

## Department of Behavioral Health and Nutrition

### MINOR: COACHING SCIENCE

Director: Stephen Goodwin, PhD

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.

<b>REQUIRED COURSES (PR=Prerequisites)</b>		<b>Credits</b>
KAAP210	Emergency Management of Injuries and Illness	3
KAAP220	Anatomy and Physiology	3
<b>OR</b>		
KAAP309	Human Anatomy and Physiology I (PR CHEM104 or 108 and BISC208)	4
KAAP320	Principles of Strength and Conditioning/Lab (PR KAAP220)	4
BHAN390	Principles of Coaching (Fall only; PR KAAP320)	3
BHAN440	Strategies of Athletic Peak Performance (Spring only)	3
BHAN460	Coaching Performance Practicum* (Pass/Fail: PR BHAN390, KAAP210, KAAP220, KAAP320)	3

**Admission:** Freshmen and transfer students must wait until after first semester grades have been posted to request the minor; all others may apply for the minor at any time via the UDSIS Webform "Change Major, Minor..." Minimum 2.25 GPA is required. It is not necessary to meet with the minor advisor to have your request approved. However, if you need assistance, advisement or curricular information, please contact minor advisor Dr. Stephen Goodwin, goody@udel.edu, 302-831-4451.

\*Prior to approval for BHAN460, students are required to have taken: KAAP210, KAAP220 or 309, KAAP320, and BHAN390.