

Coaching and Fitness Administration Minor Requirements

The coaching and fitness administration minor will prepare students to apply basic knowledge of anatomy-physiology, nutrition, and biological science. Students will also have the ability to make sound ethical decisions, provide a safe and conducive environment for their clients, apply problem solving skills, and oral and written communication skills in their field. Furthermore, the minor will fulfill the National Council for Accreditation of Coaching Education (NCACE) requirements by continuing to offer the American Sport Education Program (ASEP- coaching principles and sport first aid) certificate of completion and other pertinent certificates in coaching and fitness to adequately prepare students for careers in the field.

Student Learning Outcomes

1. Apply basic knowledge of anatomy-physiology, nutrition, and biological science require for professional success in the coaching and fitness profession.
2. Demonstrate the ability to make sound ethical decisions and provide a safe and conducive environment for all in the coaching and fitness profession.
3. Employ practical and applied assessments to solve problems and earn certificates relevant to the coaching and fitness profession.
4. Demonstrate the ability to communicate effectively in oral and written formats in the coaching and fitness profession.
5. Develop and implement fitness and coaching strategies that meet the needs of diverse populations in a practical setting.

Required Coaching and Fitness Administration Core Courses – 12 credits

SPRT 201 Scientific Basis of Human Movement (3 credits)
SPRT 222 Fundamentals of Coaching (3 credits)
SPRT 305 Emergency Care & Risk Management (3 credits)
SPRT 340 Internship in Coaching/Fitness (3 credits)

Required Coaching and Fitness Administration Elective Courses – 12 credits

(Select Two)

SPRT 333 Principles of Strength and Conditioning (3 credits)
SPRT 335 Methods & Evaluation in Athletics (3 credits)
SPRT 120 Personal Nutrition (3 credits)
SPRT 366 Personal Fitness Trainer (3 credits)

Notes:

1. *Students interested in Coaching can take SPRT 333 and SPRT 335. Students interested in Fitness take SPRT 120 and SPRT 366.*
2. *A 2.0 GPA is required within the minor*
3. *SPRT 222 is a prerequisite for SPRT 335 and SPRT 340*
4. *SPRT 201 is a prerequisite for SPRT 333*

Program Plan Code: COFA

Effective Semester: Fall 2022

KU Coaching and Fitness Administration Minor Checksheet

Student Name:

Student ID Number:

This checksheet provides a mechanism for students and advisors to keep track of a student's progress in the program. Please refer to the program requirements for more details regarding options.

Coaching and Fitness Administration Minor Core Courses - 12 credits

SPRT 201 Scientific Basis of Human Movement	3 credits	Grade:
SPRT 222 Fundamentals of Coaching	3 credits	Grade:
SPRT 305 Emergency Care & Risk Management	3 credits	Grade:
SPRT 340 Internship in Coaching/Fitness	3 credits	Grade:
Total Credits	12 total credits	

Coaching and Fitness Administration Elective Courses - 6 credits

(Select Two)

SPRT 333 Principles of Strength and Conditioning	3 credits	Grade:
SPRT 335 Methods & Evaluation in Athletics	3 credits	Grade:
SPRT 120 Personal Nutrition	3 credits	Grade:
SPRT 366 Personal Fitness Trainer	3 Credits	Grade:
Total Credits	6 total credits	

Program Plan Code: COFA

Effective Date: Fall 2022