

# COACHING MINOR

---

Although this is not an endorsable minor, all the courses can be applied toward meeting the state's clock hour requirements for school coaches. 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 and philosophy sports management/pedagogy). Middle Level coaches must complete a coaching effectiveness training class equivalent to the NFICEP/ASEP coaching principles class before the beginning of their third year.

## Required Courses

PHED 251	MOTOR CONTROL AND LEARNING	3
PHED 259	SPORTS FIRST AID AND INJURY PREVENTION	3
PHED 260	SPORT SCIENCES FOR COACHING	3
PHED 261	COACHING SPORTS TECHNICAL AND TACTICAL SKILLS	3
PHED 348	ANATOMICAL/MECHANICAL KINESIOLOGY	4
PHED 350	EXERCISE TESTING AND PRESCRIPTION	4
PHED 461	SPORTS AND EXERCISE PSYCHOLOGY	3
<b>Total Credits</b>		<b>23</b>