



COACHING MINOR

Professor: T. Miller

Assistant Professor: A. Gowin

Assistant Professor: C. Robb

Contact: Dr. Amanda Gowin

Email: Amanda.gowin@wcmo.edu

All coaching minors must have a grade of C or better in the classes needed to satisfy the minor requirements.

You can find the course descriptions for all courses required for this minor by clicking on the following links:

- [Health and Exercise Science Course Descriptions](#)
- [Physical Education Course Descriptions](#)

Student's Last Name

First Name

Middle Initial

Advisor

Date Minor Declared

Course #	Title of Course	Hours Required	Semester Completed	Grade
Required Courses				
HES 232	Care and Prevention of Athletic Injuries	3		
HES 321	Kinesiology	3		
HES 340	Exercise Physiology	3		
HES 406	Management of Physical Education and Athletics	2		
Electives: Two courses from the listed below (one must be a coaching theory course)				
HES/PSY 231	Sport Psychology	3		
PED 311	Coaching Theory of Football	2		
PED 312	Coaching Theory of Soccer	2		
PED 313	Coaching Theory of Baseball	2		
PED 314	Coaching Theory of Basketball	2		
PED 317	Coaching Theory of Volleyball	2		
PED 318	Coaching Theory of Softball	2		
PED 319	Coaching Theory of Tennis	2		
Electives: One course from the list below				
PED 331	Sports Officiating: Football	1		
PED 332	Sports Officiating: Soccer	1		
PED 333	Sports Officiating: Baseball	1		
PED 334	Sports Officiating: Basketball	1		
PED 337	Sports Officiating: Volleyball	1		
PED 338	Sports Officiating: Softball	1		
TOTAL HOURS FOR MINOR		16-17 hrs		

If any substitutions or waivers of requirements are allowed, please list below and initial.

HES – Health and Exercise Science

HES 101 Intro to Exercise Science (1 hrs.) This class will provide an opportunity for students to understand the scope of health professions related to Exercise Science as they begin their studies in the major and explore professions: e.g. medicine, nursing, physician assistant, physical therapy, occupational therapy, personal training, dietetics, chiropractic, strength and conditioning coaching. Students will also meet with WC Career Services, learn about major requirements/ advising, how to write professionally, and how to track and reflect on their progress in the major through major's portfolio (in Canvas).

HES 104 First Aid and Cardiopulmonary Resuscitation (Fee) (1 hr.) Designed around the National American Red Cross modules, this course will provide students with the knowledge and skills necessary in an emergency. The content and activities will prepare students to recognize emergencies and make appropriate decisions regarding care. It will also provide information on the prevention of injury and illness, with a focus on personal safety. Offered fall and spring semesters.

HES 132 Wellness Concepts (2 hrs., second block, Spring semester) Students identify their current wellness status, acquire accurate wellness information, and develop skills to analyze health claims, and work toward personal wellness objectives. Physical Education Majors will take this course concurrently with Physical Fitness (PED A22) to meet state requirements for health-related fitness and wellness. Offered spring semester.

HES 204 Fitness and Wellness Concepts (3 hrs.) Students' baseline fitness values are assessed, fitness principles are learned, and training and behavioral strategies are developed through in-class activities. Students identify their current wellness status, acquire wellness information, develop skills to analyze health claims, and work toward personal wellness objectives. Offered spring semester.

HES 205 Stress Management (3 hrs.) This course introduces students to basic principles and theories of stress and techniques to effectively manage stress. Based on holistic health perspective, student will identify the various causes of stress and be introduced to a variety of stress management techniques and stress-reducing behaviors. Ultimately, students will develop and practice approaches that will contribute to optimal lifelong health.

HES/EDU 206 Elementary Physical Education Methods (3 hrs.) This course is meant to prepare students to teach physical education and movement activities to elementary school children. By identifying patterns of growth and development, students will be able to develop methods to successfully teach fundamental movement skill and physical education concepts through quality instruction, games, dance, health-related fitness and perceptual-motor activities. This course is for K-9, K-12 physical education majors. Offered in spring odd semesters.

