



WHY MINOR IN *Coaching?*

The coaching minor is designed for students interested in leadership, motivation and personal development across a variety of fields—including nutrition, education, fitness and administration.

This interdisciplinary program combines theory and hands-on practice to equip you with essential coaching skills such as effective communication, goal-setting strategies and performance analysis. Whether you want to coach athletes, mentor peers or lead teams in a professional setting, this minor will give you a strong foundation to inspire and guide others.

PROGRAM DISTINCTIVES

Unlock your potential as a leader and mentor through the coaching minor, designed to give you a dynamic, interdisciplinary foundation in one of today's most rewarding fields. With courses spanning health and human performance, communication and contemporary coaching practices, you'll explore the latest research, strategies and technologies shaping the future of coaching. Whether your passion lies in athletics, wellness, education or community development, this minor equips you with real-world knowledge and cutting-edge skills that are transferable across a variety of industries.

Hands-On Learning

Gain meaningful experience working directly with athletes, teams and community organizations. You'll apply classroom knowledge in practical settings where you'll sharpen your leadership, communication and mentoring abilities.

Explore Your Coaching Path

Discover where your coaching interests truly lie—whether it's strength and conditioning, youth mentorship, performance analytics or team dynamics. This minor helps you build a personalized path toward your future career.

Career-Ready Skills

From public speaking to ethical decision-making and collaborative leadership, every course is designed to give you an edge in graduate programs or entry-level positions in sports, education, health, fitness and more.

Start your coaching journey today—develop the mindset, skills and confidence to lead others to success.

CAREER PATHS

A coaching minor can complement majors like health and human performance, psychology, education, communication, business or social work, and help students build a flexible, people-centered career.

Career paths may include:

- Coaching in Athletics
 - Youth and Recreational Teams
 - Interscholastic
 - Intercollegiate
 - Strength and Conditioning
 - Sports Performance
- Health and Wellness Coaching
- Academic and Career Coaching
- Life and Executive Coaching
- Mental Performance Coach
- Entrepreneurial Coach

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INTERESTING COURSES

HHP 310 Sports Nutrition

This course provides an in-depth exploration of the principles of nutrition as they pertain to athletic performance and physical health. Students will learn about the role of macronutrients, micronutrients, hydration and supplements in sports, as well as strategies for optimizing performance and recovery through diet.

Prerequisites: HEA 261

HHP 370 Principles of Strength and Conditioning

This course introduces students to the fundamental principles of strength and conditioning. Topics include exercise physiology, biomechanics, resistance training, aerobic conditioning and the development of sport-specific training programs. Students will learn how to assess physical performance, develop periodized training plans and incorporate recovery strategies to optimize athletic performance. Practical experiences will reinforce theoretical knowledge, allowing students to apply strength and conditioning techniques.

Prerequisite: HHP 315

HHP 420 Organization and Administration

This course focuses on the principles and methods of planning, designing, budgeting, managing and optimizing sports facilities and equipment. This course provides a hands-on experience equipping students with the skills needed to effectively develop and oversee fitness, athletic and exercise facilities in a variety of settings. Ideal for those pursuing careers in coaching, personal training, sports performance and health promotion.

Prerequisites: HHP 115 and junior standing

STUDENT LEARNING OUTCOMES

1. Demonstrate Foundational Coaching Knowledge

Students will articulate key coaching theories, models and strategies relevant to various coaching contexts (e.g., athletic, academic, personal development).

2. Apply Effective Communication Techniques

Students will demonstrate the ability to use active listening, constructive feedback and motivational communication in one-on-one and group coaching scenarios.

3. Exhibit Ethical and Inclusive Coaching Practices

Students will identify and apply ethical principles and culturally responsive strategies to ensure respectful and inclusive coaching environments.

4. Demonstrate Leadership and Mentorship Skills

Students will model leadership behaviors and mentor others through structured coaching relationships, team dynamics and conflict resolution.

5. Integrate Research and Evidence-Based Practices

Students will evaluate and apply current research to inform their coaching strategies and decision-making processes.