and consists of five courses, distributed as follows:

Core Requirements
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>EXSS 205</td>
<td>Analysis of Sport Skills I</td>
<td>3</td>
</tr>
<tr>
<td>or EXSS 206</td>
<td>Analysis of Sport Skills II</td>
<td></td>
</tr>
<tr>
<td>EXSS 207</td>
<td>Coaching Principles</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 288</td>
<td>Emergency Care of Athletic Injuries and Illnesses</td>
<td>3</td>
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</tbody>
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Two from:
- EXSS 141 Personal Health
- EXSS 181 Sport and Exercise Psychology
- EXSS 211 Adapted Physical Education
- EXSS 221 Introduction to Sport and Recreation Administration
- EXSS 360 Sports Nutrition
- EXSS 376 Physiological Basis of Human Performance
- EXSS 380 Neuromuscular Control and Learning
- EXSS 385 Biomechanics of Sport
- EXSS 408 Theory and Application of Strength Training and Conditioning for Fitness Professionals
- EXSS 478 Sports Performance Training
- RECR 430 Introduction to Leadership and Group Dynamics

Total Hours 15

See the program page here (http://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-general/#opportunitiestext) for special opportunities.