

Minor in Coaching

Required Courses

Item #	Title	credits
	KINA 115 or KINA 215	1
KINT 110	Fundamentals of Kinesiology	3
	KINT 131 or KINT 132	2
	KINT 231 or KINT 232 or KINT 233	3
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 351	Coaching	3
KINT 354	NSCA Certified Strength & Conditioning Specialist	3

Required Cognate:

Item #	Title	credits
BIOL 101	Anatomy & Physiology I	4
	Total credits:	22

Category Descriptions

KINA 115 or KINA 215

Credits: 1

Item #	Title	credits
KINA 115	Resistance Training	1
KINA 215	Advanced Resistance Training	1

KINT 131 or KINT 132

Credits: 2

Item #	Title	credits
KINT 131	Officiating I	2
KINT 132	Officiating II	2

KINT 231 or KINT 232 or KINT 233

Credits: 3

Item #	Title	credits
KINT 231	Professional Activities I	3
KINT 232	Professional Activities II	3
KINT 233	Professional Activities III	3