HES/EDU 207 School Health, Physical Education and Safety in Elementary (3 hrs.) This course examines the principles of teaching health, physical fitness, and safety for wellness and optimal development with an emphasis on the needs of children. Offered in fall semesters.

HES 208 Creative Movement and Rhythms (3 hrs.) An introduction to the elements of creative movement and dance. Through a variety of learning experiences, students will examine movement forms as more than just physical activity, but as a means of self-expression and a vital aspect of culture. This course will give students practice in designing movement-learning experiences for persons of all ages. Offered in fall semester.

HES 215 Principles of Motor Learning (3 hrs.) The class will include lecture and laboratory experiences to study the principles and factors that influence motor skill acquisition and development. With an understanding of the theoretical bases, students will learn methods and teaching approaches that improve motor skill development and retention. Offered in odd numbered spring semesters.

HES 220 Social Science in Sport (2 hrs.) An analysis of the significance of physical activity in society and culture. Motivation and self-concept as applied to play, game, sport, and athletics are examined. Offered in fall semester.

HES/PSY 231 Sports Psychology (3 hrs.) An examination of the psychological factors influencing participants and, to a lesser extent, spectators in sport. Topics include the use of behavioristic principles to develop skills, and the effects of causal attribution, attention, anxiety, coaching strategy, and imagery on athletic performance. Additional special topics include audience effects, children in sports, and the psychological benefits of exercise. Offered in fall semester.

HES 232 Care and Prevention of Athletic Injuries (3 hrs.) This course is designed to provide students with introductory information concerning primary injury care and management, with a special emphasis on the preventative aspects of athletic injuries. Students will learn the practical techniques for applying terminology and anatomy for evaluation and care of various injuries as they pertain to the knee, ankle, shoulder, elbow, spine, and head/face. Students will also be introduced to basic modalities used in the field of athletic training, basic training and conditioning guidelines, and how to deal with environmental issues as they pertain to athletics as well as apply those skills in the practical setting. Additional information regarding legal and organizational issues will also be addressed. (Previously offered as HES 230/235).

HES/GTS 240 Introduction to Global Public Health (3 hrs.) The course will study foundational public health concepts in a global context, using an evidence-based approach. Students will understand the complexities inherent in improving health on a global scale, the impact of poverty and inequality, the role of institutions and major players in global health, and the link between global and local health problems and solutions. General Education credit is earned through class activities in which students explore aspects of various cultures (history and tradition, institutions such as family and faith communities, economy, politics and law) and their impact on health status and strategies for prevention and treatment of disease. Offered in fall semester.

HES 251 Introduction to Nutrition (3 hrs.) This is an introductory nutrition class covering the major nutrients (carbohydrates, lipids, proteins, vitamins, minerals, and water) and their role in energy balance, weight management, the digestive process, and overall health. Students will learn the basics of healthy eating through the life cycle along with the basic nutritional science concepts of metabolism and digestion. Students will also learn about nutrition misinformation, fad diets, and food politics. This course will give students the fundamental knowledge they will need to make informed decisions about foods. Course fee required. Offered in fall semester.

HES 261 Introduction to Epidemiology (3 hrs.) This course will introduce basic principles and concepts of epidemiology by describing the various ways that disease (and other health-related conditions and events) occur in populations. The course will emphasize the practical use of epidemiology and lectures will be complemented by case studies and readings of contemporary issues in disease and public health. Offered online spring semester.

HES 309 History and Philosophy of Physical Education (2 hrs.) Designed to assist students to develop an historical perspective and viable personal philosophy of physical education. Offered in fall odd semesters.

HES 321 Kinesiology (3 hrs.) The study of human motion through the application of anatomical and physiological fundamentals, as well as basic biomechanical principles. Information will be presented in a lecture/ laboratory format. Prerequisites: BIO 107 or BIO 114/115 or BIO 124/125.

