

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