

Coaching Competitive Athletics Concentration

(All colleges)

24 credits - Not eligible for Wisconsin Department of Public Instruction certification

Code	Title	Credits
Core courses (16-20 credits)		
ESS 100 or ESS 368	Physical Activities (strength conditioning) Strength Training Techniques and Programs	1-3
ESS 201	Safety, First Aid and CPR	1
ESS 205 or BIO 312	Human Anatomy and Physiology for Exercise Science I Human Anatomy and Physiology I	3-4
ESS 206 or BIO 313	Human Anatomy and Physiology for Exercise Science II Human Anatomy and Physiology II	3-4
ESS 281	Prevention and Care of Athletic Injuries	2
ESS 348	Theory of Coaching	2
ESS 349	Psychology of Coaching Competitive Athletics	2
ESS 451	Practicum in Athletic Coaching	2-3
Elective courses		
Select 6-8 credits from the following:		6-8
ESS 130	Officiating Athletics	
ESS 207	Human Motor Behavior	
ESS 302	Physiology of Exercise	
ESS 303	Biomechanics	
ESS 323	Nutrition and Sport	
ESS 348	Theory of Coaching	
ESS 410	Legal Implications of Sport and Activity	
ESS 451	Practicum in Athletic Coaching	
HED 409	Stress Management and Relaxation Skills	
HED 474	Nutrition Education	
Total Credits		24