HES 340 Exercise Physiology (3 hrs.) This course is designed to study the responses and adaptations of the functions of the human body to physical exercise, and the contribution of exercise to optimal health. This course integrates the knowledge of biological processes and applies it to sport and exercise. The material covered is pertinent to teaching, coaching, and appropriate for students interested in health and exercise. Prerequisites: BIO 114/115 and BIO 124/125 (with a grade of B- or higher) or BIO 107. Offered fall semester.

HES 342 Exercise Prescription (3 hrs.) The class will cover general principles of exercise prescription for healthy persons and individuals with special needs. Particular emphasis will be on training to improve fitness and performance. Fitness testing and risk factor assessment will be the basis of developing a safe effective exercise program. Course Prerequisite: HES/PED 340 Exercise Physiology. Offered spring semester.

HES 350 Theories of Adapted Physical Education (3 hrs.) Designed to identify exceptional children and to provide a learning environment suitable to their needs and capabilities. Offered in spring of odd numbered years, even fall semesters. Requires two hours of lecture and one hour of activity.

HES/WGS 355 Women's Health Issues (3 hrs.) This course will explore the topic from three perspectives: holistic health perspective, a developmental perspective, and sociocultural or global perspective. Readings, discussion, lecture, writings, research, and presentations will consider these perspectives

in better understanding women's health issues. Prerequisite: One course from the following: PSY 112, PSY 113, NSC 108, BIO 114/115, SOC 111, WGS 210, REL 102. Offered spring odd semesters.

HES 357 Community Nutrition (3 hrs.) Student will explore the interrelationships between nutrition and health in community settings (local and global communities). The effect of socio-economic, environmental, cultural, and political factors on health and nutritional status will be examined. Food and nutrition policies and interventions designed to enhance the well-being of populations groups will be discussed. Each student will complete a culminating service learning project based on interest area derived from class readings, discussion and experiences. Prerequisites: One course from the following: PSY 112 or 113; BIO 107, 108, 114, or 124; SOC 111; ECN 212; POL 112; or PHL 101. Course fee required. Offered spring semester.

HES 398 Independent Study Advanced study in health and/or physical education not covered in regular course offerings. Students work on a subject selected in conference with the instructor.

HES 399 Internship Supervised experience in a cooperative program with business, government, community, or related establishment in the areas of health and/or physical education.

HES 405 Measurement and Evaluation in Physical Education (2 hrs.) An examination of various tools of measurement and an analysis of the purposes, values and limitations of measurement tools in relation to objectives. Field experience is included. Offered in spring of odd numbered years. Prerequisites: MAT 114. Offered spring semester.

HES 406 Management in Physical Education and Athletics (2 hrs.) A study in the development and promotion of educationally sound programs. Offered in spring of odd numbered years. Offered spring semester.

PED – Physical Education

PED A9 Racquet Sports (1 hr.) Students will learn the skills, rules, terms, scoring, and etiquette involved in a variety of racquet sports. Badminton, paddleball, racquetball, and table tennis included.

PED A10 Weight Training & Body Building (1 hr.) In this course the student will learn proper weight training techniques for a lifetime goal of health and wellness.

PED A12 Walking and Jogging for Fitness (1 hr.) This activity class is designed to provide students an understanding and working knowledge of the role of walking and jogging as a fitness alternative and health aid.

PED A13 Restrictive/Adaptive PE (1 hr.) Students with special needs will develop and practice a physical education and activity program that is individualized to their specific needs.

PED A15 Yoga (1 hr.) Students will learn some basic poses of Hatha Yoga for relieving stress, increasing flexibility, improving posture and breathing, and increasing strength. This is an introductory course, although students with previous yoga experience will also benefit.

PED A19 Golf Instruction (Fee) (1 hr.) Students will learn proper golf techniques, which will provide a foundation for a lifetime enjoyment of the sport. Course fee required.

