

Minor in Athletics Coaching

The minor in athletics coaching provides KU students with a core set of skills in athletics coaching, including team sports, individual and dual sports, methods of strength training and conditioning, sport facilities and event management. Students will also have a wide variety of electives from which to choose. This minor is designed for students interested in coaching as a career or hobby during after graduation from KU. Students that complete the minor will benefit from training in exercise science, physical education, sport management, and sport psychology to help prepare them to be a youth, high school, college, or professional coach upon completion of the minor.

KU students wanting to complete the minor in athletics coaching should develop a program plan with their academic advisor from their major department to ensure the minor aligns with their career goals and academic program.

Minor in Athletics Coaching Courses (18 Hours)

Code	Title	Hours
HSES 244	Introduction to Physical Education and Sport Studies	3
HSES 201	Team Sports	2
HSES 202	Individual and Dual Sports	2
HSES 248	First Aid	2
HSES 305 or HSES 306	Methods of Strength Training and Conditioning Principles of Personal Training	3
HSES 382	Sport Facilities and Event Management	3
HSES 236	Practicum in: _____ (Coaching)	3

Must complete the minor with a minimum 2.5 GPA in Minor courses