



**Health and Physical Education Division**  
**Athletic Coaching Minor**  
**Four-Year Plan**



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

Notes: <sup>1</sup> Pre-requisite; <sup>2</sup> Pre/Co-requisite

