### Department of Behavioral Health and Nutrition

### MINOR: COACHING SCIENCE

**Director: John Hayman**

### Minimum Credits in the Minor: 18

This minor will help students develop a personal coaching philosophy, an understanding of the body, how it performs, injury and injury prevention, teaching of skills and progressions, sport psychology, and a variety of team responsibilities.  A practicum or field experience will be required in the student’s chosen sport to further enhance the development of coaching skills and philosophy.  If a student chooses a sport that is a winter sport, i.e., basketball, the student is required to register for winter session. The same requirement applies for a practicum experience done during the summer. The Coaching Science Minorrequires 18 credits.

**Enrollment in the minor for at least three semesters is required due to sequencing of course work.**  A minimum grade of C- is required in all courses for completion of the minor.

**REQUIRED COURSES (PR=Prerequisites )** **Credits**

KAAP210 Emergency Management of Injuries and Illnesses 3

KAAP220 Fundamentals of Anatomy and Physiology I 3

 **OR**

KAAP309 Human Anatomy and Physiology I 4

 (PR CHEM104 or 108 and BISC208)

KAAP320 Principles of Strength/Conditioning (PR KAAP220 or KAAP309) 3

BHAN390 Principles of Coaching (Fall only) 3

BHAN440 Strategies for Athletic Peak Performance (Spring only) 3

BHAN460 Coaching/Performance Practicum (Pass/Fail: PR KAAP210, 3 KAAP220 or 309, KAAP320, BHAN390, BHAN440 and

Jr. or Sr. status)

**Admission:** Students may apply for the minor at any time via the UDSIS Webform “Change Major, Minor...” It is not necessary to meet with the minor advisor to have your request approved.  However, if you need assistance, advisement or curricular information, please contact minor advisor John Hayman at hayman@udel.edu.