Twin Cities Campus

Coaching Minor

Kinesiology, School of

College of Education and Human Development

- Program Type: Undergraduate free-standing minor
- Requirements for this program are current for Spring 2011
- Required credits in this minor: 23 to 30

The coaching minor offers an in-depth study of the theoretical and practical nature of coaching through a planned and integrated series of courses. Completion of the coaching minor also will qualify the student for the University of Minnesota Coaching Certificate.

Additional program offerings also include a certificate in coaching.

Program Delivery

This program is available:

- via classroom (the majority of instruction is face-to-face)

Admission Requirements

A GPA above 2.0 is preferred for the following:

- 2.50 already admitted to the degree-granting college
- 2.50 transferring from another University of Minnesota college
- 2.50 transferring from outside the University

For information about University of Minnesota admission requirements, visit the Office of Admissions website.

Minor Requirements

Admission is open to all University students. A Coaching Program Application Form must be submitted. Students must also maintain a 2.50 GPA in courses submitted for the completion of the coaching minor.

Minor Courses

Students completing the minor are required to take the courses listed below.

KIN 3113 *{Inactive}*(3.0 cr)

or Current American Red Cross Standard First Aid and CPR Certification

KIN 3114 - Prevention and Care of Athletic Injuries (3.0 cr)

KIN 4641 - Training Theory & Analytics I for Exercise & Sport Performance (3.0 cr)

Organization and Management

KIN 3143 *{Inactive}*(3.0 cr)

or KIN 5725 - Organization and Management of Physical Education and Sport (3.0 cr)

Human Anatomy

Take one of the following KIN or ANAT courses

KIN 3027 - Human Anatomy for Kinesiology, Physical Activity, and Health Promotion (4.0 cr)

or ANAT 3601 - Principles of Human Anatomy (3.0 cr)

or ANAT 3611 - Principles of Human Anatomy (3.0 cr)

or take the following course pair

ANAT 3001 - Human Anatomy (3.0 cr)

ANAT 3602 - Principles of Human Anatomy Laboratory (2.0 cr)

Electives

In addition to the courses below, any program-related course approved by the coaching program coordinator can be applied toward this minor.

Sport Psychology - Sociology

Take 1 or more course(s) from the following:

- KIN 3126W - Sport and Exercise Psychology [WI] (3.0 cr)
- KIN 5126 - Social Psychology of Sport & Physical Activity (3.0 cr)
- KIN 5136 - Psychology of Coaching (3.0 cr)
- KIN 5371 - Sport and Society (3.0 cr)
- KIN 5723 - Psychology of Sport Injury and Rehabilitation (3.0 cr)
- SMGT 3501 - Sport in a Diverse Society [SOCS, DSJ] (3.0 cr)
- SMGT 3601 - Ethics and Values in Sport (2.0 cr)

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•KIN 3136 - Mental Skills Training for Sport (3.0 cr)
•SMGT 3861 - Sport Law (3.0 cr)

Sport Physical Sciences

Take 1 or more course(s) from the following:
•KIN 3112 - Introduction to Biomechanics (4.0 cr)
•KIN 3135 - Introduction to Motor Learning and Control (3.0 cr)
•KIN 4385 - Exercise Physiology (4.0 cr)
•KIN 4641 - Training Theory & Analytics I for Exercise & Sport Performance (3.0 cr)
•KIN 4741 - Training Theory & Analytics 2 for Sport Performance (3.0 cr)
•KIN 5841 - Elite Performance and Environmental Considerations (3.0 cr)
•KIN 5142 - Applied Nutrition for Sport Performance and Optimal Health (3.0 cr)
•KIN 5375 *{Inactive}*(3.0 cr)
•KIN 5641 - Scientific Theory and Application of Training and Conditioning in Sport (3.0 cr)
•KIN 5720 - Special Topics in Kinesiology (2.0 - 4.0 cr)

Coaching Theory

Take 1 or more course(s) from the following:
•KIN 3168 *{Inactive}*(2.0 cr)
•KIN 3169 *{Inactive}*(2.0 cr)
•KIN 3171 *{Inactive}*(2.0 cr)
•KIN 3172 *{Inactive}*(2.0 cr)
•KIN 3173 *{Inactive}*(2.0 cr)
•KIN 3174 *{Inactive}*(2.0 cr)
•KIN 3175 *{Inactive}*(2.0 cr)
•KIN 3176 *{Inactive}*(2.0 cr)
•KIN 3177 *{Inactive}*(2.0 cr)
•KIN 3178 *{Inactive}*(2.0 cr)
•KIN 3179 *{Inactive}*(2.0 cr)
•KIN 3181 *{Inactive}*(2.0 cr)
•KIN 3184 *{Inactive}*(2.0 cr)

Student Coaching

KIN 4697 includes a coaching experience under the supervision of a head coach or athletic director generally in a 7-12 grade setting, as well as a class requiring three integrated papers incorporating a personal coaching philosophy, the role of sport in society, and the identification of challenges in coaching in today's society.
KIN 4697 *{Inactive}*(3.0 cr)

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