

# ATHLETIC COACHING (ATHC)

## ATHC 235 First Aid and Care of the Athlete

**Description:** Instruction in the first aid and CPR. Theory and practice of conditioning, taping, and rehabilitation of minor injuries

**Credit Hours:** 3

**Max credits per semester:** 3

**Max credits per degree:** 3

**Grading Option:** Graded with Option

**Course and Laboratory Fee:** \$15

## ATHC 279 Coaching Effectiveness and Psychological Components of Sports Performance

**Description:** Key concepts to becoming an effective coach. Creation of a sound educational philosophy, values development, assessment techniques, practical issues tied to interscholastic coaching, and a review of those psychological factors that can improve sports performance for athletes.

**Credit Hours:** 3

**Max credits per semester:** 3

**Max credits per degree:** 3

**Grading Option:** Graded with Option

## ATHC 311 Coaching of Basketball

**Description:** Rules; individual and team play; offensive and defensive strategy; tournament preparation; fundamental drills.

**Credit Hours:** 2

**Max credits per semester:** 2

**Max credits per degree:** 2

**Grading Option:** Graded with Option

**Course and Laboratory Fee:** \$5

## ATHC 312 Coaching of Football

**Description:** Rules, study, and practice of fundamental offensive and defensive skills; application of elementary principles to team play; health and safety practices; equipment and game strategy.

**Credit Hours:** 2

**Max credits per semester:** 2

**Max credits per degree:** 2

**Grading Option:** Graded with Option

**Course and Laboratory Fee:** \$15

## ATHC 317 Coaching of Track

**Description:** Theory and practice of coaching track including strategy, rules, and training procedures.

**Credit Hours:** 2

**Max credits per semester:** 2

**Max credits per degree:** 2

**Grading Option:** Graded with Option

## ATHC 318 Coaching of Volleyball

**Description:** Philosophy of coaching, conditioning, analysis of skills, strategies, team selection process, officiating, and conduct of practices as related to volleyball.

**Credit Hours:** 2

**Max credits per semester:** 2

**Max credits per degree:** 2

**Grading Option:** Graded with Option

**Course and Laboratory Fee:** \$10

## ATHC 319 Coaching Wrestling

**Description:** Develop a comprehensive philosophy and belief structure on successful coaching. Organize methods of fundamentals, motivation, and understanding of neutral and on the mat wrestling, different wrestling styles (folkstyle, freestyle, and Greco-Roman), and evaluation and communication tools.

**Credit Hours:** 2

**Max credits per semester:** 2

**Max credits per degree:** 2

**Grading Option:** Graded with Option

## ATHC 320 Coaching of Soccer

**Description:** Theory and practice of coaching soccer. Rules, organization of practice and matches, health and safety considerations, analysis of offensive and defensive skills and strategies.

**Credit Hours:** 2

**Max credits per semester:** 2

**Max credits per degree:** 2

**Grading Option:** Graded with Option

**Course and Laboratory Fee:** \$25

## ATHC 494 Practicum in Coaching

**Prerequisites:** Permission

**Description:** Practical experience in coaching in youth sports and interscholastic athletic programs.

**Credit Hours:** 1-3

**Min credits per semester:** 1

**Max credits per semester:** 3

**Max credits per degree:** 3

**Grading Option:** Pass No Pass

**Experiential Learning:** Student Teaching/Education Practicum