



Department of Human Performance, Sport, & Health

COACHING SPECIALIST handout for faculty advisors

This coaching specialist program provides students with skills and the knowledge to coach athletes in many settings, including schools, recreation programs, and clubs. It is designed to provide prospective coaches with knowledge of injury prevention, conditioning, psychological preparation, risk management, sport specific coaching skills, and practical experience. This program exceeds current Minnesota State High School League requirements and parallels NASPE guidelines.

I. Required Theory Courses – offered fall & spring

[HLTH 2100](#) First Aid/CPR/AED (1 credit)

Note: Students may have this course waived (no credit awarded) if they have certification cards for Standard First Aid & CPR/AED for Infant, Child, Adult – Students bring CURRENT certification cards to HPSH Chair who copies the cards and sends a memo to Records to waive the HLTH 2100 requirement

[PHED 3090](#) Sport Physiology (2 credits)

[PHED 3190](#) Athletic Training (2 credits)

[PHED 3120](#) Psychology of Sport (2 credits)

[PHED 3690](#) Coaching Principles (2 credits)

Subtotal 9 Credits

II. Required Elective Courses – see current schedule for each coaching course listed below

Select 1 course from the following:

NOTE: Any coaching classes listed in the catalog, but the coaching courses listed below are the courses offered given the current faculty resource (coaches with a % teaching assignment

Students who are interested in a sport other than the coaching courses listed should take a coaching course that may offer another coaching opportunity, then complete the coaching PRACTICUM in their #1sport.

[PHED 3710](#) Basketball Coaching (2 credits) – Fall semester

[PHED 3720](#) Football Coaching (2 credits) – Spring semester – even numbered years

[PHED 3740](#) Ice Hockey Coaching (2 credits) – Fall semester

[PHED 3750](#) Soccer Coaching (2 credits) – Spring semester – odd numbered years

[PHED 3790](#) Track and Field Coaching (2 credits) – Spring semester

Subtotal 2 Credits

III. Required Practicum – Fall & Spring semesters – must be completed in a high school setting

[PHED 4970](#) Internship: Practicum in Athletic Coaching (1 credit) – Fall/Spring, required HS school setting

Subtotal 1 Credit

Total Semester Credits Required for Coaching Specialist 12 Credits