

# COA - COACHING

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COA 205 Introduction to Coaching. 3 Credits

Term Typically Offered: Fall

Covers introductory principles needed in becoming an effective coach. Topics include development of a coaching philosophy, basic sport psychology, sport safety, basic legal aspects, and program and athlete management principles.

Lecture Hours 3

Department: Health & Human Performance

COA 291 Special Topics. 3 Credits

Designed to present skills and strategies related to coaching a given sport. Course includes a 1 credit practicum.

Lecture Hours 3

Department: Health & Human Performance

COA 395 Practicum: Coaching. 3 Credits

Term Typically Offered: Fall, Spring, Summer

3cr. (135 other/wk) Provides supervised practical experiences for students who wish to enter the coaching profession. Students work with a coach for a minimum of 135 contact hours.

Department: Health & Human Performance

COA 406 Legal Aspects of Sport. 3 Credits

Prerequisite(s): consent of instructor.

Analysis of the legal aspects of sport, athletics, and other physical activity in contemporary society. Includes use of the case study method. Particular emphasis is given to tort liability and risk management in coaching.

Lecture Hours 3

Department: Health & Human Performance

COA 409 Psychology of Coaching. 3 Credits

Term Typically Offered: Spring

Covers the psychological aspects of coaching that are essential in all coaching, not specific to one sport. Examines both the intra- and interpersonal aspects of sport achievement from an applied perspective, emphasizing effective leadership of athletics. Connects study of the topical areas of sport psychology to coaching.

Lecture Hours 3

Department: Health & Human Performance

COA 492 Independent Study. 1-6 Credits

Prerequisite(s): consent of instructor and chairperson of department.

Provides an opportunity for students of outstanding ability to explore material not covered by regular Coaching courses.

Department: Health & Human Performance