

Coaching Competitive Athletics Minor

Minor requirements

(All colleges)

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

Code	Title	Credits
Core courses (14-16 credits)		
ESS 144	Ethics and Leadership in Sport	2
ESS 201	Safety, First Aid and CPR	1
ESS 205	Human Anatomy and Physiology for Exercise Science I	3-4
or BIO 312	Human Anatomy and Physiology I	
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 2-4 credits from the following:		2-4
ESS 100	Physical Activities (strength conditioning)	
ESS 130	Officiating Athletics	
ESS 206	Human Anatomy and Physiology for Exercise Science II	
or BIO 313	Human Anatomy and Physiology II	
ESS 207	Human Motor Behavior	
ESS 302	Physiology of Exercise	
ESS 303	Biomechanics	
ESS 323	Nutrition and Sport	
ESS 348	Theory of Coaching	
ESS 368	Strength Training Techniques and Programs	
ESS 410	Legal Implications of Sport	
ESS 447	Administration in Fitness and Sport	
ESS 451	Practicum in Athletic Coaching	
Total Credits		18