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
*Format:* LEC

**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
*Format:* LEC

**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
*Format:* LEC

**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
*Format:* LEC

**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
*Format:* LEC

**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
*Format:* LEC

**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
*Format:* FLD