

Health and Physical Education Division
Athletic Coaching Minor
Three-Year Plan

Fall – Year 1	Spring – Year 1
Fall – Year 2	Spring – Year 2
PES 125 Principles and Foundations of Coaching (3 hrs)	PES 225 Athletic Cond. & Nutrition for Coaches (3 hrs) (1 st 8 Weeks) (¹ PES 125)
	PES 279 Sport First Aid and Athletic Emergencies (3 hrs) (2 nd 8 Weeks) (² PES 125)
Fall – Year 3	Spring – Year 3
PES 255 Athletic Skills and Techniques (2 hrs) (1 st 8 Weeks) (¹ PES 125)	PES 410 Team Specific Strategies and Preparations (2 hrs) (1 st 8 Weeks) (¹ PES 255)
PES 335 Principle of Effective Coaching Instruction (3 hrs) (2 nd 8 Weeks) (² PES 255)	PES 445 Athletic Season Planning and Evaluation (2 hrs) (2 nd 8 Weeks) (² PES 410)
Fall – Year 4	Spring – Year 4
PES 311 Psychology of Coaching (3 hrs) (2 nd 8 Weeks) (¹ PES 125; ² PES 255)	
PES 470 Internship (3 hrs) (<i>Fall or Spring of Year 4</i>) (¹ PES 445)	

Notes: ¹ Pre-requisite; ² Pre/Co-requisite

