

# COACHING EDUCATION MINOR

## Contact Information

### Department of Exercise and Sport Science

Visit Program Website (<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:

Code	Title	Hours
<b>Core Requirements</b>		
EXSS 205	Analysis of Sport Skills I	3
or EXSS 206	Analysis of Sport Skills II	
EXSS 207	Coaching Principles	3

EXSS 288	Emergency Care of Athletic Injuries and Illnesses	3
Two from:		6
EXSS 141	Personal Health	
EXSS 181	Sport and Exercise Psychology	
EXSS 211	Adapted Physical Education	
EXSS 221	Introduction to Sport 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 430	Introduction to Leadership and Group Dynamics	
EXSS 478	Sports Performance Training	
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.