PED A22 Physical Fitness Concepts (1 hr.) Student's baseline fitness values are assessed, fitness principles are learned, and training and behavioral strategies are developed through in-class activities. Physical Education Majors will take this course concurrently with Wellness Concepts (HES 132) to meet state requirements for 2 hrs. of health-related fitness and wellness. Majors cannot use this course for Activity Competency in Physical Fitness too.

PED A37 Tennis (1 hr.) This course will provide students with the opportunity to review basic tennis skills through participation in drills, actual game play and mini tournaments. Individual stroke analysis will also be given. For students that have the basics down, higher level instruction on singles and doubles.

PED A44 Recreational Games I: Team Sports (1 hr.) Students learn fundamental skills and techniques of basketball, field hockey, soccer, softball and volleyball. Course emphasis is on demonstration in teaching/coaching situations.

PED A45 Recreational Games II: Individual Sports (1 hr.) Students learn fundamental techniques and skills for individual sports with emphasis on demonstration for teaching and coaching.

PED A53 Bowling (1 hr.) In this course the students will learn the rules of the game, including score keeping, the foul line, and the equipment restrictions, will learn the basic motor skills necessary to bowl, and learn the basic bowling etiquette. Course fee required.

PED 208 Creative Movement and Rhythms (3 hrs.) An introduction to the elements of creative movement and dance. Through a variety of learning experiences, students will examine movement forms as more than just physical activity, but as a means of self-expression and a vital aspect of culture. This course will give students practice in designing movement-learning experiences for persons of all ages. Offered in fall semester.

PED 311 Coaching Theory of Football (2 hrs.) The analysis of football strategies and coaching techniques applied with variation. Prerequisites: knowledge and skill in the sport.

PED 312 Coaching Theory of Soccer (2 hrs.) The analysis of soccer strategies and coaching techniques applied with variation. Prerequisites: knowledge and skill in the sport.

PED 313 Coaching Theory of Baseball (2 hrs.) The analysis of baseball strategies and coaching techniques applied with variation. Prerequisites: knowledge and skill in the sport.

PED 314 Coaching Theory of Basketball (2 hrs.) The analysis of basketball strategies and coaching techniques applied with variation. Offered in fall semesters of odd numbered years. Prerequisites: knowledge and skill in the sport.

PED 317 Coaching Theory of Volleyball (2 hrs.) The analysis of volleyball strategies and coaching techniques applied with variation. Offered fall semesters of even numbered years. Prerequisites: knowledge and skill in the sport.

PED 318 Coaching Theory of Softball (2 hrs.) The analysis of softball strategies and coaching techniques applied with variation. Offered in spring semester of odd numbered years. Prerequisites: knowledge and skill in the sport.

PED 319 Coaching Theory of Tennis (2 hrs.) The analysis of tennis strategies and coaching techniques applied with variation. Offered in spring semester of even numbered years. Prerequisites: knowledge and skill in the sport.

PED 331 Sports Officiating: Football (1 hr.) Designed for the development of expertise in officiating. Certification optional to student. Laboratory required.

PED 332 Sports Officiating: Soccer (1 hr.) Designed for the development of expertise in officiating. Certification optional to student. Laboratory required.

PED 333 Sports Officiating: Baseball (1 hr.) Designed for the development of expertise in officiating. Certification optional to student. Laboratory required.

PED 334 Sports Officiating: Basketball (1 hr.) Designed for the development of expertise in officiating. Certification optional to student. Laboratory required.

PED 337 Sports Officiating: Volleyball (1 hr.) Designed for the development of expertise in officiating. Certification optional to student. Laboratory required.

PED 338 Sports Officiating: Softball (1 hr.) Designed for the development of expertise in officiating. Certification optional to student. Laboratory required.

PED 434 Methods of Teaching Middle School and Secondary Physical Education (3 hrs.) This course is designed for students planning to teach middle school and secondary physical education programs. Topics include program development, selecting and implementing instructional units, class organization and management, assessment, integrating physical education with other disciplines, and professional development. Prerequisite: EDU 290.