

Department of Behavioral Health and Nutrition
MINOR: COACHING SCIENCE

Minimum Credits in the Minor: 19

This minor will help students develop a personal coaching philosophy, an understanding of the body, how it performs, injury and injury prevention, teaching of skills and progressions, sport psychology, and a variety of team responsibilities. A practicum or field experience will be required in the student's chosen sport to further enhance the development of coaching skills and philosophy. If a student chooses a sport that is a winter sport, i.e., basketball, the student is required to register for winter session. The same requirement applies for a practicum experience done during the summer.

The *Coaching Science Minor* requires 19 credits. Students applying for the minor must have completed at least one semester of full time study with a minimum GPA of 2.25.

Enrollment in the minor for at least four semesters is required due to sequencing of course work. A minimum grade of C- is required in all courses for completion of the minor.

<u>REQUIRED COURSES (Prerequisites)</u>		<u>Credits</u>
KAAP210	Emergency Management of Injuries and Illness	3
KAAP220	Anatomy and Physiology *	3
KAAP320	Principles of Strength and Conditioning/Lab (PR KAAP220)	4
BHAN390	Principles of Coaching (Fall only; PR KAAP210 & KAAP220)	3
BHAN440	Strategies of Athletic Peak Performance (Fall only)	3
BHAN460	Coaching Performance Practicum (Pass/Fail: PR BHAN390, KAAP210 & KAAP220)	3

Admission: This minor cannot be applied for on-line. Paper applications are available any time from Coach Ferguson's office (Carpenter Sports Building). Each student must speak with the director, BJ Ferguson, prior to beginning the application process. Please contact Coach Ferguson directly to schedule an introductory meeting using the following contact information:

Phone: 302.831.1109

Email: bferguso@udel.edu

PR = Prerequisite

*KAAP 309 or 310 Pre-Clinical Anatomy & Physiology I or II may be substituted for KAAP 220