



## Department of Health & Human Performance

### Minor in Coaching Athletics (18 hours\*)

#### 2024 – 2025 Catalog

**Minor Program Description:** The mission of the Minor in Coaching Athletics in the Department of Health & Human Performance is to prepare innovative, contemporary leaders in coaching for career opportunities in recreational, school, club, or university sports coaching. The minor in athletics coaching provides NSU students with a core set of skills in coaching, including sport nutrition, motor learning, sport psychology, prevention & care of athletic injuries, sport officiating, legal and ethical issues, and strength training and conditioning.

For more information, please go to <https://hhp.nsula.edu/> or contact Dr. Tara Tietjen-Smith, Department Head, at [tietjensmitht@nsula.edu](mailto:tietjensmitht@nsula.edu)

#### **Core Courses (12 hours):**

Course Name	Course Number	Number Credit Hours	Semester(s) Taught
Motor Learning and Development	HP 2630	3 hours	Fall, Spring (some summers)
Navigating Sport Officiating	HP 4370	3 hours	Summer, Fall
Foundations of Health & Physical Education Coaching	HP 4500	3 hours	Fall (some summers)
Scientific Principles of Coaching Strength and Conditioning	HP 4660	3 hours	Spring (some summers)

#### **Electives (Choose 2 classes – 6 hours):**

Course Name	Course Number	Number Credit Hours	Semester(s) Taught
Prevention & Care of Athletic Injuries	HED 2010	3 hours	Fall, Spring (some summers)
Nutrition & Optimal Performance	HED 3100	3 hours	Fall, Spring (some summers)
Health & Exercise Psychology	HED 4000	3 hours	Fall, Spring (some summers)
Sport Psychology	HP 3310	3 hours	Fall, Spring
Legal & Ethical Issues in Sport	HP 3300	3 hours	Fall, Spring
Social Issues in Sport	HP 3320	3 hours	Fall, Spring

\*The Minor in Coaching Athletics is at total of 18 hours.