

STUDENT:



STUDENT ID NUMBER:

COACHING AND FITNESS ADMINISTRATION MINOR

Program Number: UCBOCOFIT2

Version: 2228 – Fall 2022

Effective Date: August 29, 2022

Minor Program (18 credits)	RC	CR	GR
Required (12 credits)			
1. SPT 201 Scientific Basis of Human Movement	3		
2. SPT 222 Fundamentals of Coaching	3		
3. SPT 305 Emergency Care & Risk Management	3		
4. SPT 340 Internship in Coaching/Fitness ³	3		

MINOR PROGRAM:
**COACHING AND
FITNESS
ADMINISTRATION**

Minor Electives (Select two- 6 credits)	6		
1. SPT 333 Principles of Strength and Conditioning ^{1,4}			
2. SPT 335 Methods & Evaluation in Athletics ^{1,3}			
3. SPT 120 Personal Nutrition ¹			
4. SPT 366 Personal Fitness Trainer ¹			
Total	18		

Advisement Notes:

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

A handwritten signature in cursive script, appearing to read "Anne Carroll".

Dean, College of Business
Approved: Date (Effective Fall 2022)

SUGGESTED SEMESTER COURSE SEQUENCE FOR COACHING AND FITNESS ADMINISTRATION MINOR			
Semester 1		Semester 2	
SPT 201	Scientific Basis for Human Movement ⁽¹⁾	SPT 222 SPT 120	Fundamentals of Coaching ⁽²⁾ Personal Nutrition ⁽²⁾
Semester 3		Semester 4	
SPT 333	Principles of Strength and Conditioning ⁽¹⁾	SPT 305	Emergency Care & Risk Management ⁽²⁾
SPT 366	Personal Fitness Trainer ⁽¹⁾	SPT 335	Methods & Evaluation in Athletics ⁽²⁾
Semester 5		Semester 6	
SPT 340	Internship in Coaching ^(1 or 2)		
Semester 7		Semester 8	

NOTE: A 2.0 GPA or better is required within the minor.

Students interested in Coaching can take SPT 333 and SPT 335.

Students interested in Fitness can take SPT 120 and SPT 366

SPT 222 is a prerequisite for SPT 335 and SPT 340

SPT 201 is a prerequisite for SPT 333

SPT 340 and SPT 350 cannot be done in the same semester

*1- Fall only classes

**2- Spring only classes