

COACHING MINOR

Health and Human Enrichment

This minor is intended to support those who choose careers in coaching school and community sports, education, health, physical education, or recreation. Coaching is a fulfilling, exciting career. Students choosing this minor must meet with the Coaching Minor coordinator.

Please see complete information on all of the requirements (<https://coursecatalog.plymouth.edu/undergraduate-programs/minors/>) to earn a minor at Plymouth State University.

Course	Title	Credits
Minor Requirements		
CC 2540	Coaching Effectiveness	3
CC 2660	Basic Athletic Training	2
CC 3200	Applied Sport Coaching	1
CC 3780	Sport in Society	3
CC 3860	Psychological Aspects of Sports	3
HE 3220	Applied Nutrition for Healthy Living (TECO)	3
PE 2831	Resistance Training Techniques	1.5
or PE 2428	Flexibility, Core, and Balance Training	
PE 3720	Motor Learning	3
Total Credits		19.5