

ATHLETICS COACHING MINOR

Phe 265 Motor Learning & Performance	3
Phe 384 Fundamentals of Coaching	3
Phe 390 Practicum in Athletics Coaching	3
Bio 300 Human Nutrition	3
Exs 340 Prevention & Emergent Care in Sport	3

Select one of the following: 3

Exs 225 Strength Training & Conditioning Techniques

Exs 425 Science of Strength & Conditioning

Phe 405 Topics in Physical Education

Exercise Science majors at UMPI will take the Phe 405 course.

Others need to take Exs 225 or 425.

TOTAL **18**

Both coaching courses, Phe 384 and Phe 390, include an additional online component taken with the American Sport Education Program (ASEP) through the Human Kinetics Coach Education Center. *Fees are involved.*

The ASEP course "Coaching Principles" (*online through Human Kinetics*) is to be taken at the same time as the Phe 384 course (*unless there are special circumstances*).

The ASEP sport course of your choice (*online through Human Kinetics*) is to be taken while completing the coaching practicum (Phe 390) course (*unless there are special circumstances*). The sport course is to be the same sport as your practicum assignment.