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 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